

# SIA May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Cinco De Mayo Cooking Demo: Tacos & Fresh Tortillas 10:30 am – 12:30 pm 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 SAIL 9:00 am – 10:00 am Mah-Jongg 10:00 am – 12:00 pm	8 Chair Yoga 12:45 pm -1:45 pm	9 SAIL 9:00 am – 10:00 am Bridge 10:00 am – 12:00 pm	10 NO SIA	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: James by Everett/Huckleberry Finn by Twain 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 NO SIA	18
19	20 Qigong 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 Bingo 11:00 am – 1:00 pm Chair Yoga 12:45 pm – 1:45 pm	23 SAIL 9:00 am – 10:00 am Bridge 10:00 am -12:00 pm	24 NO SIA	25
26	27 NO SIA Memorial Holiday	28 Mah-Jongg 10:00 am – 12:00 pm	29 NO SIA	30 Bridge 10:00 am – 12:00 pm	31 NO SIA	