

725 Kingsbury Avenue

[www.gardencitycc.com/seniors](http://www.gardencitycc.com/seniors)

## 55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	<b>Line Dancing 9:00 am</b> <b>Zumba – Shirley 10:30 am</b> <b>Bocce Ball 1:00 – 3:00 pm</b> Pickle Ball 12:00– 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	<b>55+ Circuit 10:15 am</b> <b>Zumba Strong 11:15 am</b> <b>Bocce Ball 1:00 – 3:00 pm</b>
7	8	9	10	11
<b>55+ Circuit 10:15 am</b> <b>Zumba Strong 11:15 am</b> <b>Bocce Ball 1:00 – 3:00 pm</b>	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	<b>Line Dancing 9:00 am</b> <b>Zumba – Shirley 10:30 am</b> <b>Bocce Ball 1:00 – 3:00 pm</b> Pickle Ball 12:00– 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	<b>CLOSED</b>
14	15	16	17	18
<b>55+ Circuit 10:15 am</b> <b>Zumba Strong 11:15 am</b> <b>Bocce Ball 1:00 – 3:00 pm</b>	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	<b>Line Dancing 9:00 am</b> <b>Zumba – Shirley 10:30 am</b> <b>Bocce Ball 1:00 – 3:00 pm</b> Pickle Ball 12:00– 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	<b>55+ Circuit 10:15 am</b> <b>Zumba Strong 11:15 am</b> <b>Bocce Ball 1:00 – 3:00 pm</b>
21	22	23	24	25
<b>55+ Circuit 10:15 am</b> <b>Zumba Strong 11:15 am</b> <b>Bocce Ball 1:00 – 3:00 pm</b>	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	<b>Line Dancing 9:00 am</b> <b>Zumba – Shirley 10:30 am</b> <b>Bocce Ball 1:00 – 3:00 pm</b> Pickle Ball 12:00– 3:00 pm <b>PASS SALES 11:45AM – 12:15PM</b>	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	<b>55+ Circuit 10:15 am</b> <b>Zumba Strong 11:15 am</b> <b>Bocce Ball 1:00 – 3:00 pm</b>
28	29	30		
<b>55+ Circuit 10:15 am</b> <b>Zumba Strong 11:15 am</b> <b>Bocce Ball 1:00 – 3:00 pm</b>	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	<b>Line Dancing 9:00 am</b> <b>Zumba – Shirley 10:30 am</b> <b>Bocce Ball 1:00 – 3:00 pm</b> Pickle Ball 12:00– 3:00 pm		

Program support provided by



**Devi SHARMA**  
CITY COUNCILLOR Old Kildonan