

725 Kingsbury Avenue
www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Bocce Ball 11:00 pm – 1:00 pm 55+ Skate 11:15 am NO CLASSES	NO CLASSES	Bocce Ball 1:00 – 3:00 pm NO CLASSES
6	7	8	9	10
Zumba 9:30-10:30 am Pilates 10:45-11:45 pm Bocce Ball 1:00 – 3:00 pm	Strength/Stretch A 9:30-10:30 Strength/Stretch B 10:45-11:45 Yoga 12:00 – 1:00 pm Pickle Ball 1:30 – 3:30 pm	Zumba 9:30-10:30 am Pilates 10:45-11:45 pm 55+ Skate 11:15 am Bocce Ball 1:00 – 3:00 pm	Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am Bocce Ball 1:00 – 3:00 pm
13	14	15	16	17
Zumba 9:30-10:30 am Pilates 10:45-11:45 pm Bocce Ball 1:00 – 3:00 pm	Strength/Stretch A 9:30-10:30 Strength/Stretch B 10:45-11:45 Yoga 12:00 – 1:00 pm Pickle Ball 1:30 – 3:30 pm	Zumba 9:30-10:30 am Pilates 10:45-11:45 pm 55+ Skate 11:15 am Bocce Ball 1:00 – 3:00 pm	Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am Bocce Ball 1:00 – 3:00 pm
20	21	22	23	24
CLOSED	Strength/Stretch A 9:30-10:30 Strength/Stretch B 10:45-11:45 Yoga 12:00 – 1:00 pm Pickle Ball 1:30 – 3:30 pm	Zumba 9:30-10:30 am Pilates 10:45-11:45 pm 55+ Skate 11:15 am Bocce Ball 1:00 – 3:00 pm	Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am Bocce Ball 1:00 – 3:00 pm
27	28	29	30	31
Zumba 9:30-10:30 am Pilates 10:45-11:45 pm Bocce Ball 1:00 – 3:00 pm	Strength/Stretch A 9:30-10:30 Strength/Stretch B 10:45-11:45 Yoga 12:00 – 1:00 pm Pickle Ball 1:30 – 3:30 pm	Zumba 9:30-10:30 am ANNUAL TOWN HALL – 10:45 am 55+ Skate 11:15 am Bocce Ball 1:00 – 3:00 pm MAY PASS SALES 11:30-12:30	Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am Bocce Ball 1:00 – 3:00 pm