

STEPPING STONE SENIOR CENTRE INC.

AUGUST 2010 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED FOR NEW BRUNSWICK DAY 	3 9:15 GroupFit 10:00 Book Study 10:00 Washer Toss 2:00 SS Troubadours 4:00 Darts	4 8:45 Tennis 9:15 Seated Pilates 9:30 French Circle 10:00 Horseshoes 10:30 Beginners Pilates 1:00 Pilates 1:00 Outreach 1:30 Blueberry Social 6:30 Duplicate Bridge	5 9:15 GroupFit 10:00 Ladder Ball 1:00 Craft Group 1:00 Bingo 	6 10:00 Bean Bag Toss 10:00 Coffee and Conversation 1:00 Harmonica 1:00 Drop in Bridge 1:00 Drop in Cards
9 10:00 Bocce Ball 1:30 Writers 2:00 Seated Tai Chi 6:30 Drop in Bridge with a Partner	10 9:15 GroupFit 10:00 Book Study 10:00 Washer Toss 2:45 SS Troubadours 4:00 Darts	11 8:45 Tennis 9:15 Seated Pilates 9:30 French Circle 10:30 Beginners Pilates 1:00 Pilates 1:00 Outreach 2:00 Forum 6:30 Duplicate Bridge	12 9:15 GroupFit 10:00 Ladder Ball 1:00 Craft Group 1:00 Bingo 	13 9:15 Pilates 10:00 Coffee and Conversation 10:00 Bean Bag Toss 10:30 Pilates 1:00 Harmonica 1:00 Drop-in Bridge 1:00 Drop in Cards
16 10:00 Bocce Ball 1:30 Writers 2:00 Seated Tai Chi 6:30 Drop in Bridge with a Partner	17 Stepping Stone Fun Fair 10-4 Cost \$5.00 Join us for a day of Fun Games, BBQ and Prizes Rain Date Aug.19th	18 8:45 Tennis 9:15 Seated Pilates 9:30 French Circle 10:00 Horseshoes 10:30 Beginners Pilates 1:00 Pilates 1:00 Outreach 2:00 Forum 16:30 Duplicate Bridge	19 9:15 GroupFit 10:00 Ladder Ball 1:00 Craft Group 1:00 Bingo 	20 9:15 Pilates 10:00 Bean Bag Toss 10:00 Coffee and Conversation 10:30 Pilates 1:00 Harmonica 1:00 Drop-in Bridge 1:00 Drop in Cards
23 10:00 Bocce Ball 1:30 Writers 2:00 Seated Tai Chi 6:30 Drop in Bridge with a Partner	24 9:15 GroupFit 10:00 Book Study 10:00 Washer Toss 2:00 SS Troubadours 4:00 Darts 	25 8:45 Tennis 9:15 Seated Pilates 9:30 French Circle 10:00 Horseshoes 10:30 Beginners Pilates 1:00 Pilates 1:00 Outreach 2:00 Forum 6:30 Duplicate Bridge	26 9:15 GroupFit 10:00 Ladder Ball 1:00 Craft Group 1:00 Bingo	27 9:15 Pilates 10:00 Bean Bag Toss 10:00 Coffee and Conversation 10:30 Pilates 11:30 Potluck 1:00 Harmonica 1:00 Drop-in Bridge 1:00 Drop in Cards
30 10:00 Bocce Ball 1:30 Writers 6:30 Drop in Bridge with a Partner	31 9:15 GroupFit 10:00 Book Study 10:00 Washer Toss 2:00 SS Troubadours 4:00 Darts	BLUEBERRY SOCIAL Wednesday, August 4 1:30 Cost \$4.00 	Stepping Stone Yard Sale/Flea Market/BBQ Saturday, August 21 8:00-1:00 Table Rental \$5.00	Don't forget to Register from some of our Fall Exercise Programs -Line Dancing -Pilates -Tai Chi -Groupfit -Belly Dancing

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