

Can SIR Inc. Enrich Your Life?

WeAreSir.com



I'm a SIR Member

- I'm here because I love being a SIR.
- It has brought more value to my life.
- I would like to see others enjoy and experience SIR, so let me tell you about it!



We
Have
Fun

- SIR Inc. is a nonprofit social activities organization
- With Branches in Northern & Central California
- Each Branch chooses its own activities
- Branches add activities based on member interest
- Many Branches have more than 50 activities that members can participate in



Member Activities

- At SIR Golf is most popular with 4,000 golfers registered with the Northern California Golf Association (NCGA). Making SIR the most prominent men's group with NCGA.

- Bowling
- Poker
- Bridge
- Dining out
- Barbecues
- Bocce ball
- Hiking
- Holiday events

- Cooking classes
- Wine tasting
- RV-ing
- Luncheons
- Pickle ball
- Walking groups
- Travel
- Tournaments



Branch **xxx** (**name of city**) Activities



- Golf
- Bowling
- Poker
- Bridge
- Dining out
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- Hiking
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We Socialize

The premise for SIR is that we are all better actively engaged with Friends and making new ones through activities.

As a group, we want to have fun!



Let's Talk Benefits

We like to say at SIR you'll
Make Friends for Life!

We also believe
SIR will
Enrich Your Life!



Engaging with Others

According to Harvard Health Publishing, “research increasingly shows that strong social ties are crucial to your brain health. Socializing can stimulate attention and memory and help to strengthen neural networks. You may just be laughing and talking, but your brain is hard at work. This increase in mental activity pays off over time.

Scientists have found that people with strong social ties are less likely to experience cognitive decline

than people who spend most of



Friends Are Important



Mayo Clinics says having friends:

- Increases your sense of belonging and purpose
- Boosts your happiness and reduces your stress
- Improves your self-confidence and self-worth
- Helps you cope with various life's traumas

Being Active

The CDC says regular physical activity is one of the most important things you can do for your health.

Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.



Bonuses



- The lowest golf fees available because SIR is one of the largest groups with NCGA
- Your calendar will be full
- You'll meet new people
- Find new things to do
- Choose from a large group of activities

Find Us Online



- WeAreSIR.com
- On Facebook
@SIRSocialActivities
- Please “like” our page!

About SIR Inc.

- SIR was founded in 1958.
- Today, many Branch activities are coed, and the Branches welcome guests.
- While members are men 50+, we encourage women to participate as guests.



Join In the Fun

- Come and share a meal
- Join an activity
- Forge friendships
- Embrace life

We invite you to join SIR.

You can never have too many
ends.



Branch Information

(Insert Branch luncheon or another event)

(Date and time)

(Rsvp info)

To join other activities

(Call/email or visit instructions here)

(Visit Instructions?)

To ask about other Branches go
to WeAreSIR.com.



Questions?