

## **SAA Activities & Meetings**

SAA has a variety of on-going activities as well as one-time events.

### **Saturday morning Coffee**

- Once a month SAA will organize a Saturday morning get-together for spouse's/significant others. The host provides beverages such as juice, tea or coffee. Guests are welcome to bring a small snack, but this is not required. This is typically a kid friendly activity and spouse's take turns hosting.

### **Evening adult-only get together**

- Once a month SAA will coordinate an adult-only activity. The activities consist of games, crafts, movie, or Wine & Paint night etc. Recommendations encouraged. These activities are not kid-friendly.

### **Weekly Play Date**

- Every Tuesday from 10-noon moms get together for play date. This event typically occurs at the Harrogate park, however moms will take turns hosting when weather is inclement.

### **Non-SAA get-togethers**

- Spouses/significant others also get together to participate in activities such as walks, small hikes, attend community activities such as story time at the library and much more. If you are interested in an event/activity in the community, feel free to reach out and see who else might be interested in attending.

### **Board & Planning meetings**

- The board gets together once a month to plan activities and events. All SAA members are welcome and encouraged to attend these meetings.

### **General Meetings**

- SAA provides members with access to select meetings that are aimed at providing support to students, spouses, and their family members. The meetings consist of: a couple's workshop to surviving medical school as a family, rotation information session, insight from spouses regarding 3-4<sup>th</sup> year, Ice Cream Socials etc.

## **SAA Activity and Event Dates & Times**

Please see monthly e-mail/text & SAA Facebook page for details

**Saturday July 30**→ Family River Tubing Trip 11am (Rain date Sunday July 31) RSVP requested

**Tuesday, August 2** → General meeting: Session to discuss Med School Road Map & Social Event @ 6pm

**Saturday, August 13**→ Saturday Morning Coffee: 10am - noon

**Saturday, August 20**→ Paint night at Cumberland Gap Artist Co-op @ 7pm (Adult only) RSVP requested

**Tuesday, September 6**→General meeting: Session for Couple's Workshop @ 6pm

**Saturday, September 17**→ Saturday morning Coffee: 10am - noon

**Saturday, September 24**→ Bowling at Hillcrest Lanes (Family Friendly) RSVP requested

**October** → Fall Fest (Date to be determined)

**November** → Thanksgiving Dinner (Date to be determined)

**December** → Dr. & Mrs. Wieting holiday Dinner (Date to be determined)

**Spring 2017:** Spring dates and activities to be determined  
Coffee, playdates, adult activity will continue

**January 12**→ General meeting @ 6pm: Session to discuss how rotations work

**February** → General meeting @ 6pm: Session to 3<sup>rd</sup> & 4<sup>th</sup> year spouses to discuss rotations

**March** → Date night

**April** → 6:00pm in DCOM lounge Ice Cream Social & Nominations for board

**May**→ General Meeting @ 6pm: Session to plan next year

**\*\*Dates and times are subject to change. Please keep up to date via our monthly e-mail and Facebook page**