




February 2023

Office Phone: 506 450 7849

steppingstoneseniorcentre@rogers.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>9:00 Sewing Sisters 9:00 Line Dancing at the Ville 10:00 Bentley Group 1:00 Bridge Lessons 1:30 String Along</p>	<p>2</p> <p>9:00 Tai Chi 10:15 Core Strength & Mobility 12:00 Food Smart orders due 4:00 Adv. Line Dancing 4:00 Help With Technology</p>	<p>3</p> <p>10:00 Coffee and Chat 1:00 Drop in Bridge 1:30 Cards</p>	<p>4</p> <p>Breakfast 8am-11am</p>
<p>5</p>	<p>6</p> <p>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</p>	<p>7</p> <p>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</p>	<p>8</p> <p>9:00 Sewing Sisters 9:00 Line Dancing at the Ville 1:00 Bridge Lessons 1:30 String Along 1:30 The Stepping Stone Senior Centre Board Presentation</p>	<p>9</p> <p>9:00 Tai Chi 10:15 Core Strength & Mobility 11:00 Food Smart pick up 12:30 Ukulalians 1:00 Craft Group 1:30 Canasta 2:00 Adaptive Yoga 4:00 Adv. Line Dancing</p>	<p>10</p> <p>10:00 Coffee and Chat 10:30 Learn to Row 11:30 Rowing for Fitness 1:00 Drop in Bridge 1:30 Cards</p>	<p>11</p>
<p>12</p>	<p>13</p> <p>10:00 Yoga 11:00 Program Meeting 11:30 Rowing Fitness 1:30 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam 6:30 Drop-in Bridge</p>	<p>14</p> <p>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</p> 	<p>15</p> <p>9:00 Sewing Sisters 9:00 Line Dancing at the Ville 10:00 Bentley Group 1:00 Bridge Lessons 1:30 String Along</p>	<p>16</p> <p>9:00 Tai Chi 10:15 Core Strength & Mobility 12:30 Ukulalians 1:00 Craft Group 1:30 Canasta 2:00 Adaptive Yoga 4:00 Adv. Line Dancing</p>	<p>17</p> <p>10:00 Coffee and Chat 10:30 Learn to Row 11:30 Rowing for Fitness 1:00 Drop in Bridge 1:30 Cards</p>	<p>18</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20 Centre Closed Family Day	21 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	22 9:00 Sewing Sisters 9:00 Line Dancing at the Ville 1:00 Bridge Lessons 1:30 String Along	23 9:00 Tai Chi 10:15 Core Strength & Mobility 12:30 Ukulalians 1:00 Craft Group 1:30 Canasta 2:00 Adaptive Yoga 4:00 Adv. Line Dancing 4:00 Book Club	24 10:00 Coffee and Chat 10:30 Learn to Row 11:30 Rowing for Fitness 1:00 Drop in Bridge 1:30 Cards	25
26	27 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	28 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				

***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.