

January 2019

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 <b>CLOSED</b> <b>Happy New Year</b>	2 6:30 Duplicate Bridge	3 11:00 Pilates	4 10:00 Coffee & Chat 1:00 Drop-in Bridge 1:00 Drop-in Cards 3:00 Theatre Practice	5 <b>8:00 – 10:30 Breakfast</b>
6 6:30 Drop-in Bridge	7 <b>9:30 Board Meeting</b> 10:00 Yoga 1:45 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam 6:30 Drop-in Bridge	8 9:00-3:30 Foot Care 9:00 Gentle Mobility 9:00 Tai Chi 10:00 Book Study 1:00 Cryptic Crossword 1:00 Drop-in Bridge 1:30 Fluid Dance 1:30 French Chat 2:45 Troubadours 4:00 Drop-in Darts 6:30 Drop-in Bridge	9 9:15-1:15 Line Dancing 9:30 French Circle 10:00 Bentley/Patterson Group 11:45 Meditation 1:00 String Along with Us <b>2:00 Forum – Maintaining Stability</b> 3:00 Adaptive Yoga 6:30 Duplicate Bridge	10 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)	11 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons 3:00 Theatre Practice	12
13 6:30 Drop in Bridge	14 10:00 Yoga 1:45 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam 6:30 Drop-in Bridge	15 9:00-3:30 Foot Care 9:00 Gentle Mobility 9:00 Tai Chi 10:00 Book Study 1:00 Cryptic Crossword 1:00 Drop-in Bridge 1:30 Fluid Dance 1:30 French Chat 2:45 Troubadours 4:00 Drop-in Darts 6:30 Drop-in Bridge	16 9:15-1:15 Line Dancing 9:30 French Circle <b>11:30 Dine-Out</b> 11:45 Meditation 1:00 String Along with Us <b>2:00 Social - More Wonders of the World</b> 3:00 Adaptive Yoga 6:30 Duplicate Bridge	17 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)	18 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons 3:00 Theatre Practice	19

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<p>20 6:30 Drop-in Bridge</p>	<p>21 <b>9:30 Program Committee</b> 10:00 Yoga 1:45 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam 6:30 Drop-in Bridge</p>	<p>22 9:00-3:30 Foot Care 9:00 Gentle Mobility 9:00 Tai Chi 10:00 Book Study 1:00 Cryptic Crossword 1:00 Drop-in Bridge 1:30 Fluid Dance 1:30 French Chat 2:45 Troubadours 4:00 Drop-in Darts 6:30 Drop-in Bridge</p>	<p>23 9:15-1:15 Line Dancing 9:30 French Circle 10:00 Bentley/Patterson Group 11:45 Meditation 1:00 String Along with Us <b>1:30 Forum - Scams</b> 3:00 Adaptive Yoga 6:30 Duplicate Bridge</p>	<p>24 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)</p>	<p>25 10:00 Coffee &amp; Chat <b>11:30 Monthly Potluck</b> 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons 3:00 Theatre Practice</p>	<p>26 <b>11:00 Bridge Marathon</b></p>
<p>27 6:30 Drop-in Bridge</p>	<p>28 10:00 Yoga 1:45 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam 6:30 Drop-in Bridge</p>	<p>29 9:00-3:30 Foot Care 9:00 Gentle Mobility 9:00 Tai Chi 10:00 Book Study 1:00 Cryptic Crossword 1:00 Drop-in Bridge 1:30 Fluid Dance 1:30 French Chat 2:45 Troubadours 4:00 Drop-in Darts 6:30 Drop-in Bridge</p>	<p>30 9:15-1:15 Line Dancing 9:30 French Circle 11:45 Meditation 1:00 String Along with Us 3:00 Adaptive Yoga 6:30 Duplicate Bridge 6:30 Reading Corner</p>	<p>31 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)</p>		