

SIA Weekly Schedule

5/6 – 5/10

Monday, 5/6

9:00 am – 10:00 am
10:00 am – 12:00 pm

Qigong
Games

Tuesday, 5/7

9:00 am – 10:00 am
10:00 am – 12:00 pm

SAIL
Mah-Jongg

Wednesday, 5/8

12:45 pm – 1:45 pm

Chair Yoga

Thursday, 5/9

9:00 am – 10:00 am
10:00 am – 12:00 pm

SAIL
Bridge

Friday, 5/10

NO SIA