



725 Kingsbury Avenue

www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm Pickle Ball 12:30– 3:30 pm	Strength & Stretch 9:15 am Yoga – 10:15 am Pickle Ball 12:30– 3:30 pm	Line Dancing (Lynn) 9:00 am Zumba Toning 10:15 am Pickle Ball 12:30– 3:30 pm Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:15 am Yoga – 10:15 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
9	10	11	12	13
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16	17	18	19	20
55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm Pickle Ball 12:30– 3:30 pm	Strength & Stretch 9:15 am Yoga – 10:15 am Pickle Ball 12:30– 3:30 pm	Line Dancing (Lynn) 9:00 am Zumba Toning 10:15 am Pickle Ball 12:30– 3:30 pm Bocce Ball 1:00 – 3:00 pm NOVEMBER PASSES AVAILABLE ONLINE	Strength & Stretch 9:15 am Yoga – 10:15 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
23	24	25	26	27
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30				
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Did you know? The process of trees losing leaves in the Fall is called “abscission.” Biological scientists also use this term for other types of shedding in both animals and plants.