




## July 2022

Office Phone: 506 450 7849

steppingstoneseniorcentre@rogers.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Happy Canada Day  Centre is Closed	2
3	4 1:30 Writers Group 2:00 Seated Tai Chi	5 9 :00 Tai Chi <b>12:00 Picnic on the lawn</b> 2:00 Adaptive Yoga	6 9:00 Sewing Sisters 10:00 Nordic Walking <b>1:30 Get Better with Technology</b>	7 <b>12:00- Food Smart orders due</b> 12:30 Ukulalians 1:00 Craft Group 1:00 Canasta 4:00 Line Dancing	8 <b>10:00 Smart Home Series</b> 10:00 Coffee and Chat 1:00 Bridge 1:30 Cards	9
10	11 1:30 Writers Group 2:00 Seated Tai Chi	12 9 :00 Tai Chi 11:30 Functional Mobility 2:00 Adaptive Yoga	13 9:00 Sewing Sisters 10:00 Nordic Walking <b>1:30 Movie Matinee</b>	14 <b>11:00- Food Smart pick up</b> 12:30 Ukulalians 1:00 Craft Group 1:00 Canasta 4:00 Line Dancing	15 <b>10:00 Smart Home Series</b> 10:00 Coffee and Chat 1:00 Bridge 1:30 Cards	16



July 2022

Office Phone: 506 450 7849

steppingstoneseniorcentre@rogers.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18 1:30 Writers Group 2:00 Seated Tai Chi	19 9 :00 Tai Chi <b>12:00 Picnic on the lawn</b> 2:00 Adaptive Yoga	20 9:00 Sewing Sisters 10:00 Nordic Walking	21 12:30 Ukulians 1:00 Craft Group 1:00 Canasta 4:00 Line Dancing	22 <b>10:00 Smart Home Series</b> 10:00 Coffee and Chat 1:00 Bridge 1:30Cards	23
24	25 1:30 Writers Group 2:00 Seated Tai Chi	26 9 :00 Tai Chi 11:30 Functional Mobility <b>1:30 Movie Matinee</b> 2:00 Adaptive Yoga	27 9:00 Sewing Sisters 10:00 Nordic Walking	28 12:30 Ukulians 1:00 Craft Group 1:00 Canasta 4:00 Line Dancing	29 <b>10:00 Smart Home Series</b> 10:00 Coffee and Chat 1:00 Bridge 1:30 Cards	30
31						

**Weekdays at 10:00 Summer Games- Bocce Ball, Ladder Ball, Washer Toss, and Bean Bag Toss. Dates to come.**

**Dart- We are currently looking for interest of those who would like to play darts. Please call the Centre to sign-up**