

725 Kingsbury Avenue
www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	CLOSED	Zumba 9:30-10:30 am Pilates 11:45-12:45 pm 55+ Skate-Blue Arena 10:45 am Bocce Ball 1:00 pm – 3:00 pm	Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am Bocce Ball 1:00 pm – 3:00 pm
7	8	9	10	11
Zumba 9:30-10:30 am Pilates 11:45-12:45 pm Bocce Ball 1:00 – 3:00 pm	Strength/Stretch A 9:30-10:30 Strength/Stretch B 10:45-11:45 Yoga 12:00 – 1:00 pm Pickle Ball 1:30 – 3:30 pm	Zumba 9:30-10:30 am Pilates 11:45-12:45 pm 55+ Skate-Red Arena 10:45 am Bocce Ball 1:00 pm – 3:00 pm	Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am Bocce Ball 1:00 pm – 3:00 pm
14	15	16	17	18
Zumba 9:30-10:30 am Pilates 10:45-11:45 pm Bocce Ball 1:00 – 3:00 pm	Strength/Stretch A 9:30-10:30 Strength/Stretch B 10:45-11:45 Yoga 12:00 – 1:00 pm Pickle Ball 1:30 – 3:30 pm	Zumba 9:30-10:30 am Pilates 10:45-11:45 pm 55+ Skate-Red Arena 10:45 am Bocce Ball 1:00 pm – 3:00 pm	Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am Bocce Ball 1:00 pm – 3:00 pm
21	22	23	24	25
Zumba 9:30-10:30 am Pilates 10:45-11:45 pm Bocce Ball 1:00 – 3:00 pm	Strength/Stretch A 9:30-10:30 Strength/Stretch B 10:45-11:45 Yoga 12:00 – 1:00 pm Pickle Ball 1:30 – 3:30 pm	Zumba 9:30-10:30 am Pilates 10:45-11:45 pm 55+ Skate-Red Arena 10:45 am Bocce Ball 1:00 pm – 3:00 pm FEBRUARY PASS SALES 10:45-11:45 am	Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am Bocce Ball 1:00 pm – 3:00 pm
28	29	30	31	
Zumba 9:30-10:30 am Pilates 10:45-11:45 pm Bocce Ball 1:00 – 3:00 pm	Strength/Stretch A 9:30-10:30 Strength/Stretch B 10:45-11:45 Yoga 12:00 – 1:00 pm Pickle Ball 1:30 – 3:30 pm	Zumba 9:30-10:30 am Pilates 10:45-11:45 pm 55+ Skate-Red Arena 10:45 am Bocce Ball 1:00 pm – 3:00 pm	Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	

Program support provided by Devi Sharma, City Councillor Old Kildonan