

# August 2019

# Stepping Stone Senior Centre Inc.

Email: [steppingstoneseniorcentre@rogers.com](mailto:steppingstoneseniorcentre@rogers.com)

Website: [www.steppingstoneseniorcentre.com](http://www.steppingstoneseniorcentre.com)

Phone: 506-450-7849

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 Ladder Ball <b>10:00 Easy Art (Beg)</b> 1:00 Craft Group 1:00 Ukulele Drop-In 1:30 Board Games	2 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge	3
4	<b>CLOSED</b>  <b>Happy New Brunswick Day</b>	6 10:00 Bean Bag Toss 10:15 Line Dancing 11:15 Line Dancing <b>11:30 Picnic in the Park</b> 1:00 Drop-in Bridge 4:00 Drop-in Darts 6:30 Drop-in Bridge	7 9:00 Sew Many Stitches 9:30 French Circle <b>10:00 Easy Art Club L2</b> 10:00 Washer Toss 3:00 Adaptive Yoga 6:00 Drop-in Games 6:30 Duplicate Bridge	8 10:00 Ladder Ball <b>10:00 Easy Art (Beg)</b> 1:00 Craft Group 1:00 Ukulele Drop-In 1:30 Board Games	9 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge <b>7:00 Ballroom Dance</b>	10
11 6:30 Drop in Bridge	12 9:00 Old Spools 10:00 Bocce Ball 10:00 Yoga 1:45 Writers Group 6:30 Drop-in Bridge	13 10:00 Bean Bag Toss 10:15 Line Dancing 11:15 Line Dancing 1:00 Drop-in Bridge 4:00 Drop-in Darts 6:30 Drop-in Bridge	14 9:00 Sew Many Stitches 9:30 French Circle <b>10:00 Easy Art Club L2</b> 10:00 Washer Toss <b>2:00 Blueberry Social</b> 3:00 Adaptive Yoga 6:00 Drop-in Games 6:30 Duplicate Bridge	15 10:00 Ladder Ball 1:00 Craft Group 1:00 Ukulele Drop-In 1:30 Board Games	16 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge	17
18 6:30 Drop in Bridge	19 9:00 Old Spools <b>9:30 Program Committee</b> 10:00 Bocce Ball 10:00 Yoga 1:45 Writers Group 6:30 Drop-in Bridge	20 9:00-3:30 Foot Care 10:00 Bean Bag Toss 10:15 Line Dancing 11:15 Line Dancing 1:00 Drop-in Bridge 4:00 Drop-in Darts 6:30 Drop-in Bridge	21 9:00 Sew Many Stitches 9:30 French Circle 10:00 Washer Toss 3:00 Adaptive Yoga 6:00 Drop-in Games 6:30 Duplicate Bridge	22 10:00 Ladder Ball <b>11:30 Dine-Out</b> 1:00 Craft Group 1:00 Ukulele Drop-In 1:30 Board Games	23 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge	24

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25	26	27	28	29	30	31
6:30 Drop-in Bridge	9:00 Old Spools 10:00 Bocce Ball 10:00 Yoga 1:45 Writers Group 6:30 Drop-in Bridge	9:00-3:30 Foot Care 10:00 Bean Bag Toss 1:00 Drop-in Bridge 4:00 Drop-in Darts 6:30 Drop-in Bridge	9:00 Sew Many Stitches 9:30 French Circle 10:00 Washer Toss <b>2:00 Forum – Robert Lafrenière, Seniors’ Advocate</b> 3:00 Adaptive Yoga 6:00 Drop-in Games 6:30 Duplicate Bridge	10:00 Ladder Ball 1:00 Craft Group 1:00 Ukulele Drop-In 1:30 Board Games	10:00 Coffee & Chat <b>11:30 Monthly Potluck</b> 1:00 Drop-in Cards 1:15 Drop-in Bridge	

**Stepping Stone has reusable grocery bags available to purchase for \$5.00. Available at the front desk.**

**Food Smart Orders are due by noon on Thursday, August 1<sup>st</sup>. Pick up is Thursday, August 8<sup>th</sup> between 11:30 and 3:00**

**Breakfast – Saturday, Sept 7<sup>th</sup> from 8:00 am to 10:00 am. Cost \$8.00 per person**