

SIA October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 4Ever Fit (Full): 9:00 am – 9:55 am Poetry Writing Class (Required Registration): 11:00 am – 12:30 pm Laughter for Wellness: 12:45 pm – 2:15 pm Beginner Conversational Spanish: (Full) 1:30 pm – 3:00 pm	2 SAIL (Full) 9:00 am – 10:00 am Bridge: 10:00 am – 12:00 pm Word Club: 12:30 pm – 2:00 pm	3 SAIL (Full) 9:00 am – 10:00 am 10:00 am – 11:00 am Bridge: 10:00 am – 12:00 pm Inova Workshop: 10:00 am – 12:00 pm Taming the Paperwork Beast 12:30 pm – 1:30 pm	4
5	6 SAIL (Full) 9:00 am – 10:00 am 10:00 am – 11:00 am 4Ever Fit: (Full): 9:30 am – 10:25 am Mah-Jongg: 10:00 am – 12:00 pm Line Dancing: (Full) 3:00 pm – 4:00 pm	7 SAIL (Full) 9:00 am – 10:00 am Mah-Jongg: 10:00 am – 12:00 pm Financial Class: Simplify your Spending and Saving Strategies: 12:00 pm – 2:00 pm	8 4Ever Fit (Full) 9:00 am – 9:55 am Natural History Museum 9:00 am – 4:00 pm	9 SAIL (Full) 9:00 am – 10:00 am Bridge: 10:00 am – 12:00 pm Beginner Mah-Jongg Lessons (Full) 12:30 pm – 2:30 pm	10 SAIL (Full) 9:00 am – 10:00 am & 10:00 am – 11:00 am Bridge: 10:00 am – 12:00 pm Inova Workshop: 10:00 am – 12:00 pm	11 Microsoft Basics- Part 1 10:30 am – 12:30 pm
12	13 NO Morning SIA Activities Chiropractic and Holistic Approach to Healthcare is Beneficial, Dr. Nicholas DeSantis: 1:30 pm – 3:30 pm Line Dancing (Full): 3:00 pm – 4:00 pm	14 SAIL (Full) 9:00 am – 10:00 am Book Club: The Arsenal of Democracy by A.J. Baime 10:00 am – 11:30 am Mah-Jongg: 10:00 am – 12:00 pm	15 4Ever Fit (Full) 9:00 am – 9:55 am Stitch Club: 10:30 am – 12:30 pm Genealogy: Building Your Family Tree, Mrs. Katherine McManus: 11:00 am – 12:30 pm Beginner Conversational Spanish (Full) 1:30 pm – 3:00 pm	16 SAIL (Full) 9:00 am – 10:00 am Bridge: 10:00 am – 12:00 pm Beginner Mah-Jongg Lessons (Full) 12:30 pm – 2:30 pm	17 SAIL (Full) 9:00 am – 10:00 am 10:00 am – 11:00 am Bridge: 10:00 am – 12:00 pm Inova Workshop: 10:00 am – 12:00 pm	18 50th Anniversary Celebration 5:00 pm – 10:00 pm
19	20 SAIL (Full) 9:00 am -10:00 am & 10:00 am – 11:00 am 4Ever Fit (Full): 9:30 am – 10:25 am Mah-Jongg: 10:00 am – 12:00 pm Line Dancing (Full): 3:00 pm – 4:00 pm	21 SAIL (Full) 9:00 am -10:00 am Mah-Jongg: 10:00 am – 12:00 pm How did the Indian dance form Bharatnatyam evolve? Dr. Kamakshi Murthi 11:00 am – 1:00 pm	22 4Ever Fit (Full) 9:00 am – 9:55 am Senior Movie Day Reston Town Center: Rear Window 8:45 am – 12:30 pm Beginner Conversational Spanish (Full) 1:30 pm – 3:00 pm	23 SAIL (Full) 9:00 am – 10:00 am Bridge: 10:00 am – 12:00 pm Beginner Mah-Jongg Lessons (Full) 12:30 pm – 2:30 pm	24 SAIL (Full) 9:00 am – 10:00 am 10:00 am – 11:00 am Bridge: 10:00 am – 12:00 pm SIA Cooking:” Fall Brunch” with Chef Joel: 11:00 am – 1:00 pm Garden Club: 12:00 pm – 1:30 pm Aging in Place: 12:30 pm – 1:30 pm	25 Artificial Intelligence 10:30 am – 12:30 pm
26	27 SAIL (Full) 9:00 am -10:00 am & 10:00 am – 11:00 am 4Ever Fit (Full) 9:30 am – 10:25 am Mah-Jongg: 10:00 am – 12:00pm Intermediate Bridge Lesson(s) (Full) Steven Rothman 12:30 pm – 2:30 pm	28 SAIL (Full) 9:00 am -10:00 am Mah-Jongg: 10:00 am – 12:00 pm Osteoporosis and Exercise Mrs. Nandina Ustaris, PT, DPT 10:00 am – 11:30 am	29 4Ever Fit (Full) 9:00 am – 9:55 am IT Workshop: IOS 26 Upgrade 10:00 am – 11:30 am (Full) Beginner Conversational Spanish (Required Registration) 1:30 pm – 3:00 pm	30 SAIL (Full) 9:00 am – 10:00 am Bridge 10:00 am – 12:00 pm	31 SAIL (Full) 9:00 am – 10:00 am 10:00 am – 11:00 am History of Bread Presentation Dr. Kamakshi Murthi 11:00 am – 1:00 pm Bridge: 10:00 am – 12:00 pm	