

# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Qigong 9:00 am – 10:00am Games 10:00 am – 12:00 pm	2 SAIL 9:00 am – 10:00 am Mah-Jongg 10:00 am – 12:00 pm	3 Chair Yoga 12:45 pm – 1:45 pm	4 SAIL 9:00 am – 10:00 am Bridge 10:00 am – 12:00 pm	5 NO SIA	6
7	8 Qigong 9:00 am – 10:00 am Games 10:00 am – 12:00 pm Hula Dance Workshop for Retirees 1:00 pm – 2:00 pm	9 SAIL 9:00 am – 10:00 am Book Club My Father's House by Joseph O'Connor 9:30 am – 11:00 am Mah-Jongg 10:00 am – 12:00 pm	10 Nature Walk 11:00 am – 12:00 pm Chair Yoga 12:45 pm -1:45 pm	11 SAIL 9:00 am – 10:00 am Bridge 10:00 am – 12:00 pm	12 NO SIA	13
14	15 Qigong 9:00 am – 10:00 am Beginner Mah-Jongg Lessons 10:00 am – 12:00 pm	16 SAIL 9:00 am – 10:00 am Mah-Jongg 10:00 am – 12:00 pm	17 SIA Plant Speaker 10:00 am – 12:00 pm Chair Yoga 12:45 pm – 1:45 pm	18 SAIL 9:00 am – 10:00 am Bridge 10:00 am -12:00 pm	19 NO SIA	20
21	22 Qigong 9:00 am – 10:00 am Beginner Mah-Jongg Lessons 10:00 am – 12:00 pm	23 SAIL 9:00 am – 10:00 am Mah-Jongg 10:00 am -12:00 pm	24 Senior Safety Summit 10:00 am – 12:00 pm Chair Yoga 12:45 pm – 1:45 pm	25 SAIL 9:00 am – 10:00 am Bridge 10:00 am -12:00 pm	26 SIA April Social/Outdoor Games Spring Treats 12:00 pm – 2:00 pm	27
28	29 Qigong 9:00 am – 10:00 am Beginner Mah-Jongg Lessons 10:00 am – 12:00 pm SIA Mah-Jongg Card Review 2024 1:00 pm – 2:30 pm	30 SAIL 9:00 am – 10:00 am Mah-Jongg 10:00 am – 12:00 pm				