



# January 2023

Office Phone: 506 450 7849

steppingstoneseniorcentre@rogers.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy New Year!	2 Centre Closed	3 9:00 Tai Chi 10:30 Core Strength & Mobility 11:30 Functional Mobility	4 9:00 Line Dancing at the Ville	5 9:00 Tai Chi 10:15 Core Strength & Mobility 11:15 Functional Mobility <b>12:00 Food Smart orders due</b> 4:00 Adv. Line Dancing	6 10:00 Coffee and Chat 1:00 Drop in Bridge 1:30 Cards	7
	9 10:00 Yoga 11:30 Rowing Fitness * 1:30 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam 6:30 Drop-in Bridge	10 9:00 Tai Chi 10:30 Core Strength & Mobility 11:30 Functional Mobility 2:00 Adaptive Yoga 1:30 Cryptic Crossword 3:00 Troubadours 4:15 Darts	11 9:00 Sewing Sisters 9:00 Line Dancing at the Ville 1:30 String Along <b>1:30 Mike Bravener Forum</b>	12 9:00 Tai Chi 10:15 Core Strength & Mobility 11:15 Functional Mobility <b>11:00 Food smart pick up</b> 12:30 Ukulalians 1:00 Craft Group 1:30 Canasta 2:00 Adaptive Yoga 4:00 Adv. Line Dancing 5:30 Active Mobility *	13 10:00 Coffee and Chat 10:30 Learn to Row * 11:30 Rowing for Fitness* 1:00 Drop in Bridge 1:30 Cards	14
15	16 10:00 Yoga <b>11:00 Program Meeting</b> 11:30 Rowing Fitness * 1:30 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam 6:30 Drop-in Bridge	17 9:00 Tai Chi 10:30 Core/ Strength 11:30 Functional Mobility 1:00 Fluid Dance 1:30 Cryptic Crossword 2:00 Adaptive Yoga 3:00 Troubadours 4:15 Darts	18 9:00 Sewing Sisters 9:00 Line Dancing at the Ville 10:00 Bentley Group 1:00 Bridge Lessons 1:30 String Along <b>1:30 Aquatics – Drop in Pool Forum</b>	19 9:00 Tai Chi 10:15 Core Strength & Mobility 11:15 Functional Mobility 12:30 Ukulalians 1:00 Craft Group 1:30 Canasta 2:00 Adaptive Yoga 4:00 Adv. Line Dancing 5:30 Active Mobility	20 10:00 Coffee and Chat 10:30 Learn to Row 11:30 Rowing for Fitness 1:00 Drop in Bridge 1:30 Cards	21



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22	23	24	25	26	27	28
	10:00 Yoga 11:30 Rowing Fitness * 1:30 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam 6:30 Drop-in Bridge	9:00 Tai Chi 10:30 Core Strength & Mobility* 11:30 Functional Mobility * 1:00 Fluid Dance 1:30 Cryptic Crossword 2:00 Adaptive Yoga 3:00 Troubadours 4:15 Darts	9:00 Sewing Sisters 9:00 Line Dancing at the Ville 1:00 Bridge Lessons 1:30 String Along <b>1:30 Learn about Zoom</b> <b>3:30 Board Meeting</b>	9:00 Tai Chi 10:15 Core Strength & Mobility* 11:15 Functional Mobility* 12:30 Ukulalians 1:00 Craft Group 1:30 Canasta 2:00 Adaptive Yoga 4:00 Adv. Line Dancing 4:00 Book Club 5:30 Active Mobility	10:00 Coffee and Chat 10:30 Learn to Row 11:30 Rowing for Fitness 1:00 Drop in Bridge 1:30 Cards	
29	30	31				
	10:00 Yoga 11:30 Rowing Fitness * 1:30 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam 6:30 Drop-in Bridge	9:00 Tai Chi 10:30 Core Strength & Mobility 11:30 Functional Mobility 1:00 Fluid Dance 1:30 Cryptic Crossword 2:00 Adaptive Yoga 3:00 Troubadours 4:15 Darts				

**\* Rowing For Fitness (Monday, Friday), Learn to Row (Friday) and active mobility Tuesday am, Thursday pm) starting a new 6 weeks, sign up posted at the centre.**

**\*Line Dancing- 9:00 Improver, 10:00 Intermediate 1, 11:00 Intermediate 2, 12:10 Beginner**

**Storm Policy- When school are closed in the Fredericton Region (Zone 6) due to weather and road conditions, the Centre is closed for the full day.**