

# **SIA Weekly Schedule**

## **7/29 – 8/2**

|                        |  |  |
|------------------------|--|--|
| <b>Monday, 7/29</b>    | <b>9:00 am - 10:00 am</b><br><b>10:00 am - 12:00 pm</b>    | <b>Qigong</b><br><b>Games</b>  |
| <b>Tuesday, 7/30</b>   | <b>9:00 am - 10:00 am</b><br><b>10:00 am - 12:00 pm</b>    | <b>SAIL</b><br><b>Mah-Jongg</b>  |
| <b>Wednesday, 7/31</b> | <b>10:00 am – 12:00 pm</b><br><br><b>1:00 pm - 2:00 pm</b> | <b>Book Discussion:</b><br><b>Titanic’s Resurrected</b><br><b>Secret-H.E.W.</b><br><b>Author: Dr. J. Robert DiFulgo</b><br><b>Slow Flow Yoga</b> |
| <b>Thursday, 8/1</b>   | <b>9:00 am - 10:00 am</b><br><b>10:00 am - 12:00 pm</b>    | <b>SAIL</b><br><b>Bridge</b>   |
| <b>Friday, 8/2</b>     | <b>11:00 am – 12:00 pm</b><br><b>12:00 pm – 2:00 pm</b>    | <b>Dance Fitness</b><br><b>Dessert Social</b>  |