

March 2018



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 15 Saunders Street, Fredericton NB, E3B 1M9

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Saturday, Mar. 3rd 8:00 am to 10:30 am \$8.00 Everyone Welcome Join us again on April 7th	Health Fair Wednesday, Mar. 14th 1:30 pm to 4:30 pm Student Nurses will be here doing Blood Pressure, Blood sugar and Cholesterol checks. Free Drop-In	Social "For the Birds" Wednesday, Mar. 21st at 2:00 pm	1 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 3:00 Guitar (Int)	2 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica
5 9:30 Program Meeting 1:30 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam Club 6:30 Drop-in Bridge	6 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	7 9:15-1:15 Line Dancing ** 9:30 French Circle 10:30 Ageless Grace 1:30 Acoustic Jam 6:30 Duplicate Bridge	8 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 (Int) 3:00 Guitar (Beg)	9 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica
12 1:30 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam Club 6:30 Drop-in Bridge	13 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	14 9:15-1:15 Line Dancing ** 9:30 French Circle 10:00 Bentley Series 10:30 Ageless Grace 1:30 Acoustic Jam 1:30 Health Fair 6:30 Duplicate Bridge	15 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 3:00 Guitar (Beg)	16 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica
19 1:30 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam Club 6:30 Drop-in Bridge	20 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	21 9:15-1:15 Line Dancing ** 9:30 French Circle 10:30 Ageless Grace 2:00 Social 6:30 Duplicate Bridge	22 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	23 10:00 Coffee & Chat 11:30 POTLUCK 1:00 Drop-in Cards 1:15 Drop-in Bridge 2:00 Harmonica
26 9:30 Program Meeting 1:30 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam Club 6:30 Drop-in Bridge	27 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	28 9:15-1:15 Line Dancing ** 9:30 French Circle 10:00 Bentley Series 10:30 Ageless Grace 1:30 Acoustic Jam 6:30 Duplicate Bridge 6:30 Reading Corner	29 9:00 Gentle Pace Mobility 9:30 SS Singers 12:00 Ukulele (Beg) 1:00 Craft Group 1:00 Ukulele (Beg) 1:00 Ukulele (Int) 1:30 Board Games 2:00 Guitar (Int) 3:00 Guitar (Beg)	30 <p style="text-align: center;">CLOSED GOOD FRIDAY</p>

**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