

725 Kingsbury Avenue  
[www.gardencitycc.com/seniors](http://www.gardencitycc.com/seniors)

**55+ PROGRAM CALENDAR**

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| 2<br>55+ Circuit 10:15 am<br>Zumba Strong 11:15 am<br>Pickle Ball 12:30- 3:30 pm<br>Bocce Ball 1:00 – 3:00 pm  | 3<br><b>PROVINCIAL ELECTION<br/>NO CLASSES or DROP- IN</b>                        | 4<br>Latin Line Dancing 9:00 am<br>Zumba Toning 10:15 am<br>Pickle Ball 12:30- 3:00 pm<br>Bocce Ball 1:00 – 3:00 pm                                | 5<br>Strength & Stretch 9:00 am<br>Yoga – 10:00 am<br>Pickle Ball 12:30- 3:30 pm  | 6<br>55+ Circuit 10:15 am<br>Zumba Strong 11:15 am<br>Bocce Ball 1:00 – 3:00 pm  |
| 9<br><b>-CLOSED-<br/>HAPPY<br/>THANKSGIVING</b>  | 10<br>Strength & Stretch 9:00 am<br>Yoga – 10:00 am<br>Pickle Ball 12:30- 3:30 pm | 11<br>Latin Line Dancing 9:00 am<br>Zumba Toning 10:15 am<br>Pickle Ball 12:30- 3:00 pm<br>Bocce Ball 1:00 – 3:00 pm                               | 12<br>Strength & Stretch 9:00 am<br>Yoga – 10:00 am<br>Pickle Ball 12:30- 3:30 pm | 13<br>55+ Circuit 10:15 am<br>Zumba Strong 11:15 am<br>Bocce Ball 1:00 – 3:00 pm |
| 16<br>55+ Circuit 10:15 am<br>Zumba Strong 11:15 am<br>Pickle Ball 12:30- 3:30 pm<br>Bocce Ball 1:00 – 3:00 pm | 17<br>Strength & Stretch 9:00 am<br>Yoga – 10:00 am<br>Pickle Ball 12:30- 3:30 pm | 18<br>Latin Line Dancing 9:00 am<br>Zumba Toning 10:15 am<br>Pickle Ball 12:30- 3:30 pm<br>Bocce Ball 1:00 – 3:00 pm<br>Pass Sales 11:15am-11:30am | 19<br>Strength & Stretch 9:00 am<br>Yoga – 10:00 am<br>Pickle Ball 12:30- 3:30 pm | 20<br>55+ Circuit 10:15 am<br>Zumba Strong 11:15 am<br>Bocce Ball 1:00 – 3:00 pm |
| 23<br>55+ Circuit 10:15 am<br>Zumba Strong 11:15 am<br>Pickle Ball 12:30- 3:30 pm<br>Bocce Ball 1:00 – 3:00 pm | 24<br>Strength & Stretch 9:00 am<br>Yoga – 10:00 am<br>Pickle Ball 12:30- 3:30 pm | 25<br>Latin Line Dancing 9:00 am<br>Zumba Toning 10:15 am<br>Pickle Ball 12:30- 3:30 pm<br>Bocce Ball 1:00 – 3:00 pm                               | 26<br>Strength & Stretch 9:00 am<br>Yoga – 10:00 am<br>Pickle Ball 12:30- 3:30 pm | 27<br>55+ Circuit 10:15 am<br>Zumba Strong 11:15 am<br>Bocce Ball 1:00 – 3:00 pm |
| 30<br>55+ Circuit 10:15 am<br>Zumba Strong 11:15 am<br>Pickle Ball 12:30- 3:30 pm<br>Bocce Ball 1:00 – 3:00 pm | 31<br>Strength & Stretch 9:00 am<br>Yoga – 10:00 am<br>Pickle Ball 12:30- 3:30 pm |  |   |  |

Program support provided by



**Devi SHARMA**  
 CITY COUNCILLOR Old Kildonan