


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Sewing Sisters 9:00 Line Dancing at the Ville 10:00 Bentley Group 1:30 Annual General Meeting	2 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	3 10:00 Coffee and Chat 10:30 Learn to Row 11:30 Rowing for Fitness 1:00 Drop in Bridge 1:30 Cards	4 Breakfast 8:30am-11am
5	6 10:00 Yoga 11:00 Mindfulness Meditation 11:30 Rowing Fitness 1:30 Writers Group 2:00 Beginner Guitar 2:00 Seated Tai Chi 3:15 Acoustic Jam	7 9:00 Tai Chi 10:30 Core Strength & Mobility 11:30 Active Mobility 11:30 Functional Mobility 2:00 Adaptive Yoga 1:30 Cryptic Crossword 3:00 Troubadours 4:15 Darts	8 9:00 Sewing Sisters 9:00 Line Dancing at the Ville 1:00 Bridge Lessons 1:30 String Along	9 9:00 Tai Chi 10:15 Core Strength & Mobility 11:00 Food Smart pick up 11:15 Active Mobility 12:30 Ukulalians 1:00 Craft Group 1:00 Canasta 2:00 Adaptive Yoga 4:00 Adv. Line Dancing 4:00 Help With Technology 6:30pm-8:30pm Tax Clinic	10 10:00 Coffee and Chat 10:30 Learn to Row 11:30 Rowing for Fitness 1:00 Drop in Bridge 1:30 Cards	11 Tax Clinic 9:00am-2:00pm
12	13 10:00 Yoga 11:00 Mindfulness Meditation 11:30 Rowing Fitness 1:30 Writers Group 2:00 Beginner Guitar 2:00 Seated Tai Chi 3:15 Acoustic Jam	14 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	15 9:00 Sewing Sisters 9:00 Line Dancing at the Ville 10:00 Bentley Group 1:00 Bridge Lessons 1:30 String Along 1:30 Forum- Prevention Fraud-UNB Law Students	16 9:00 Tai Chi 10:15 Core Strength & Mobility 11:15 Active Mobility 12:30 Ukulalians 1:00 Craft Group 1:00 Canasta 2:00 Adaptive Yoga 4:00 Adv. Line Dancing 4:00 Help With Technology	17 10:00 Coffee and Chat 10:30 Learn to Row 11:30 Rowing for Fitness 1:00 Drop in Bridge 1:30 Cards 	18



March 2023

Office Phone: 506 450 7849

steppingstoneseniorcentre@rogers.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
	10:00 Yoga 11:00 Mindfulness Meditation 11:30 Rowing Fitness 1:30 Writers Group 2:00 Beginner Guitar 2:00 Seated Tai Chi 3:15 Acoustic Jam	9:00 Tai Chi 10:30 Core Strength & Mobility 11:30 Active Mobility 11:30 Functional Mobility 2:00 Adaptive Yoga 1:30 Cryptic Crossword 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	9:00 Tai Chi 10:15 Core Strength & Mobility 11:15 Active Mobility 12:30 Ukulalian 1:00 Craft Group 1:00 Canasta 2:00 Adaptive Yoga 4:00 Adv. Line Dancing 4:00 Book Club 4:00 Help With Technology 6:30pm-8:30pm Tax Clinic	10:00 Coffee and Chat 10:30 Learn to Row 11:30 Rowing for Fitness 1:00 Drop in Bridge 1:30 Cards	
26	27	28	29	30	31	
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*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.