


**October 2018**

**Stepping Stone Senior Centre Inc.**

Email: [steppingstoneseniorcentre@rogers.com](mailto:steppingstoneseniorcentre@rogers.com)

Website: [www.steppingstoneseniorcentre.com](http://www.steppingstoneseniorcentre.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <p>6:30 Drop-in Bridge</p>	<p>1</p> <p>10:00 Yoga 1:30 Writers Group 2:00 Seated Tai Chi <b>1:30 Forum-CFEE</b> 3:15 Acoustic Jam 6:30 Drop-in Bridge</p>	<p>2</p> <p>9:00-3:30 Foot Care 9:00 Gentle Mobility 9:00 Tai Chi 10:00 Book Study 10:00 French Chat 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>3</p> <p>9:15-1:15 Line Dancing 9:30 French Circle 1:15 String Along with Us <b>1:30 Forum – Fredericton Public Library</b> 3:00 Adaptive Yoga 6:30 Duplicate Bridge</p> <p><b>Pie Sale</b></p>	<p>4</p> <p>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</p> <p><b>Pie Sale</b></p>	<p>5</p> <p>9:30 Card Workshop 10:00 Coffee &amp; Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons 3:00 Theatre Practice</p>	<p>6</p> <p>8:00 – 10:30 <b>Breakfast</b></p>
<p>7</p> <p>6:30 Drop-in Bridge</p>	<p>8</p> <p>CLOSED Happy Thanksgiving</p> 	<p>9</p> <p>9:00-3:30 Foot Care 9:00 Gentle Mobility 9:00 Tai Chi 10:00 Book Study 10:00 French Chat 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>10</p> <p>9:15-1:15 Line Dancing 9:30 French Circle 10:00 The Blake Group 12:00 Meditation 1:15 String Along with Us <b>2:00 Social – Come to the Fair</b> 3:00 Adaptive Yoga 6:30 Duplicate Bridge</p>	<p>11</p> <p>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 2:00 Guitar (Int) 3:00 Guitar (Beg)</p>	<p>12</p> <p>10:00 Coffee &amp; Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons 3:00 Theatre Practice</p>	<p>13</p>

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<p>14 6:30 Drop-in Bridge</p>	<p>15 10:00 Yoga <b>11:30 Dine-Out</b> 1:30 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam 6:30 Drop-in Bridge</p>	<p>16 9:00-3:30 Foot Care 9:00 Gentle Mobility 9:00 Tai Chi 10:00 Book Study 10:00 French Chat 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</p>	<p>17 9:15-1:15 Line Dancing 9:30 French Circle 12:00 Meditation 1:15 String Along with Us <b>1:30 Forum – Myers Briggs</b> 3:00 Adaptive Yoga 6:30 Duplicate Bridge</p>	<p>18 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 2:00 Guitar (Int) 3:00 Guitar (Beg)</p>	<p>19 10:00 Coffee &amp; Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons 3:00 Theatre Practice</p>	<p>20</p>
<p>21 6:30 Drop-in Bridge</p>	<p>22 <b>9:30 Program Committee</b> 10:00 Yoga 1:30 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam 6:30 Drop-in Bridge</p>	<p>23 9:00-3:30 Foot Care 9:00 Gentle Mobility 9:00 Tai Chi 10:00 Book Study 10:00 French Chat 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>24 9:15-1:15 Line Dancing 9:30 French Circle 10:00 The Blake Group 12:00 Meditation 1:15 String Along with Us <b>1:30 Goods Bingo</b> 3:00 Adaptive Yoga 6:30 Duplicate Bridge 6:30 Reading Corner</p>	<p>25 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 2:00 Guitar (Int) 3:00 Guitar (Beg)</p>	<p>26 10:00 Coffee &amp; Chat <b>11:30 Potluck</b> 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons 3:00 Theatre Practice</p>	<p>27 <b>Christmas Card making and Crop</b> <b>10 am to 4 pm</b> <b>Bring your lunch</b></p>
<p>28 6:30 Drop-in Bridge</p>	<p>29 10:00 Yoga 1:30 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam 6:30 Drop-in Bridge</p>	<p>30 9:00-3:30 Foot Care 9:00 Gentle Mobility 9:00 Tai Chi 10:00 Book Study 10:00 French Chat 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>31 9:15-1:15 Line Dancing 9:30 French Circle 12:00 Meditation 1:15 String Along with Us 3:00 Adaptive Yoga 6:30 Duplicate Bridge  <b>Happy Halloween!</b></p>			