



May 2023

Office Phone: 506 450 7849

steppingstoneseniorcentre@rogers.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Yoga 11:30 Rowing Fitness 1:30 Writers Group 2:00 Beginner Guitar 2:00 Seated Tai Chi 3:15 Acoustic Jam	2 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	3 9:00 Sewing Sisters 9:00 Line Dancing at the Ville 9:15 Nordic Walking 1:30 String Along	4 9:00 Tai Chi <b>9:30 SSSC Singers</b> 10:30 Core Strength & Mobility 12:30 Ukulalians 1:00 Craft Group 1:00 Canasta 2:00 Adaptive Yoga 4:00 Adv. Line Dancing <b>4:00 Help With Technology</b>	5 10:00 Coffee and Chat 10:30 Learn to Row 1:00 Drop in Bridge 1:30 Cards & Games 7:00 50/50 draw	6 <b>Breakfast 8:30am-11am</b>
7	8 10:00 Yoga 11:30 Rowing Fitness 1:30 Writers Group 2:00 Beginner Guitar 2:00 Seated Tai Chi 3:15 Acoustic Jam	9 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	10 9:00 Sewing Sisters 9:00 Line Dancing at the Ville 9:15 Nordic Walking 10:00 Bentley Group 1:30 String Along	11 9:00 Tai Chi <b>9:30 SSSC Singers</b> 10:30 Core Strength & Mobility 12:30 Ukulalians 1:00 Craft Group 1:00 Canasta 2:00 Adaptive Yoga 4:00 Adv. Line Dancing	12 10:00 Coffee and Chat 10:30 Learn to Row 1:00 Drop in Bridge 1:30 Cards & Games 7:00 50/50 draw	13
14	15 10:00 Yoga <b>11:00 Program Meeting</b> 11:30 Rowing Fitness 1:30 Writers Group 2:00 Beginner Guitar 2:00 Seated Tai Chi 3:15 Acoustic Jam	16 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- Out 4:15 Darts	17 9:00 Sewing Sisters 9:00 Line Dancing at the Ville 9:15 Nordic Walking <b>11:30 Lunch around Freddy</b> 1:30 String Along	18 9:00 Tai Chi <b>9:30 SSSC Singers</b> 10:30 Core Strength & Mobility 12:30 Ukulalians 1:00 Craft Group 1:00 Canasta 2:00 Adaptive Yoga 4:00 Adv. Line Dancing <b>4:00 Help With Technology</b>	19 10:00 Coffee and Chat 10:30 Learn to Row 1:00 Drop in Bridge 1:30 Cards & Games 7:00 50/50 draw	20



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22 <b>Happy Victoria Day</b> <b>Centre is Closed</b>	23 9:00 Tai Chi 10:30 Core Strength & Mobility 11:30 Functional Mobility 1:00 Fluid Dance 2:00 Adaptive Yoga 1:30 Cryptic Crossword 3:00 Troubadours 4:15 Darts	24 9:00 Sewing Sisters 9:00 Line Dancing at the Ville 9:15 Nordic Walking 10:00 Bentley Group <b>2:00 Live Music with Jim Campbell</b> 1:30 String Along	25 9:00 Tai Chi <b>9:30 SSSC Singers</b> 10:30 Core Strength & Mobility 12:30 Ukulalians 1:00 Craft Group 1:00 Canasta 2:00 Adaptive Yoga 4:00 Adv. Line Dancing 4:00 Book Club	26 10:00 Coffee and Chat 10:30 Learn to Row 1:00 Drop in Bridge 1:30 Cards & Games 7:00 50/50 draw	27
28	29 10:00 Yoga 11:30 Rowing Fitness 1:30 Writers Group 2:00 Beginner Guitar 2:00 Seated Tai Chi 3:15 Acoustic Jam	30 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	31 9:00 Sewing Sisters 9:00 Line Dancing at the Ville 9:15 Nordic Walking 1:30 String Along <b>3:30 Board Meeting</b>			

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