

SIA March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	<p>SAIL (Full) 9:00 am – 10:00 am 4Ever Fit (Full) 9:30 a – 10:25 am Mah-Jongg: 10:00 am – 12:00 pm Beginner Bridge Lesson(s) (Full) Mr. Steven Rothman: 12:30 pm – 2:30 pm</p>	<p>SAIL (Full): 9:00 am – 10:00 am SAIL with Izumi 9:00 am – 10:00 am 10:15 am – 11:15 am (Full) Mah-Jongg: 10:00 am – 12:00 pm Osteoporosis Presentation: Battling for Bone Health Ms. Nandina Usterais, PT, DPT 12:00 pm – 2:00 pm</p>	<p>IT Workshop: Apple Watch (Full) Amy Burk of TechWise Coaching 10:00 am – 11:30 am</p>	<p>SAIL (Full) 9:00 am – 10:00 am Bridge: 10:00 am – 12:00 pm Building Your Family Tree: Online Databases” Mrs. Katherine McManus 12:00 pm – 2:00 pm</p>	<p>Laughter Yoga (Full) Ms. Patricia Linderman 9:00 am – 10:30 am SAIL (Full) 9:00 am – 10:00 am Bridge: 10:00 am – 12:00 pm Beginner Conversational Spanish (Full) 12:30 pm – 2:00 pm</p>	
9	10	11	12	13	14	15
	<p>SAIL (Full) 9:00 am – 10:00 am 4Ever Fit (Full) 9:30 am – 10:25 am Mah-Jongg:10:00 am – 12:00 pm Beginner Bridge Lesson(s) (Full) Mr. Steven Rothman: 12:30 pm – 2:30 pm</p>	<p>SAIL (Full): 9:00 am – 10:00 am SAIL with Izumi 9:00 am – 10:00 am 10:15 am – 11:15 am (Full) Book Club: 9:30 am – 11:00 am “A Wilder Shore” Mah-Jongg:10:00 am – 12:00 pm</p>	<p>IT Workshop: Artificial Intelligence Workshop (Full) Mrs. Amy Burk of TechWise Coaching 10:00 am – 11:30 am</p>	<p>SAIL (Full) 9:00 am – 10:00 am Bridge: 10:00 am -12:00 pm</p>	<p>SAIL (Full) 9:00 am – 10:00 am Bridge: 10:00 am – 12:00 pm Garden Club: Peggy Riccio Presents: Vegetable Container Gardening 12:00 pm – 1:30 pm Beginner Conversational Spanish (Full) 12:30 pm – 2:00 pm</p>	
16	17	18	19	20	21	22
	<p>SAIL (Full) 9:00 am – 10:00 am 4Ever Fit (Full) 9:30 am – 10:25 am Mah-Jongg: 10:00 am – 12:00 pm Beginner Bridge Lesson(s) (Full) Mr. Steven Rothman: 12:30 pm – 2:30 pm</p>	<p>SAIL (Full) 9:00 am – 10:00 am SAIL with Izumi 9:00 am – 10:00 am 10:15 am – 11:15 am (Full) Mah-Jongg: 10:00 am -12:00 pm</p>	<p>IT Workshop: Artificial Intelligence Basics (Full) Amy Burk of TechWise Coaching 10:00 am – 11:30 am Stitch Club 10:30 am – 12:30 pm</p>	<p>SAIL (Full) 9:00 am – 10:00 am Bridge: 10:00 am -12:00 pm “The Four Pillars of the New Retirement” Mr. Matt Melton: 12:30 pm – 2:30 pm</p>	<p>SAIL (Full) 9:00 am – 10:00 am Bridge 10:00 am – 12:00 pm</p>	
23	24	25	26	27	28	29
	<p>SAIL (Full) 9:00 am – 10:00 am 4Ever Fit (Full) 9:30am – 10:25 am Mah-Jongg 10:00 am – 12:00 pm Beginner Bridge Lesson(s) (Full) Mr. Steven Rothman: 12:30 pm – 2:30 pm</p>	<p>SAIL (Full) 9:00 am – 10:00 am SAIL with Izumi 9:00 am – 10:00 am 10:15 am – 11:15 am (Full) Mah-Jongg: 10:00 am -12:00 pm</p>	<p>Senior Movie Day/Lunch Reston Town Center 9:00 am – 2:00 pm</p>	<p>SAIL (Full) 9:00 am – 10:00 am Bridge 10:00 am – 12:00 pm</p>	<p>SAIL (Full) 9:00 am – 10:00 am Bridge 10:00 am – 12:00 pm</p>	
30	31					
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