



TRICKSEY SAIL CENTER
3055 Banks Avenue
251-456-6690

Mon	Tue	Wed	Thu	Fri
S.A.I.L. Calendar Senior Activities of Independent Living				
		1. Seniors Got Talent 	2. Let's Dance 	3. Bible Trivia
6. Root Beer Float Day 	7. Senior Toss Game 	8. Being Silly/Hand painting 	9. 	10. Errand Day
13. Popsicle Day 	14. Inspirational words/Chair-A-Cise 	15. Magic Wand Day 	16. Table Tennis 	17.
20. T-Shirt Splash day 	21. Senior Yoga 	22. Swing Dance 	23. Musical Chairs 	24. Bingo Friday
27. Table Hockey 	28. Station wagon day 	29. Novel day By Hailie 	30. Senior Cleaning Equipment Day 	31. Celebrating All Birthdays