

# SIA October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>SAIL (Full)</b> 9:00 am – 10:00 am <b>Mah-Jongg</b> 10:00 am – 12:00 pm <b>Plant Presentation</b> “Native Plants in the Garden and Using Them”12:00 pm – 2:00 pm	2 <b>Beginner Bridge Lessons (Full)</b> 12:30 pm – 2:30 pm  <b>Boot Camp (Required Registration)</b> 1:00 pm – 2:00 pm	3 <b>SAIL (Full)</b> 9:00 am – 10:00 am  <b>Bridge</b> 10:00 am – 12:00 pm	4 <b>SIA Social: Fall Favorite Soups and Stews</b> 12:00 pm – 2:00 pm <b>SAIL (Full)</b> 1:30 pm – 2:30 pm	5
6	7 <b>Qigong (Full)</b> 9:00 am – 10:00 am <b>Games</b> 10:00 am – 12:00 pm <b>Beginner Bridge Lessons (Full)</b> 12:30 pm – 2:30 pm	8 <b>SAIL (Full)</b> 9:00 am – 10:00 am <b>Book Club: The Women</b> 9:30 am – 11:00 am <b>Mah-Jongg</b> 10:00 am – 12:00 pm	9 <b>IT Workshop</b> 10:00 am – 11:30 am <b>Raise Your Spirits with a Little Live Music!</b> 10:15 am – 11:15 am <b>Professor/Author Presentation</b> “A single mom keeps it going: Experiential tips in remaining positive.” Dr. Anita Nahal, PhD, CDP; 12:00 pm – 1:30 pm <b>Boot Camp (Required Registration)</b> 1:00 pm – 2:00 pm	10 <b>SAIL (Full)</b> 9:00 am – 10:00 am  <b>Bridge</b> 10:00 am – 12:00 pm  <b>Mah-Jongg Beginner Lessons (Full)</b> 12:30 pm – 2:30 pm	11 <b>Taming the Paperwork Beast Presentation</b> 12:30 pm – 1:30 pm  <b>SAIL (Full)</b> 1:30 pm – 2:30 pm	12
13	14 <b>NO AM Class</b>	15 <b>SAIL (Full)</b> 9:00 am – 10:00 am  <b>Mah-Jongg</b> 10:00 am – 12:00 pm	16 <b>Microsoft Basic Workshop- Part</b> 11:30 am – 12:00 pm <b>Stich Club</b> 10:30 am – 12:30 pm <b>Boot Camp (Required Registration)</b> 1:00 pm – 2:00 pm	17 <b>SAIL (Full)</b> 9:00 am – 10:00 am  <b>Bridge</b> 10:00 am – 12:00 pm <b>Mah-Jongg Beginner Lessons (Full)</b> 12:30 pm – 2:30 pm	18 <b>Garden Club:</b> 12:00 pm – 1:30 pm  <b>Cooking Class “Mama Mia”, That’s Italian-Ravioli:</b> 12:00 pm – 2:00 pm <b>SAIL (Full)</b> 1:30 pm – 2:30 pm	19
20	21 <b>Qigong (Full)</b> 9:00 am -10:00 am <b>Games</b> 10:00 am – 12:00 pm	22 <b>SAIL (Full)</b> 9:00 am -10:00 am  <b>Mah-Jongg</b> 10:00 am – 12:00 pm	23 <b>Microsoft Basic Workshop Part 2/Hot Oatmeal Bar</b> 10:30 am – 12:00 pm  <b>Boot Camp (Required Registration)</b> 1:00 pm – 2:00 pm	24 <b>SAIL (Full)</b> 9:00 am – 10:00 am <b>Bridge:</b> 10:00 am – 12:00 pm <b>Mah-Jongg Beginner Lessons (Full)</b> 12:30 pm – 2:30 pm <b>SIA/Theater Youth Improv Workshop (OFC)</b> 7:00 pm – 9:00 pm	25 <b>Aging in Place Presentation</b> 12:30 pm – 1:30 pm  <b>SAIL (Full)</b> 1:30 pm – 2:30 pm	26
27	28 <b>Qigong (Full)</b> 9:00 am -10:00 am <b>Games</b> 10:00 am – 12:00 pm <b>Beginner Bridge Lessons (Full)</b> 12:30 pm – 2:30 pm	29 <b>SAIL (Full)</b> 9:00 am -10:00 am <b>Mah-Jongg</b> 10:00 am – 12:00 pm <b>History of Monuments in the Indian Sub-Continent</b> 12:00 pm – 2:00 pm	30 <b>Microsoft Basic Workshop- Part 3</b> 10:30 am – 12:00 pm  <b>Boot Camp (Required Registration)</b> 1:00 pm – 2:00 pm	31 <b>SAIL (Full)</b> 9:00 am – 10:00 am  <b>Bridge</b> 10:00 am – 12:00 pm		