

SIA August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 SAIL 9:00 am – 10:00 am Bridge 10:00 am – 12:00 pm	2 Dance Fitness 11:00 am – 12:00 pm Dessert Social 12:00 pm – 2:00 pm	3
4 Qigong 9:00 am – 10:00 am Games 10:00 am – 12:00 pm	5	6 SAIL 9:00 am – 10:00 am Mah-Jongg 10:00 am – 12:00 pm	7 IT Workshop MacBook Basics 10:00 am – 11:30 am Slow Flow Yoga 1:00 pm – 2:00 pm	8 SAIL 9:00 am -10:00 am Bridge 10:00 am – 12:00 pm	9 Dance Fitness 11:00 am – 12:00 pm	10
11 Qigong 9:00 am – 10:00 am Games 10:00 am – 12:00 pm	12	13 SAIL 9:00 am – 10:00 am Mah-Jongg 10:00 am – 12:00 pm	14 SIA Website Overview 11:00 am – 12:00 pm Slow Flow Yoga 1:00 pm – 2:00 pm	15 SAIL 9:00 am – 10:00 am Bridge 10:00 am -12:00 pm	16 Dance Fitness 11:00 am – 12:00 pm SIA Summer Concert Mr. Calvin Earl 1:00 pm – 2:30 pm	17
18 Games 10:00 am – 12:00 pm	19	20 Mah-Jongg 10:00 am -12:00 pm	21 NO SIA	22 Bridge 10:00 am -12:00 pm	23 NO SIA	24
25 Games 10:00 am – 12:00pm	26	27 Mah-Jongg 10:00 am – 12:00 pm	28 NO SIA	29 Bridge 10:00 am – 12:00 pm	30 NO SIA	31