

725 Kingsbury Avenue
www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6
CLOSED	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	Line Dancing 9:00 am Zumba – Shirley 10:30 am Bocce Ball 1:00 – 3:00 pm Pickle Ball 12:00– 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
9	10	11	12	13
55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm Pickle Ball 12:00– 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	Line Dancing 9:00 am Zumba – Shirley 10:30 am Bocce Ball 1:00 – 3:00 pm Pickle Ball 12:00– 3:00 pm Senior Council Meeting 11:30am	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
16	17	18	19	20
55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm Pickle Ball 12:00– 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	Line Dancing 9:00 am Zumba – Shirley 10:30 am Bocce Ball 1:00 – 3:00 pm Pickle Ball 12:00– 3:00 pm PASS SALE DAY 11:30am -12:00pm	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
23	24	25	26	27
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30	31			
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Program support provided by

