

**September 2020**

Email: [steppingstoneseniorcentre@rogers.com](mailto:steppingstoneseniorcentre@rogers.com)

Website: [www.steppingstoneseniorcentre.com](http://www.steppingstoneseniorcentre.com)

Phone: 506-450-7849

**Stepping Stone Senior Centre Inc.**

**Registration Instructions – Send to [registerssc@rogers.com](mailto:registerssc@rogers.com)**

Enter Program and day in the e-mail Subject line. Eg. Bridge Friday afternoon

Enter name of registrant in body of e-mail. Only one name per e-mail.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00- R3 Tai Chi 1:30-Cryptic Crossword	2 9:00- R3 Sewing Sisters	3	4 1:00-R3 Bridge	5
6	7 Happy Labour Day  Centre Closed	8 9:00- R3 Tai Chi 1:30- Cryptic Crossword	9 9:00- R3 Sewing Sisters 11:30 Picnic in the Park	10 11:30 Rain date for Picnic in the park	11 1:00-R3 Bridge	12
13	14 10:30-R3 Yoga 1:00-R3 Seated Tai Chi 1:45-C6 Writers Group 3:00-R3 Acoustic Jam	15 9:00- R3 Tai Chi 10:00-C6 Book Study 1:30- Cryptic Crossword 2:30-R3 Adaptive Yoga	16 9:00- R3 Sewing Sisters	17 1:00-R3 Board Meeting	18 10:00 Coffee in the Park 1:00-R3 Bridge	19

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20	21 10:30-R3 Yoga 1:00-R3 Seated Tai Chi 1:45-C6 Writer's Group 3:00- R3 Acoustic Jam	22 9:00- R3 Tai Chi 10:00-C6 Book Study 1:30-Cryptic Crossword 2:30-R3Adaptive Yoga	23 9:00- R3 Sewing Sisters	24 4:00-R3 Book Club	25 10:30-R3 Bentley Group 1:00-R3 Bridge	26
27	28 10:30-R3 Yoga 1:00-R3 Seated Tai Chi 1:45-C6 Writer's Group 3:00-R3 Acoustic Jam	29 9:00- R3 Tai Chi 10:00-C6 Book Study 1:30- Cryptic Crosswords 2:30-R3Adaptive Yoga	30 9:00- R3 Sewing Sisters 1:30-R3 String Along			