



725 Kingsbury Avenue

www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Garden City Seniors Program 10 th Anniversary Celebration	55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
5	6	7	8	9
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
12	13	14	15	16
FACILITY CLOSED	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
19	20	21	22	23
ADVANCED POLLING NO CLASSES Bocce Ball 1:00 – 3:00 pm	ADVANCED POLLING NO CLASSES	ADVANCED POLLING NO CLASSES Bocce Ball 1:00 – 3:00 pm NOVEMBER PASSES AVAILABLE ONLINE	ADVANCED POLLING NO CLASSES	ADVANCED POLLING NO CLASSES Bocce Ball 1:00 – 3:00 pm
26	27	28	29	30
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	ELECTION DAY NO CLASSES 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

Did you know? Before the use of pumpkins, jack-o-lanterns were carved out of root vegetables such as turnips and rutabaga