

**March 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 Coffee & Chat 1:00 Drop-in Bridge 1:00 Drop-in Cards 2:00 Harmonica Lessons	2 <b>8:00 – 10:30 Breakfast</b>  <b>12:00 Open Session – Table Tennis</b>
3 6:30 Drop-in Bridge	4 9:00 Old Spools 10:00 Yoga 1:45 Writers Group 3:15 Acoustic Jam <b>6:30 Card Making</b> 6:30 Drop-in Bridge	5 9:00-3:30 Foot Care 9:00 Gentle Mobility 9:00 Tai Chi 10:00 Book Study 1:00 Cryptic Crossword 1:00 Drop-in Bridge 1:30 Fluid Dance 2:45 Troubadours 4:00 Drop-in Darts 6:30 Drop-in Bridge	6 9:15-1:15 Line Dancing 9:30 French Circle 10:00 Bentley/Patterson Group 1:30 String Along with Us 3:00 Adaptive Yoga <b>6:00 Open Discussion, Evening Programming</b> 6:30 Duplicate Bridge	7 9:00 Gentle Mobility 9:30 SS Singers 11:00 Pilates 12:00 Ukulele (Int) 1:00 Craft Group 1:00 Ukulele (Adv) 1:05 Ukulele (Beg) 1:30 Board Games	8 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons	9
10 6:30 Drop in Bridge	11 9:00 Old Spools <b>9:30 Board Meeting</b> 10:00 Yoga 1:45 Writers Group 3:15 Acoustic Jam <b>6:30 Card Making</b> 6:30 Drop-in Bridge	12 9:00-3:30 Foot Care 9:00 Gentle Mobility 9:00 Tai Chi 10:00 Book Study 1:00 Cryptic Crossword 1:00 Drop-in Bridge 1:30 Fluid Dance 2:45 Troubadours (out) 4:00 Drop-in Darts 6:30 Drop-in Bridge	13 9:15-1:15 Line Dancing 9:30 French Circle 1:30 String Along with Us <b>2:00 “So You Think You Are Irish”</b> 3:00 Adaptive Yoga 6:30 Duplicate Bridge	14 9:00 Gentle Mobility 9:30 SS Singers 11:00 Pilates 12:00 Ukulele (Int) 1:00 Craft Group 1:00 Ukulele (Adv) 1:05 Ukulele (Beg) 1:30 Board Games 3:00 Guitar (Beg) <b>6:00 – 9:00 Tax Clinic</b>	15 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons <b>5:00 Irish Night</b>	16 <b>9:00 – 3:00 Tax Clinic</b>

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<p>6:30 Drop-in Bridge</p> <p>17</p> 	<p>9:00 Old Spools</p> <p>18</p> <p><b>9:30 Program Committee</b></p> <p>10:00 Yoga</p> <p>1:45 Writers Group</p> <p>3:15 Acoustic Jam</p> <p><b>6:30 Card Making</b></p> <p>6:30 Drop-in Bridge</p>	<p>9:00-3:30 Foot Care</p> <p>19</p> <p>9:00 Gentle Mobility</p> <p>9:00 Tai Chi</p> <p>10:00 Book Study</p> <p>1:00 Cryptic Crossword</p> <p>1:00 Drop-in Bridge</p> <p>1:30 Fluid Dance</p> <p>2:45 Troubadours</p> <p>4:00 Drop-in Darts</p> <p>6:30 Drop-in Bridge</p>	<p>9:15-1:15 Line Dancing</p> <p>20</p> <p>9:30 French Circle</p> <p>10:00 Bentley/Patterson Group</p> <p>1:30 String Along with Us</p> <p><b>1:30 Forum – Search and Rescue</b></p> <p>6:30 Duplicate Bridge</p>	<p>9:00 Gentle Mobility</p> <p>21</p> <p>9:30 SS Singers</p> <p>11:00 Pilates</p> <p><b>11:30 Dine-Out</b></p> <p>12:00 Ukulele (Int)</p> <p>1:00 Craft Group</p> <p>1:00 Ukulele (Adv)</p> <p>1:05 Ukulele (Beg)</p> <p>1:30 Board Games</p> <p>3:00 Guitar (Beg)</p>	<p>10:00 Coffee &amp; Chat</p> <p>22</p> <p>1:00 Drop-in Cards</p> <p>1:00 Drop-in Bridge</p> <p>2:00 Harmonica Lessons</p>	<p>23</p> <p><b>9:00 – 3:00 Tax Clinic</b></p>
<p>6:30 Drop-in Bridge</p> <p>24</p>	<p>9:00 Old Spools</p> <p>25</p> <p>10:00 Yoga</p> <p>1:45 Writers Group</p> <p>3:15 Acoustic Jam</p> <p><b>6:30 Card Making</b></p> <p>6:30 Drop-in Bridge</p>	<p>9:00-3:30 Foot Care</p> <p>26</p> <p>9:00 Gentle Mobility</p> <p>9:00 Tai Chi</p> <p>10:00 Book Study</p> <p>1:00 Cryptic Crossword</p> <p>1:00 Drop-in Bridge</p> <p>1:30 Fluid Dance</p> <p>2:45 Troubadours</p> <p>4:00 Drop-in Darts</p> <p>6:30 Drop-in Bridge</p>	<p>9:15-1:15 Line Dancing</p> <p>27</p> <p>9:30 French Circle</p> <p>1:30 String Along with Us</p> <p><b>1:30 Goods Bingo</b></p> <p>3:00 Adaptive Yoga</p> <p>6:30 Duplicate Bridge</p> <p>6:30 Reading Corner</p>	<p>9:00 Gentle Mobility</p> <p>28</p> <p>9:30 SS Singers</p> <p>11:00 Pilates</p> <p>12:00 Ukulele (Int)</p> <p>1:00 Craft Group</p> <p>1:00 Ukulele (Adv)</p> <p>1:05 Ukulele (Beg)</p> <p>1:30 Board Games</p> <p>3:00 Guitar (Beg)</p> <p><b>6:30 Forum – York Care Centre</b></p>	<p>10:00 Coffee &amp; Chat</p> <p>29</p> <p><b>11:30 Potluck</b></p> <p>1:00 Drop-in Cards</p> <p>1:00 Drop-in Bridge</p> <p>2:00 Harmonica Lessons</p>	<p>30</p> <p><b>9:00 Bridge Marathon</b></p>
<p>6:30 Drop-in Bridge</p> <p>31</p>						