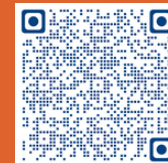




October

Wellness Classes in
Green have
associated fees

Scan to
register or
visit the
front office



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Book Club- 2nd Mondays 11:30am-12:30pm (RM 11) October
book: "Giver of Stars" by Jojo Moyes

Non-Fiction Book Club- 3rd Thursdays 11am-noon (RM 11)
October Book: "Nexus" by Yuval Noah Harari

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

1

Chair Yoga
9AM-10AM RM 12

Bridge
12:30-3pm
RM 12

2

Open Art
12-3 PM RM 11

Fun Bridge
12-3 PM RM 9

Pinochle
1-3 PM RM 12

5

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

6

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

7

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

8

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

9

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

12 **Qi Gong**

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

13

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

14

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

15

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

16

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

OCT 2026

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

SENIOR CENTER

October

MONDAY

19

Qi Gong

10-11 AM Studio 2

Mahjong (Chinese Style)

10-12 PM RM 12

TUESDAY

20

Strength & Balance

10-11 AM Studio 2

Creative Mending & Crafts

11:30AM- 2PM RM 12

WEDNESDAY

21

Tai Chi

10-11 AM Studio 2

Life History Writing

1-3 PM RM 12

THURSDAY

22

Chair Yoga

9AM-10AM RM 12

Bridge

12:30-3pm
RM 12

FRIDAY

23

Open Art

12-3 PM RM 11

Fun Bridge

12-3 PM RM 9

Pinochle

1-3 PM RM 12

26

Qi Gong

10-11 AM Studio 2

Mahjong (Chinese Style)

10-12 PM RM 12

27

Strength & Balance

10-11 AM Studio 2

Creative Mending & Crafts

11:30AM- 2PM RM 12

28

Tai Chi

10-11 AM Studio 2

Women's Friendship Club

11am-12:30pm
(RM 11)

Life History Writing

1-3 PM RM 12

29

Chair Yoga

9AM-10AM RM 12

Bridge

12:30-3pm
RM 12

30

Senior Luncheon

11:30am-1pm
(RM 10)

Open Art

12-3 PM RM 11

Fun Bridge

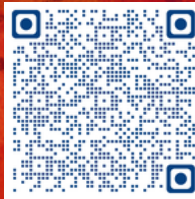
12-3 PM RM 9

Pinochle

1-3 PM RM 12

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Monthly Luncheon Speaker: Piper: getting involved at Sierra 2

OCT 2026

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SENIOR CENTER