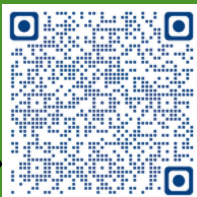


september

MONDAY

Wellness Classes in Green have associated fees

Scan to register or visit the front office



TUESDAY

1 **Strength & Balance**
10-11 AM Studio 2

Creative Mending&Crafts
11:30AM- 2PM RM 12

WEDNESDAY

2 **Tai Chi**
10-11 AM Studio 2

Life History Writing
1-3 PM RM 12

THURSDAY

3 **Chair Yoga**
9AM-10AM RM 12

Bridge
12:30-3pm
RM 12

FRIDAY

4 **Open Art**
12-3 PM RM 11

Fun Bridge
12-3 PM RM 9

Pinochle
1-3 PM RM 12

7 **Sierra 2 Closed for Labor Day**



8 **Strength & Balance**
10-11 AM Studio 2

Creative Mending&Crafts
11:30AM- 2PM RM 12

9 **Tai Chi**
10-11 AM Studio 2

Women's Friendship Club
11am-12:30pm
(RM 11)
Life History Writing
1-3 PM RM 12

10 **Chair Yoga**
9AM-10AM RM 12

Bridge
12:30-3pm
RM 12

11 **Open Art**
12-3 PM RM 11

Fun Bridge
12-3 PM RM 9

Pinochle
1-3 PM RM 12

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

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

15 **Strength & Balance**
10-11 AM Studio 2

Creative Mending&Crafts
11:30AM- 2PM RM 12

16 **Tai Chi**
10-11 AM Studio 2

Life History Writing
1-3 PM RM 12

17 **Chair Yoga**
9AM-10AM RM 12

Nonfiction Book Club
11am-noon(RM 11)

Bridge
12:30-3pm
RM 12

18 **Open Art**
12-3 PM RM 11

Fun Bridge
12-3 PM RM 9

Pinochle
1-3 PM RM 12

SEP 2026

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

SENIOR CENTER

september

MONDAY

21

Qi Gong

10-11 AM Studio 2

Mahjong (Chinese Style)

10-12 PM RM 12

28

Qi Gong

10-11 AM Studio 2

Mahjong (Chinese Style)

10-12 PM RM 12

Book Club

11:30am-12:30pm
(RM 11)

TUESDAY

22

Strength & Balance

10-11 AM Studio 2

Creative Mending&Crafts

11:30AM- 2PM RM 12

29

Strength & Balance

10-11 AM Studio 2

Creative Mending&Crafts

11:30AM- 2PM RM 12

WEDNESDAY

23

Tai Chi

10-11 AM Studio 2

Women's Friendship Club

11am-12:30pm
(RM 11)

Life History Writing

1-3 PM RM 12

30

Tai Chi

10-11 AM Studio 2

Life History Writing

1-3 PM RM 12

THURSDAY

24

Chair Yoga

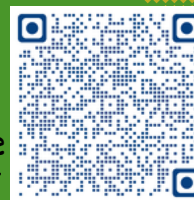
9AM-10AM RM 12

Bridge

12:30-3pm
RM 12

Wellness Classes in
Green have
associated fees

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visit the
front office



FRIDAY

25

Senior Luncheon

11:30am-1pm
(RM 10)

Open Art

12-3 PM RM 11

Fun Bridge

12-3 PM RM 9

Pinochle

1-3 PM RM 12

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

September book: Eleanor and Hick: The Love Affair that Shaped a First Lady, by Susan Quinn

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

September Book: The History of the World in 6 Glasses. By Tom Stanbage

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

Monthly Luncheon Speaker: Kellie Holley from UC Davis Health on fall prevention

SEP 2026

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SENIOR CENTER