

# SIA July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Qigong 9:00 am – 10:00 am Games 10:00 am – 12:00 pm	2 SAIL 9:00 am – 10:00 am Mah-Jongg 10:00 am – 12:00 pm	3 Slow Flow Yoga 1:00 pm – 2:00 pm	4 No SIA 4 <sup>th</sup> of July Holiday	5 NO SIA	6
7	8 Qigong 9:00 am – 10:00 am Games 10:00 am – 12:00 pm	9 SAIL 9:00 am – 10:00 am Book Club: There, There, Wandering Stars (Sequel) 9:30 am – 10:00 am Mah-Jongg 10:00 am – 12:00 pm	10 Slow Flow Yoga 1:00 pm – 2:00 pm	11 SAIL 9:00 am -10:00 am Bridge 10:00 am – 12:00 pm	12 Dance Fitness 11:00 am – 12:00 pm	13
14	15 Qigong 9:00 am – 10:00 am Games 10:00 am – 12:00 pm	16 SAIL 9:00 am – 10:00 am Mah-Jongg 10:00 am – 12:00 pm	17 SIA IT Workshop Cloud File Storage-iCloud, Google Drive, One Drive, Dropbox 10:00 am – 11:30 am Slow Flow Yoga 1:00 pm – 2:00 pm	18 SAIL 9:00 am – 10:00 am Bridge 10:00 am -12:00 pm	19 Dance Fitness 11:00 am – 12:00 pm	20
21	22 Qigong 9:00 am – 10:00 am Games 10:00 am – 12:00 pm Circuit Training Demo Class 11:45 am – 12:45 pm	23 SAIL 9:00 am – 10:00 am Mah-Jongg 10:00 am -12:00 pm	24 Bingo 10:00 am – 12:00 pm Slow Flow Yoga 1:00 pm – 2:00 pm	25 SAIL 9:00 am – 10:00 am Bridge 10:00 am -12:00 pm	26 Dance Fitness 11:00 am – 12:00 pm	27
28	29 Qigong 9:00 am – 10:00 am Games 10:00 am – 12:00pm	30 SAIL 9:00 am – 10:00 am Mah-Jongg 10:00 am – 12:00 pm	31 Book Discussion: Titanic's Resurrected Secret- H.E.W. Dr. J. Robert DiFulgo 10:00 am – 12:00 pm Slow Flow Yoga 1:00 pm – 2:00 pm			