

# November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Chair Yoga 12:45 pm – 1:45 pm	2 SAIL 9:00 am – 10:00 am Bridge 10:00 am – 12:00 pm	3 NO SIA	4
5	6 Qigong 9:00 am – 10:00 am  Games 10:00 am – 12:00 pm	7 NO SIA Election Day Holiday	8 SIA Tech Workshop 10:00 am – 11:30 am	9 SAIL 9:00 am – 10:00 am  Bridge 10:00 am – 12:00 pm	10 No SIA Veterans Day Holiday	11
12	13 Qigong 9:00 am – 10:00 am  Games 10:00 am – 12:00 pm	14 SAIL 9:00 am – 10:00 am Book Club 9:30 am – 11:00 am  Mah-Jongg 10:00 am – 12:00 pm	15 Chair Yoga 12:45 pm – 1:45 pm	16 SAIL 9:00 am – 10:00 am  Bridge 10:00 am – 12:00 pm	17 Dance Fitness 11:00 am – 12:00 pm  Potluck Sweet & Savory Pies & Sides 12:00 pm – 2:00 pm	18
19	20 Qiong 9:00 am – 10:00 am  Games 10:00 am – 12:00 pm	21 SAIL 9:00 am – 10:00 am  Mah-Jongg 10:00 am – 12:00 pm	22 Chair Yoga 12:45 pm – 1:45 pm	23 NO SIA Thanksgiving Holiday	24 NO SIA Thanksgiving Holiday	25
26	27 Qigong 9:00 am – 10:00 am  Games 10:00 am – 12:00 pm	28 SAIL 9:00 am – 10:00 am  Mah-Jongg 10:00 am – 12:00 pm	29 Hot Oatmeal Bar/Microsoft Basics Workshop 10:00 am – 11:30 am  Chair Yoga 12:45 pm – 1:45 pm	30 SAIL 9:00 am – 10:00 am  Bridge 10:00 am – 12:00 pm		