

SENIORS IN ACTION- WEEK 1- FALL 2022, 9/19-23

MONDAY SEPTEMBER 19 *SIA FALL 2022 Session Begins

9-10 a.m.	CHI KUNG
10:30 a.m.-12:30 p.m.	WORD GAMES: WORDLE, HURDLE, SCRABBLE

TUESDAY SEPTEMBER 20

9:30-10:30 a.m.	Book Club and Book Selection Meeting Discuss: <u>Before We Were Yours</u> by Lisa Wingate Bring: 3 Book Suggestions Future Book Club Dates: • October 1 1November 15 December 6
11 a.m.-12:30 p.m.	Cooking Thyme with Stacie www.cookingthymewithstacie.com <i>French Dessert Crepes</i> Registration Required 9011.122 \$30/FREE for SIA MEMBERS
1-3 p.m.	SIA MAH-JONGG
10:30 a.m.-1:30 p.m.	SIA GAMES @ the OFC

WEDNESDAY SEPTEMBER 21

10 a.m.-Noon	FALL PREVENTION AND SAFETY FOR OLDER ADULTS Registration Required 9012.122 Free to all Registrants Northern Virginia Falls Prevention Alliance (novafallsprevention.com)
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THURSDAY SEPTEMBER 22

8:30-10:30 a.m.	STAY ACTIVE & INDEPENDENT for LIFE DEMO CLASS 8:30-9 a.m. PRE-FIT CHECKS 9-10 a.m. SAIL EXERCISE CLASS 10-10:30 a.m. PRE-FIT CHECKS
10:30 a.m.-12:30 p.m.	SIA BRIDGE
10:30 a.m.-1:30 p.m.	SIA GAMES @ the OFC

FRIDAY SEPTEMBER 23

NO ACTIVITIES	We'll see you next week!
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