



TRICKSEY SAIL CENTER
3055 Banks Avenue
251-456-6690

Mon	Tue	Wed	Thu	Fri
S.A.I.L. Calendar Senior Activities of Independent Living				
3 CENTER CLOSED Labor Day	4 Senior Meeting  Who's who game	5 fire Drill 	6 Jamaican Me Crazy 	7 Errand day 
10 Personalizing photo frames 	11 Inspirational words Blood pressure check 	10 Grandparents Day Show and Tell (Pictures) 	13 Read a book w/San <i>Story Time Programs</i>  At The Rockwall Public Library	14 
17 Chair-A-cise 	18 Inspirational word 	19 Adult coloring 	20 Art & craft Building a pizza 	21 Fun Friday Music and games 
24 Macaroni craft 	25 Inspirational words Walking keeping the heart pumping stronger 	26 	27 Bowling 	28 Jazzing w/Jackie 