

725 Kingsbury Avenue
www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Line Dancing 9:00 am Zumba – Daisy 10:30 am Pickle Ball 12:00– 3:00 pm Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Senior Skate 11am–12pm Pickle Ball 12:00– 3:00 pm	55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
6	7	8	9	10
55+ Circuit 10:15 am Zumba Strong 11:15 am Pickle Ball 12:00– 3:00 pm Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Senior Skate 11am-12pm Pickle Ball 12:00– 3:00 pm	Line Dancing 9:00 am Zumba – Daisy 10:30 am Pickle Ball 12:00– 3:00 pm Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Senior Skate 11am-12pm Pickle Ball 12:00– 3:00 pm	55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
13	14	15	16	17
55+ Circuit 10:15 am Zumba Strong 11:15 am Pickle Ball 12:00– 3:00 pm Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Senior Skate 11am-12pm Pickle Ball 12:00– 3:00 pm	Line Dancing 9:00 am Zumba – Daisy 10:30 am Pickle Ball 12:00– 3:00 pm Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Senior Skate 11am-12pm Pickle Ball 12:00– 3:00 pm	55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
20	21	22	23	24
55+ Circuit 10:15 am Zumba Strong 11:15 am Pickle Ball 12:00– 3:00 pm Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Senior Skate 11am-12pm Pickle Ball 12:00– 3:00 pm	Line Dancing 9:00 am Zumba – Daisy 10:30 am PASS SALES 11:45am – 12:15pm Pickle Ball 12:00– 3:00 pm Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Senior Skate 11am-12pm Pickle Ball 12:00– 3:00 pm	55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
27	28	29	30	31
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Program support provided by



Devi SHARMA
 CITY COUNCILLOR Old Kildonan