


STEPPING STONE SENIOR CENTRE INC.

15 Saunders Street, Fredericton NB, E3B 1M9

October 2017

Email: steppingstoneseniorcentre@rogers.com Website: www.steppingstoneseniorcentre.com Phone: 450-7849

Monday	Tuesday	Wednesday	Thursday	Friday
2 11:00 Yoga 1:00 Napkin Folding 1:30 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam Club 4:00 M&S Theatre 6:30 Drop-in Bridge	3 9:00-3:30 Foot Care 9:00 Tai Chi 10:00 Book Study 1:00 Bridge Lessons 1:00 Cryptic Crossword 1:30 Fluid Dance 2:45 Troubadours 4:00 Darts	4 9:15-1:15 Line Dancing ** 9:30 French Circle 10:00 Water Colour 2:00 "Laughter for the Fun of It" 6:30 Duplicate Bridge *Apple Pie Sale	5 9:30 SS Singers 12:00 Ukulele (Beg) 12:00 Pilates 1:00 Craft Group 1:00 Ukulele (Int) 1:30 Board Games 2:00 Guitar (Beg) 3:00 Guitar (Int) *Apple Pie Sale	6 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 1:30 Drop-in Colouring 2:00 Harmonica
9 CLOSED Happy Thanksgiving 	10 9:00-3:30 Foot Care 9:00 Gentle Pace Mobility 9:00 Tai Chi 10:00 Book Study 1:00 Bridge Lessons 1:00 Cryptic Crossword 1:30 Fluid Dance 2:45 Troubadours 4:00 Darts	11 9:15-1:15 Line Dancing ** 9:30 French Circle 10:00 Water Colour 6:30 Duplicate Bridge	12 9:00 Gentle Pace Mobility 9:30 SS Singers 12:00 Ukulele (Beg) 12:00 Pilates 1:00 Craft Group 1:00 Ukulele (Int) 1:30 Board Games 2:00 Guitar (Beg) 3:00 Guitar (Int)	13 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 1:30 Drop-in Colouring 2:00 Harmonica
16 9:30 Sight Reading 11:00 Yoga 1:30 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam Club 4:00 M&S Theatre 6:30 Drop-in Bridge	17 9:00-3:30 Foot Care 9:00 Gentle Pace Mobility 9:00 Tai Chi 10:00 Book Study 1:00 Bridge Lessons 1:00 Cryptic Crossword 1:30 Fluid Dance 2:45 Troubadours 4:00 Darts	18 9:15-1:15 Line Dancing ** 9:30 French Circle 10:00 Water Colour 2:00 "Oktoberfest" 6:30 Duplicate Bridge	19 9:00 Gentle Pace Mobility 9:30 SS Singers 12:00 Ukulele (Beg) 12:00 Pilates 1:00 Craft Group 1:00 Ukulele (Int) 1:30 Board Games 2:00 Guitar (Beg) 3:00 Guitar (Int)	20 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 1:30 Drop-in Colouring 2:00 Harmonica
23 9:30 Sight Reading 11:00 Yoga 1:30 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam Club 4:00 M&S Theatre 6:30 Drop-in Bridge	24 9:00-3:30 Foot Care 9:00 Gentle Pace Mobility 9:00 Tai Chi 10:00 Book Study 1:00 Bridge Lessons 1:00 Cryptic Crossword 1:30 Fluid Dance 2:45 Troubadours 4:00 Darts	25 9:15-1:15 Line Dancing ** 9:30 French Circle 10:00 Water Colour 2:00 Wills & Power of Attorney 6:30 Duplicate Bridge 6:30 Book Club	26 9:00 Gentle Pace Mobility 9:30 SS Singers 12:00 Ukulele (Beg) 12:00 Pilates 1:00 Craft Group 1:00 Ukulele (Int) 1:30 Board Games 2:00 Guitar (Beg) 3:00 Guitar (Int)	27 10:00 Coffee & Chat 11:30 POTLUCK 1:00 Drop-in Cards 1:15 Drop-in Bridge 1:30 Drop-in Colouring 2:00 Harmonica
30 9:30 Sight Reading 11:00 Yoga 1:30 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam Club 4:00 M&S Theatre 6:30 Drop-in Bridge	31 9:00-3:30 Foot Care 9:00 Gentle Pace Mobility 9:00 Tai Chi 10:00 Book Study 1:00 Bridge Lessons 1:00 Cryptic Crossword 1:30 Fluid Dance 2:45 Troubadours 4:00 Darts	Forum "Laughter for the Fun of It" Wed., Oct. 4th 2:00pm Forum "Wills & Power of Attorney" Wed., Oct. 25th 2:00 pm	Celebrate Canada with the Troubadours Sunday, Oct. 15th 2:00pm Tickets \$5.00	Social "Oktoberfest" Wed., Oct. 18th 2:00 pm Polka along to the Oktoberfest

**Line Dancing is held at the Grant Harvey Centre

***Apple Pies will be on sale Oct 4th and 5th. Sign up and check the board for pick up times**