



January 2022

Office Phone: 506 450 7849

steppingstoneseniorcentre@rogers.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	Centre Closed 3	4	5	6 9:00 C6 Tai Chi 12:00- Food Smart Orders Due 1:00 L6 Games 4:00 R3 Line Dancing	7 1:00-R3 Bridge 1:30-L6 Cards	8
9	10 10:00 R3 Yoga 1:30 Z Writers Group 3:15 R3Acoustic Jam.	11 11:30 C6 Functional Mobility Demo 1:30 Z Cryptic Crossword 2:00 C6 Adaptive Yoga	12 9:00-1:30 Line Dancing at the Ville 1:30 C6 String Along	13 11:00- Food Smart Pick up 11:30 R3 Indoor Rowing Demo 1:00 R3 Craft Group 1:00 L6 Games 4:00 R3 Line Dancing	14 10:00- Z Coffee and Chat 1:00-R3 Bridge 1:30-C6 Cards	15



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16	17 10:00 R3 Yoga 1:30 L6 Writers Group 1:30 C6 Bridge Lessons 3:15 R3Acoustic Jam	18 9:30 L6 Program Committee 11:30 C6 Functional Mobility 1:00 R3 Fluid Dance 1:30 Z Cryptic Crossword 2:00 C6 Adaptive Yoga	19 10:00 C6 Bentley Group 9:00- 1:30 Line Dancing at the Ville 1:30- Z UNB Law- Stewart McKelvey Wills Project	20 11:30 R3 Indoor Rowing 1:00 R3 Craft Group 1:00 L6 Games 2:00 C6 Guitar Lessons 4:00 R3 Line Dancing	21 10:00- Z Coffee and Chat 11:00 Z CFEE Presentation 1:00-R3 Bridge 1:30-L6 Cards	22
23	24 10:00 R3 Yoga 1:30 Z Writers Group 3:15 R3Acoustic Jam	25 11:30 C6 Functional Mobility 1:00 R3 Fluid Dance 1:30 Z Cryptic Crossword 1:30 Board Meeting 2:00 C6 Adaptive Yoga	26 9:00- 1:30 Line Dancing at the Ville	27 11:30 R3 Indoor Rowing 1:00 R3 Craft Group 1:00 L6 Games 4:00 R3 Line Dancing 4:00 Book Club	28 10:00- Z Coffee and Chat 1:00-R3 Bridge 1:30-L6 Cards	29
30	31 10:00 R3 Yoga 1:30 Z Writers Group 3:15 R3Acoustic Jam					