

April 2019

Stepping Stone Senior Centre Inc.

Email: steppingstoneseniorcentre@rogers.com

Website: www.steppingstoneseniorcentre.com

Phone: 506-450-7849

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 Old Spools 10:00 Yoga 1:45 Writers Group 3:15 Acoustic Jam 6:30 Drop-in Bridge	2 9:00-3:30 Foot Care 9:00 Gentle Mobility 9:00 Tai Chi 10:00 Book Study 11:30 Beginner Seated Tai Chi 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	3 9:00 Sew Many Stitches 9:15-1:15 Line Dancing 9:30 French Circle 10:00 Bentley/Patterson Group 1:30 String Along with Us 2:00 Forum – Liz Smith, NB Lung Association 3:00 Adaptive Yoga 6:00 Drop-in Games 6:30 Duplicate Bridge	4 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 2:15 Guitar (Int) 3:00 Guitar (Beg)	5 10:00 Coffee & Chat 1:00 Drop-in Bridge 1:00 Drop-in Cards 2:00 Harmonica Lessons	6 8:00 – 10:30 Breakfast
7 6:30 Drop-in Bridge	8 9:00 Old Spools 9:30 Board Meeting 10:00 Yoga 1:45 Writers Group 3:15 Acoustic Jam 6:30 Drop-in Bridge	9 9:00-3:30 Foot Care 9:00 Gentle Mobility 9:00 Tai Chi 10:00 Book Study 11:30 Beginner Seated Tai Chi 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	10 9:00 Sew Many Stitches 9:15-1:15 Line Dancing 9:30 French Circle 1:30 String Along with Us 2:00 Social “Tea Time Again” 3:00 Adaptive Yoga 6:00 Drop-in Games 6:30 Duplicate Bridge	11 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 2:15 Guitar (Int) 3:00 Guitar (Beg)	12 10:00 Coffee & Chat 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons	13
14 6:30 Drop in Bridge	15 9:00 Old Spools 9:30 Program Meeting 10:00 Yoga 1:45 Writers Group 3:15 Acoustic Jam 6:30 Drop-in Bridge	16 9:00-3:30 Foot Care 9:00 Gentle Mobility 9:00 Tai Chi 10:00 Book Study 11:30 Beginner Seated Tai Chi 11:30 Dine Out-Cannon’s Cross	17 9:00 Sew Many Stitches 9:15-1:15 Line Dancing 9:30 French Circle 10:00 Bentley/Patterson Group 1:30 String Along with Us 3:00 Adaptive Yoga	18 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 2:15 Guitar (Int)	19 CLOSED GOOD FRIDAY	20


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		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	6:00 Drop-in Games 6:30 Duplicate Bridge	3:00 Guitar (Beg)		
21	22	23	24	25	26	27
<p>CLOSED</p> <p>HAPPY EASTER</p> 	<p>CLOSED</p>	9:00-3:30 Foot Care 9:00 Gentle Mobility 9:00 Tai Chi 10:00 Book Study 11:30 Beginner Seated Tai Chi 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	9:00 Sew Many Stitches 9:15-1:15 Line Dancing 9:30 French Circle 10:00 Bentley/Patterson Group 1:30 String Along with Us 6:00 Drop-in Games 6:30 Duplicate Bridge 6:30 Reading Corner	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 2:15 Guitar (Int) 3:00 Guitar (Beg) 6:30 Forum – Home Care navigation in NB	10:00 Coffee & Chat 11:30 Monthly Potluck 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons	
28	29	30				
6:30 Drop-in Bridge	9:00 Old Spools 10:00 Yoga 1:45 Writers Group 3:15 Acoustic Jam 6:30 Drop-in Bridge	9:00-3:30 Foot Care 9:00 Gentle Mobility 9:00 Tai Chi 10:00 Book Study 11:30 Beginner Seated Tai Chi 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				