

Activities

Live Longer- Live Healthier
 Studies show you have a 70% less chance of developing cognitive disorders if you have an active social life

Activities Available Through Local Chapters May Include ...

- | | |
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| <ul style="list-style-type: none"> Golf Bowling Poker Dining Out Interest Groups Bocce Ball Men Bocce Ball Coed | <ul style="list-style-type: none"> Ladies' Day Walking Trips to Casinos Theater Events Wine Tasting Trips to Ball Games |
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Many Activities are Coed



What interests YOU? Start a New Activity or Group

What we DON'T do ...

- We don't raise money;
- We don't have a political agenda;
- We don't have a religious orientation;
- We don't sell anything.

How to Contact Us

Visit sirinc.org for a listing of well over 100 local branches,

Branch _____ is in your area.

Email _____
 Contact _____
 Phone _____

Other questions?

Visit www.sirinc.org

And use the Email Questions or Comment link at the bottom of the first page and we will get back to you as soon as we can



We _____ meeting near you soon



A Social Organization for Men

Live longer and happier with good friends while enjoying fun activities



There is nothing else like SIR

Friendship, activities, physical, mental and social involvement and the opportunity to increase one's quality of life

What is SIR?

Our mission:

To improve the lives of our members through fun activities and events while making friends for life!

SIR is a non-profit, public benefit corporation for men with 14,000 members in over 100 branches in Northern and Central California.



Come Build Friendships

Membership is open to men regardless of age, race, color, or religion. We are an **all-volunteer organization**.

Our Vision:

To become the preeminent active men's organization by improving longevity through providing opportunities for physical, mental and social engagement

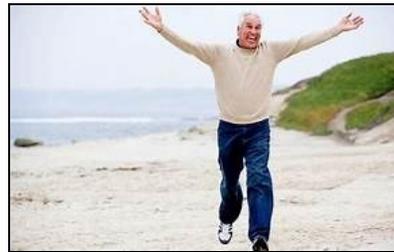
Make Friends for Life!

SIR branches provide a mix of **activities** like **golf, bowling, bocce ball**, card games, dining out groups, and many others...

Local chapters have **monthly lunch meetings** – good food, friendly conversation, and great speakers

Expectations of members are few.

1. Be a friendly, sociable guy
2. Have free time,
3. Participate in luncheons and activities,
4. Volunteer occasionally to help your Branch out
5. Introduce others to SIR so they can join in the fun ...



Thanks for joining us and being part of the fun.

Spouses and Partners



When my husband joined SIR it not only gave him a whole new circle of friends and activities, it gave me the same. We, as a couple, have met so many new great people. There are also so many activities for couples such as potlucks, dine-out's, golf, day trips, and wine tasting to name a few. SIR has added greatly to both of our retirements.

- Donna B.

Branch 88 have special luncheons, barbecues and parties which **include wives, partners and guests**. A lot of SIRs activities are co-ed.

Give your wife/partners a chance to also make their own friends for life