

Seniors In Action May 16-20

MONDAY, MAY 16

10-11 a.m.	Chi Kung
11 a.m.-1 p.m.	Games MCC Hampton Room

TUESDAY, MAY 17

9-10 a.m.	S.A.I.L. Exercise Class MCC Shelp Room
9:30-1:30/2 p.m.	Travel Trip (Must be registered w/Carrie to attend) 9:30 arrive MCC 9:40 depart to Bus Stop 9:45-10 a.m. Bus (5-minute ride) to Metro 10 a.m.-1:30/2 p.m. Metro Center (Purchase Senior Metro Cards, trade in old cards, Metro tips and tricks, Lunch and return).
10:30 a.m.-1:30 p.m.	OFC Games Option Pool, Ping Pong, Scrabble, Bridge

WEDNESDAY, MAY 18

10:15-11:15 a.m.	10:15-10:45 a.m. Dance Demo, MCC Shelp Room 10:45-11:15 a.m. a.m. Join us for Coffee and Pastries and a discussion about the Volunteer Usher Program and the Alden Theatre.
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THURSDAY, MAY 12

9-10 a.m.	S.A.I.L. Exercise Class MCC Shelp Room
10:30 a.m.-12:30 p.m.	SIA Intermediate Bridge MCC Hampton Room
11 a.m.-1:30 p.m.	OFC Games Option Pool, Ping Pong, Scrabble, Mah-jongg

FRIDAY MAY 13

No SIA Activities	No SIA Activities: Hampton Room is open if you'd like to coordinate a meetup with fellow SIA Members. Or, perhaps visit the Lewinsville Farmer's Market McLean Farmers Market Returns For 2022 Season In May McLean, VA Patch
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