

June 2019

Stepping Stone Senior Centre Inc.

Email: steppingstoneseniorcentre@rogers.com

Website: www.steppingstoneseniorcentre.com

Phone: 506-450-7849

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:00 – 10:30 Breakfast
2 6:30 Drop-in Bridge	3 9:00 Old Spools 10:00 Yoga 1:45 Writers Group 2:00 Seated Tai Chi 6:30 Drop-in Bridge	4 9:00-3:30 Foot Care 9:00 Gentle Mobility 9:00 Tai Chi 10:00 Book Study 10:15 Line Dancing 11:15 Line Dancing 1:00 Drop-in Bridge 1:30 French Chat 2:45 Troubadours 4:00 Drop-in Darts 6:30 Drop-in Bridge	5 9:00 Sew Many Stitches 9:30 French Circle 3:00 Adaptive Yoga 6:00 Drop-in Games 6:30 Duplicate Bridge	6 9:30 SS Singers 12:00 Ukulele (Int) 1:00 Craft Group 1:00 Ukulele Drop-In 1:05 Ukulele (Beg) 1:30 Board Games	7 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons	8
9 6:30 Drop in Bridge 7:00 SS Singers Concert (Journey Wesleyan Church)	10 9:00 Old Spools 10:00 Bocce Ball 10:00 Yoga 1:45 Writers Group 2:00 Seated Tai Chi 6:30 Drop-in Bridge	11 9:00-3:30 Foot Care 9:00 Gentle Mobility 9:00 Tai Chi 10:00 Book Study 10:00 Bean Bag Toss 10:15 Line Dancing 11:15 Line Dancing 1:00 Drop-in Bridge 1:30 French Chat 2:45 Troubadours 4:00 Drop-in Darts 6:30 Drop-in Bridge 6:30 Mindfulness Meditation	12 9:00 Sew Many Stitches 9:30 French Circle 10:00 Washer Toss 2:00 Social – Come into my Herb Garden 3:00 Adaptive Yoga 6:00 Drop-in Games 6:30 Duplicate Bridge	13 9:30 SS Singers 10:00 Ladder Ball 12:00 Ukulele (Int) 1:00 Craft Group 1:00 Ukulele Drop-In 1:05 Ukulele (Beg) 1:30 Board Games 6:30 Forum – “Homewurk”	14 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons	15

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16 6:30 Drop in Bridge	17 9:00 Old Spools 9:30 Program Committee 10:00 Bocce Ball 10:00 Yoga 1:45 Writers Group 2:00 Seated Tai Chi 6:30 Drop-in Bridge	18 9:00-3:30 Foot Care 9:00 Tai Chi 10:00 Bean Bag Toss 10:15 Line Dancing 11:15 Line Dancing 11:30 Dine-Out 1:00 Drop-in Bridge 1:30 French Chat 4:00 Drop-in Darts 6:30 Drop-in Bridge 6:30 Mindfulness Meditation	19 9:00 Sew Many Stitches 9:30 French Circle 10:00 Washer Toss 2:00 Forum – NB Lung Association 6:00 Drop-in Games 6:30 Duplicate Bridge	20 9:30 SS Singers 10:00 Ladder Ball 12:00 Ukulele (Int) 1:00 Craft Group 1:00 Ukulele Drop-In 1:05 Ukulele (Beg) 1:30 Board Games	21 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons 5:00 Summer Solstice Barbeque	22
23 6:30 Drop-in Bridge	24 9:00 Old Spools 9:30 Board Meeting 10:00 Bocce Ball 10:00 Yoga 1:45 Writers Group 2:00 Seated Tai Chi 6:30 Drop-in Bridge	25 9:00-3:30 Foot Care 9:00 Tai Chi 10:00 Bean Bag Toss 1:00 Drop-in Bridge 4:00 Drop-in Darts 6:30 Drop-in Bridge 6:30 Mindfulness Meditation	26 9:00 Sew Many Stitches 9:30 French Circle 10:00 Washer Toss 6:00 Drop-in Games 6:30 Duplicate Bridge	27 10:00 Ladder Ball 12:00 Ukulele (Int) 1:00 Craft Group 1:00 Ukulele Drop-In 1:05 Ukulele (Beg) 1:30 Board Games	28 10:00 Coffee & Chat 11:30 Monthly Potluck 1:00 Drop-in Cards 1:15 Drop-in Bridge 2:00 Harmonica Lessons	29
30 6:30 Drop-in Bridge						

Food Smart Orders are due by June 6th at 12 noon. Pick up is June 13th from 11:30 am to 3:00 pm

****Line Dancing for June is at the Stepping Stone Senior Centre**