October

Wellness Classes in Green have associated fees

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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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 **Qi Gong** 10-11 AM Studio 2 **Mahjong (Chinese Style)** 10-12 PM RM 12	20 **Strength & Balance** 10-11 AM Studio 2 **Creative Mending&Crafts** 10AM- 12PM RM 12	21 **Tai Chi** 10-11 AM Studio 2 **Life History Writing** 1-3 PM RM 12	22 **Chair Yoga** 9AM-10AM RM 12 **Bridge** 12:30-3pm RM 12	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** 10AM- 12PM 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

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