

January 2018



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 15 Saunders Street, Fredericton NB, E3B 1M9

Monday	Tuesday	Wednesday	Thursday	Friday			
2	9:00-3:30 Foot Care	3	6:30 Duplicate Bridge	4	12:00 Pilates 1:00 Craft Group	5	10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge
8	9:00-3:30 Foot Care 9:00 Gentle Pace Mobility 9:00 Tai Chi (Int) 10:00 Book Study 1:00 Drop-in Bridge 1:00 Cryptic Crossword 2:45 Troubadours 4:00 Darts	9	9:15-1:15 Line Dancing ** 9:30 French Circle 1:30 "New" Acoustic Jam 6:30 Duplicate Bridge	10	9:00 Gentle Pace Mobility 9:30 SS Singers 12:00 Ukulele (Beg) 12:00 Pilates 1:00 Craft Group 1:00 Ukulele (Beg) 1:00 Ukulele (Int) 1:30 Board Games 2:00 Guitar (Beg) 3:00 Guitar (Int)	11	9:00 Workplace Standard First Aid 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica
15	9:00-3:30 Foot Care 9:00 Gentle Pace Mobility 9:00 Tai Chi (Int) 10:00 Book Study 1:00 Drop-in Bridge 1:00 Cryptic Crossword 1:30 Fluid Dance 2:45 Troubadours 4:00 Darts	16	9:15-1:15 Line Dancing ** 9:30 French Circle 10:00 Bentley Series 1:30 "New" Acoustic Jam 2:00 Social - Game of Lists 6:30 Duplicate Bridge	17	9:00 Gentle Pace Mobility 9:30 SS Singers 12:00 Ukulele (Beg) 12:00 Pilates 1:00 Craft Group 1:00 Ukulele (Beg) 1:00 Ukulele (Int) 1:30 Board Games 2:00 Guitar (Beg) 3:00 Guitar (Int)	18	9:00 Workplace Standard First Aid 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica
22	9:00-3:30 Foot Care 9:00 Gentle Pace Mobility 9:00 Tai Chi (Int) 10:00 Book Study 1:00 Drop-in Bridge 1:00 Cryptic Crossword 1:30 Fluid Dance 2:45 Troubadours 4:00 Darts	23	9:15-1:15 Line Dancing ** 9:30 French Circle 1:30 "New" Acoustic Jam 2:00 Downtown Community Health Centre 6:30 Duplicate Bridge	24	9:00 Gentle Pace Mobility 9:30 SS Singers 12:00 Ukulele (Beg) 12:00 Pilates 1:00 Craft Group 1:00 Ukulele (Beg) 1:00 Ukulele (Int) 1:30 Board Games 2:00 Guitar (Beg) 3:00 Guitar (Int)	25	9:00 Workplace Standard First Aid 10:00 Coffee & Chat 11:30 POTLUCK 1:00 Drop-in Cards 1:15 Drop-in Bridge 2:00 Harmonica
29	9:00-3:30 Foot Care 9:00 Gentle Pace Mobility 9:00 Tai Chi (Int) 10:00 Book Study 1:00 Drop-in Bridge 1:00 Cryptic Crossword 1:30 Fluid Dance 2:45 Troubadours (out) 4:00 Darts	30	9:15-1:15 Line Dancing ** 9:30 French Circle 10:00 Bentley Series 1:30 "New" Acoustic Jam 6:30 Duplicate Bridge 6:30 Book Club	31	Social Game of Lists Wed, Jan 17th at 2pm Forum Downtown Community Health Centre Presented by Joan Kingston Wed, Jan 24th at 2pm		Breakfast Sat, Feb 3rd 8 - 10:30 am \$8.00 per person Sponsored by McAdam's Funeral Home

**Line Dancing is held at the Grant Harvey Centre

Tech Talk with Krista - Call Krista to book your one-on-one session at 259-5441