

May 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 9:00 Sew Many Stitches 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 6:00 Drop-in Games 6:30 Duplicate Bridge	2 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 2:15 Guitar (Int) 3:00 Guitar (Beg)	3 10:00 Coffee & Chat 1:00 Drop-in Bridge 1:00 Drop-in Cards 2:00 Harmonica Lessons	4 <b>8:00 – 10:30 Breakfast</b>
5 6:30 Drop-in Bridge	6 9:00 Old Spools 10:00 Yoga 1:45 Writers Group 3:15 Acoustic Jam 6:30 Drop-in Bridge	7 9:00-3:30 Foot Care 9:00 Gentle Mobility 9:00 Tai Chi 10:00 Book Study 11:30 Beginner Seated Tai Chi 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	8 9:00 Sew Many Stitches 9:15-1:15 Line Dancing 9:30 French Circle 1:30 String Along with Us <b>2:00 Social “Organic or Not”</b> 3:00 Adaptive Yoga 6:00 Drop-in Games 6:30 Duplicate Bridge	9 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 2:15 Guitar (Int) 3:00 Guitar (Beg)	10 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons <b>7:00 Grand New Opry</b>	11 <b>2:00 Grand New Opry</b>
12 6:30 Drop in Bridge	13 9:00 Old Spools <b>9:30 Board Meeting</b> 10:00 Yoga 1:45 Writers Group 3:15 Acoustic Jam 6:30 Drop-in Bridge	14 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	15 9:00 Sew Many Stitches 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 6:00 Drop-in Games 6:30 Duplicate Bridge	16 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 2:15 Guitar (Int) 3:00 Guitar (Beg)	17 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons	18

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<p>19 6:30 Drop in Bridge</p>	<p>20 <b>CLOSED</b>  <b>Victoria Day Holiday</b></p>	<p>21 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</p>	<p>22 9:00 Sew Many Stitches 9:15-1:15 Line Dancing 9:30 French Circle 1:30 String Along with Us 6:00 Drop-in Games 6:30 Duplicate Bridge</p>	<p>23 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 2:15 Guitar (Int) 3:00 Guitar (Beg)</p>	<p>24 10:00 Coffee &amp; Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons</p>	<p>25 <b>12:00 Bridge Luncheon</b></p>
<p>26 6:30 Drop-in Bridge</p>	<p>27 9:00 Old Spools 10:00 Yoga 1:45 Writers Group 6:30 Drop-in Bridge</p>	<p>28 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</p>	<p>29 9:00 Sew Many Stitches 9:15-1:15 Line Dancing 9:30 French Circle 1:30 String Along with Us <b>2:00 Goods Bingo</b> 6:00 Drop-in Games <b>6:00-8:00 CarFit (Grant Harvey)</b> 6:30 Duplicate Bridge 6:30 Reading Corner</p>	<p>30 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 2:15 Guitar (Int) 3:00 Guitar (Beg) <b>6:30 Forum – Scott’s Nursery</b></p>	<p>31 10:00 Coffee &amp; Chat <b>11:30 Monthly Potluck</b> 1:00 Drop-in Cards 1:15 Drop-in Bridge 2:00 Harmonica Lessons</p>	

**Food Smart Orders are due by May 2<sup>nd</sup> at 12 noon. Pick up is May 9<sup>th</sup> from 11:30 am to 3:00 pm**