

December 2018

Stepping Stone Senior Centre Inc.

Email: steppingstoneseniorcentre@rogers.com

Website: www.steppingstoneseniorcentre.com


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:00 – 10:30 Breakfast
2 3:00 Carol Sing with the SS Singers at St. Margaret's Church 6:30 Drop-in Bridge	3 10:00 Yoga 1:30 Writers Group 2:00 Seated Tai Chi 1:30 Table Tennis 3:15 Acoustic Jam 6:30 Drop-in Bridge	4 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	5 9:15-1:15 Line Dancing 9:30 French Circle 10:00 The Blake Group 1:15 String Along with Us 2:00 Social – Christmas Carols and Campfire 3:00 Adaptive Yoga 6:30 Duplicate Bridge	6 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 3:00 Guitar (Beg)	7 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons 3:00 Theatre Practice	8
9 6:30 Drop-in Bridge	10 10:00 Yoga 1:30 Writers Group 2:00 Seated Tai Chi 1:30 Table Tennis 3:15 Acoustic Jam 6:30 Drop-in Bridge	11 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 4:00 Drop-in Darts 6:30 Drop-in Bridge	12 9:15-1:15 Line Dancing 9:30 French Circle 1:15 String Along with Us 3:00 Adaptive Yoga (Cancelled 12 th only) 6:30 Duplicate Bridge	13 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 3:00 Guitar (Beg)	14 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons 3:00 Theatre Practice	15

December 2018

Stepping Stone Senior Centre Inc.

Email: steppingstoneseniorcentre@rogers.com

Website: www.steppingstoneseniorcentre.com

16 6:30 Drop-in Bridge	17 10:00 Yoga 1:30 Writers Group 1:30 Table Tennis 3:15 Acoustic Jam 6:30 Drop-in Bridge	18 9:00-3:30 Foot Care 10:00 Book Study 10:00 French Chat 1:00 Drop-in Bridge 4:00 Drop-in Darts 6:30 Drop-in Bridge	19 9:30 French Circle 1:15 String Along with Us 3:00 Adaptive Yoga 6:30 Duplicate Bridge	20 12:00 Christmas Potluck	21 10:00 Coffee & Chat 1:00 Drop-in Cards Christmas Potluck Snow Date	22
23	24 CLOSED	25 CLOSED Merry Christmas 	26 CLOSED	27 Open 9:00 – 4:00 Coffee at 10 am	28 Open 9:00 – 4:00 Coffee at 10 am	29
30	31 Open 9:00 – 4:00 1:00 New Years Potluck (Finger Foods)					

2019 Memberships will be available starting December 1st. Gift Certificates are also available