

725 Kingsbury Avenue
www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Latin Line Dancing 9:00 am Zumba Toning 10:15 am Bocce Ball 1:00 – 3:00 pm	2 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	3 55+ Circuit 10:15 am Zumba Strong 11:15 am Pickle Ball 12:30– 3:30 pm Bocce Ball 1:00 – 3:00 pm
6 55+ Circuit 10:15 am Zumba Strong 11:15 am Pickle Ball 12:30– 3:30 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 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	9 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	10 55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
13 55+ Circuit 10:15 am Zumba Strong 11:15 am Pickle Ball 12:30– 3:30 pm Bocce Ball 1:00 – 3:00 pm	14 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	15 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	16 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	17 55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
20 CLOSED	21 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	22 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	23 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	24 55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
27 55+ Circuit 10:15 am Zumba Strong 11:15 am Pickle Ball 12:30– 3:30 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 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	30 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	31 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