November

Wellness Classes in Green have associated fees

Scan to register or vistit the front office

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Qi Gong** 10-11 AM Studio 2 **Mahjong (Chinese Style)** 10-12 PM RM 12	3 **Strength & Balance** 10-11 AM Studio 2 **Creative Mending&Crafts** 10AM-12PM RM 12 **Beginner Bridge** 10:30AM- 12:30PM RM 9	4 **Tai Chi** 10-11 AM Studio 2 **Life History Writing** 1-3 PM RM 12	5 **Chair Yoga** 9AM-10AM RM 12 **Bridge** 12:30-3pm RM 12	6 **Open Art** 12-3 PM RM 11 **Fun Bridge** 12-3 PM RM 9 **Pinochle** 1-3 PM RM 12
9 **Qi Gong** 10-11 AM Studio 2 **Mahjong (Chinese Style)** 10-12 PM RM 12 **Book Club** 11:30am-12:30pm (RM 11)	10 **Strength & Balance** 10-11 AM Studio 2 **Creative Mending&Crafts** 10AM-12PM RM 12 **Beginner Bridge** 10:30AM- 12:30PM RM 9	11 **Tai Chi** 10-11 AM Studio 2 **Women's Friendship Club** 11am-12:30pm (RM 11) **Life History Writing** 1-3 PM RM 12	12 **Chair Yoga** 9AM-10AM RM 12 **Bridge** 12:30-3pm RM 12	13 **Open Art** 12-3 PM RM 11 **Fun Bridge** 12-3 PM RM 9 **Pinochle** 1-3 PM RM 12
16 **Qi Gong** 10-11 AM Studio 2 **Mahjong (Chinese Style)** 10-12 PM RM 12	17 **Strength & Balance** 10-11 AM Studio 2 **Creative Mending&Crafts** 10AM-12PM RM 12 **Beginner Bridge** 10:30AM- 12:30PM RM 9	18 **Tai Chi** 10-11 AM Studio 2 **Life History Writing** 1-3 PM RM 12	19 **Chair Yoga** 9AM-10AM RM 12 **Nonfiction Book Club** 11am-noon(RM 11) **Bridge** 12:30-3pm(RM 12) **Game Night** 6-8 PM RM 12	20 **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

NOV 2026 SENIOR CENTER

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 **Qi Gong** 10-11 AM Studio 2 **Mahjong (Chinese Style)** 10-12 PM RM 12	24 **Strength & Balance** 10-11 AM Studio 2 **Creative Mending&Crafts** 10AM -12PM RM 12 **Beginner Bridge** 10:30AM- 12:30PM RM 9	25 **Tai Chi** 10-11 AM Studio 2 **Women's Friendship Club** 11am-12:30pm (RM 11) **Life History Writing** 1-3 PM RM 12	26 **Sierra 2 Closed** **Happy Thanksgiving!**	27 **Sierra 2 Closed** **Happy Thanksgiving!**

Book Club- 2nd Mondays 11:30am-12:30pm (RM 11)
November book: Stoner, by John Williams

Non-Fiction Book Club- 3rd Thursdays 11am-noon (RM 11)
November book: Seabiscuit, by Laura Hillenbrand

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

What's New in November?

Beginner Bridge- Tuesdays 10:30am-12:30pm (RM 9)

Creative Mending and Crafts- Tuesdays 10am-12pm (RM 12)- New instructor! Welcome Rachel from Women's Wisdom

Game Night 11/19: 6-8PM (RM 12) -Organized by SCNA board, Gather with neighbors and friends for a board game night. All are welcome!

Monthly Luncheon Speaker 11/20: Isaac Gonzalez, Slow Down Sacramento

Thanksgiving Closures 11/26-27 Enjoy your Holiday!

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