


# November 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
				1 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)	2 9:30 Card Workshop 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons 3:00 Theatre Practice	3 <b>8:00 – 10:30 Breakfast</b>
4 6:30 Drop-in Bridge	5 10:00 Yoga 1:30 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam 6:30 Drop-in Bridge	6 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	7 9:15-1:15 Line Dancing 9:30 French Circle 10:00 The Blake Group 11:45 Meditation 1:15 String Along with Us <b>1:30 Remembrance Day Tribute</b> 3:00 Adaptive Yoga 6:30 Duplicate Bridge	8 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)	9 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons 3:00 Theatre Practice	10
11 <b>Remembrance Day</b> 	12 <b>CLOSED</b>	13 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	14 9:15-1:15 Line Dancing 9:30 French Circle <b>10:00-1:30 Health Fair</b> 11:45 Meditation <b>2:00 Social – A Natural Christmas</b> 1:15 String Along with Us 3:00 Adaptive Yoga 6:30 Duplicate Bridge	15 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)	16 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons 3:00 Theatre Practice	17 <b>12:00 Bridge Luncheon</b>

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<p>18 6:30 Drop-in Bridge</p>	<p>19 <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>20 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>21 9:15-1:15 Line Dancing 9:30 French Circle 10:00 The Blake Group 11:45 Meditation 1:15 String Along with Us <b>1:30 Forum- Power of Attorney</b> 3:00 Adaptive Yoga 6:30 Duplicate Bridge</p>	<p>22 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>23 10:00 Coffee &amp; Chat <b>11:30 Dine-Out</b> 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons 3:00 Theatre Practice</p>	<p>24</p>
<p>25 6:30 Drop-in Bridge</p>	<p>26 <b>9:30 Board Meeting</b> 10:00 Yoga 1:30 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam 6:30 Drop-in Bridge</p>	<p>27 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>28 9:15-1:15 Line Dancing 9:30 French Circle 11:45 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 <b>6:00 pm Basket Sale</b></p>	<p>29 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) <b>9:00 am Basket Sale</b></p>	<p>30 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  <b>9:00 am Basket Sale</b></p>	<p>29</p>