

725 Kingsbury Avenue
www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				1 55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
4 55+ Circuit 10:15 am Zumba Strong 11:15 am Pickle Ball 12:30– 3:30 pm Bocce Ball 1:00 – 3:00 pm	5 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	6 Latin Line Dancing 9:00 am Zumba Toning 10:15 am Pickle Ball 12:30– 3:00 pm Bocce Ball 1:00 – 3:00 pm	7 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	8 55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
11 55+ Circuit 10:15 am Zumba Strong 11:15 am Pickle Ball 12:30– 3:30 pm Bocce Ball 1:00 – 3:00 pm	12 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	13 Latin Line Dancing 9:00 am Zumba Toning 10:15 am Pickle Ball 12:30– 3:30 pm Bocce Ball 1:00 – 3:00 pm Pass Sales 11:15am-11:30am	14 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	15 55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
18 55+ Circuit 10:15 am Zumba Strong 11:15 am Pickle Ball 12:30– 3:30 pm Bocce Ball 1:00 – 3:00 pm	19 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	20 Latin Line Dancing 9:00 am Zumba Toning 10:15 am Pickle Ball 12:30– 3:30 pm Bocce Ball 1:00 – 3:00 pm	21 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	22 55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
25 55+ Circuit 10:15 am Zumba Strong 11:15 am Pickle Ball 12:30– 3:30 pm Bocce Ball 1:00 – 3:00 pm	26 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	27 Latin Line Dancing 9:00 am Zumba Toning 10:15 am Pickle Ball 12:30– 3:00 pm Bocce Ball 1:00 – 3:00 pm	28 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	29 CLOSED

Program support provided by



Devi SHARMA
 CITY COUNCILLOR Old Kildonan