

725 Kingsbury Avenue
www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

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

Program support provided by



Devi SHARMA
 CITY COUNCILLOR Old Kildonan