

SIA September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO SIA Labor Day Holiday	2 Mah-Jongg 10:00 am – 12:00 pm	3 NO SIA	4 Bridge 10:00 am – 12:00 pm	5 Bridge 10:00 am – 12:00 pm	6
7	8 SAIL (Full) 9:00 am – 10:00 am 10:00 am – 11:00 am (Required Registration) 4Ever Fit (Full) 9:30 am – 10:25 am Mah-Jongg 10:00 am – 12:00 pm Intermediate Bridge Lessons (Full) Steven Rothman 12:30 pm – 2:30 pm	9 SAIL (Full) 9:00 am – 10:00 am Book Club: Frozen River by Ariel Lawhon 10:00 am – 11:30 am Mah-Jongg: 10:00 am – 12:00 pm	10 4Ever Fit (Full) 9:00 am – 9:55 am Poetry Writing Class (Required Registration) 11:00 am – 12:30 pm Laughter Yoga 12:45 pm – 2:15 pm Beginner Conversational Spanish (Full) 1:30 pm – 3:00 pm	11 SAIL (Full) 9:00 am – 10:00 am Bridge 10:00 am – 12:00 pm Word Club: 12:30 pm – 2:00 pm	12 SAIL (Required Registration) 9:00 am – 10:00 am 10:00 am – 11:00 am (Full) Bridge: 10:00 am – 12:00 pm Inova Workshop 10:00 am – 12:00 pm	13
14	15 SAIL (Full) 9:00 am – 10:00 am 10:00 am – 11:00 am (Required Registration) 4Ever Fit (Required Registration) 9:30 am – 10:25 am Mah-Jongg:10:00 am – 12:00 pm Intermediate Bridge Lessons (Full) Steven Rothman 12:30 pm – 2:30 pm	16 SAIL (Full) 9:00 am – 10:00 am Mah-Jongg: 10:00 am – 12:00 pm Aging and the Gastrointestinal System MedStar Health- Ms. Brooke Spencer, NP 12:30 pm – 2:00 pm	17 4Ever Fit (Full) 9:00 am – 9:55 am Stitch Club 10:30 am – 12:30 pm Poetry Writing Class (Required Registration) 11:00 am – 12:30 pm Beginner Conversational Spanish (Full) 1:30 pm – 3:00 pm	18 SAIL (Full) 9:00 am – 10:00 am Bridge: 10:00 am -12:00 pm	19 SAIL (Required Registration) 9:00 am – 10:00 am 10:00 am – 11:00 am (Full) Bridge: 10:00 am – 12:00 pm Inova Workshop 10:00 am – 12:00 pm Introduction into the Women of the DMV at MPA 12:30 pm – 1:30 pm	20
21	22 SAIL (Full) 9:00 am – 10:00 am 10:00 am – 11:00 am (Required Registration) 4Ever Fit (Full) 9:30 am – 10:25 am Mah-Jongg:10:00 am – 12:00 pm Intermediate Bridge Lessons (Full) Steven Rothman 12:30 pm – 2:30 pm	23 SAIL (Full) 9:00 am – 10:00 am Mah-Jongg: 10:00 am -12:00 pm History of Bread Presentation Dr. Kamakshi Murti 11:00 am – 1:00 pm	24 4Ever Fit (Full) 9:00 am – 9:55 am Navigating Dementia, Tips from Caregivers/Panel Discussion 12:00 pm – 1:00 pm Beginner Conversational Spanish (Full) 1:30 pm – 3:00 pm	25 SAIL (Full) 9:00 am – 10:00 am Bridge 10:00 am -12:00 pm Fraud and Scam Presentation 12:30 pm – 1:30 pm	26 SAIL (Required Registration) 9:00 am – 10:00 am 10:00 am – 11:00 am (Full) Bridge 10:00 am – 12:00 pm Inova Workshop 10:00 am – 12:00 pm Garden Club: 12:00 pm – 1:30 pm	27
28	29 SAIL (Full) 9:00 am – 10:00 am 10:00 am – 11:00 am (Required Registration) 4Ever Fit: (Full) 9:30 am – 10:25 am Mah-Jongg 10:00 am – 12:00 pm	30 SAIL (Full) 9:00 am – 10:00 am Mah-Jongg: 10:00 am – 12:00 pm Financial Literacy for Retirees 4J Wealth Management 10:00 am – 12:00 pm				