

725 Kingsbury Avenue
www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
CLOSED	Strength/Stretch 9:30-10:30 Yoga 10:45 – 11:45 am Pickle Ball 1:30 – 3:30 pm PASS SALES –12:00 Outside Gym	Zumba 9:30-10:30 am Circuit 55+ 10:45-11:30 pm Bocce Ball 1:00 – 3:00 pm	Line Dancing – 9:30 -10:30 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	Strength/Stretch 9:30-10:30 am Fix Me Friday 10:45-11:30 Bocce Ball 1:00 – 3:00 pm
9	10	11	12	13
Zumba 9:30-10:30 am Circuit 55+ 10:45-11:30 pm Bocce Ball 1:00 – 3:00 pm	CLOSED – PROVINCIAL ELECTION	Zumba 9:30-10:30 am Circuit 55+ 10:45-11:30 pm Bocce Ball 1:00 – 3:00 pm	Line Dancing – 9:30 -10:30 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	Strength/Stretch 9:30-10:30 am Bocce Ball 1:00 – 3:00 pm
16	17	18	19	20
Zumba 9:30-10:30 am Circuit 55+ 10:45-11:30 pm Bocce Ball 1:00 – 3:00 pm	Strength/Stretch 9:30-10:30 Yoga 10:45 – 11:45 am Pickle Ball 1:30 – 3:30 pm	Zumba 9:30-10:30 am Circuit 55+ 10:45-11:30 pm Bocce Ball 1:00 – 3:00 pm	Line Dancing – 9:30 -10:30 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	NO STRENGTH & STRETCH Fix Me Friday 10:45-11:30 – on Arena Side in MPR 201 Bocce Ball 1:00 – 3:00 pm
23	24	25	26	27
Zumba 9:30-10:30 am Circuit 55+ 10:45-11:30 pm Bocce Ball 1:00 – 3:00 pm	Strength/Stretch 9:30-10:30 Yoga 10:45 – 11:45 am Pickle Ball 1:30 – 3:30 pm PASS SALES–12:00 Outside Gym	Zumba 9:30-10:30 am Circuit 55+ 10:45-11:30 pm Bocce Ball 1:00 – 3:00 pm	Line Dancing – 9:30 -10:30 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	Strength/Stretch 9:30-10:30 am Bocce Ball 1:00 – 3:00 pm
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Zumba 9:30-10:30 am Circuit 55+ 10:45-11:30 pm Bocce Ball 1:00 – 3:00 pm				

Program support provided by Devi Sharma, City Councillor Old Kildonan