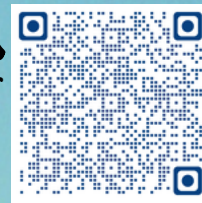


August

Wellness Classes
in Green have
associated fees

Scan to register
or visit the
front office



MONDAY

3
Mahjong (Chinese Style)
10-12 PM RM 12

10
Qi Gong **New!**
10-11 AM Studio 2
Mahjong (Chinese Style)
10-12 PM RM 12
Book Club
11:30am-12:30pm (RM 11)

17
Qi Gong
10-11 AM Studio 2
Mahjong (Chinese Style)
10-12 PM RM 12

TUESDAY

4 **Strength & Balance**
10-11 AM Studio 2
New!
Creative Mending&Crafts
11:30AM- 2PM RM 12

11
Strength & Balance
10-11 AM Studio 2
Creative Mending&Crafts
11:30AM- 2PM RM 12

18
Strength & Balance
10-11 AM Studio 2
Creative Mending&Crafts
11:30AM- 2PM RM 12

WEDNESDAY

5
Tai Chi
10-11 AM Studio 2
Life History Writing
1-3 PM RM 12

12
Tai Chi
10-11 AM Studio 2
Women's Friendship Club
11am-12:30pm (RM 11)
Life History Writing
1-3 PM RM 12

19
Tai Chi
10-11 AM Studio 2
Life History Writing
1-3 PM RM 12

THURSDAY

6
Chair Yoga
9AM-10AM RM 12
Bridge
12:30-3pm RM 12

13
Chair Yoga
9AM-10AM RM 12
Bridge
12:30-3pm RM 12

20
Chair Yoga
9AM-10AM RM 12
Nonfiction Book Club
11am-noon(RM 11)
Bridge
12:30-3pm RM 12

FRIDAY

7
Open Art
12-3 PM RM 11
Pinochle
1-3 PM RM 12
Fun Bridge
12-3 PM RM 9

14
Open Art
12-3 PM RM 11
Pinochle
1-3 PM RM 12
Fun Bridge
12-3 PM RM 9

21 **National Senior Citizens Day!**

Bingo
11-12PM RM 12
Open Art
12-3 PM RM 11
Pinochle
1-3 PM RM 12
Fun Bridge
12-3 PM RM 9

AUG 2026

For more information, contact us at
(916) 465-8589 or seniorcenter@sierra2.org

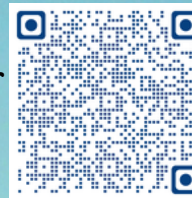
SENIOR CENTER

August



Wellness Classes
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associated fees

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front office



MONDAY

24

New!

Qi Gong

10-11 AM Studio 2

Mahjong (Chinese Style)

10-12 PM RM 12

TUESDAY

25

Strength & Balance

10-11 AM Studio 2

New!

Creative Mending & Crafts

11:30AM - 2PM RM 12

WEDNESDAY

26

Tai Chi

10-11 AM Studio 2

Women's Friendship Club

11am-12:30pm
(RM 11)

Life History Writing

1-3 PM RM 12

THURSDAY

27

Chair Yoga

9AM-10AM RM 12

Bridge

12:30-3pm
RM 12

28

Senior Luncheon

11:30am-1pm
(RM 10)

Open Art

12-3 PM RM 11

Pinochle

1-3 PM RM 12

Fun Bridge

12-3 PM RM 9

Book Club- 2nd Mondays 11:30am-12:30pm (RM 11)

August Book: The Ride of Her Life, by Elizabeth Letts

Non-Fiction Book Club- 3rd Thursdays 11am-noon (RM 11)

August Book: War by Bob Woodward

Women's Friendship Club- 2nd and 4th Wednesdays 11am-12:30pm (RM 11)

Whats New in August?

New Wellness Class: Qi Gong with Sifu Craig Mondays 10-11am, Studio 2

Creative Mending and Crafts with Anita Grey Tuesdays 11:30am-1pm Rm 12

August 21: National Senior Citizen's Day! Celebrate with Bingo in Rm 12 from 11am-12pm, there will be prizes!

Aug 30th SCNA's Music in the Park Free Community Event! William Curtis Park 6-8pm

AUG 2026

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SENIOR CENTER