



# Brookwood Senior Centre Regular Activities



For a full list of activities/contact numbers, check [brookwoodsensors.ca](http://brookwoodsensors.ca). Times are subject to change.

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 am		Body Toning with Gaby 9 - 10:30	Zumba with Anett 9:30 - 10:30	Body Toning with Linda 9 - 10:30		Body Toning with Gaby 9 - 10:30	
10 am							
11 am		G Fit 11:30 - 12:15	Decorating Cte 10:30 - 12:30		Food & Friends Luncheons 1st and 3rd Weeks 11 - 2		
Noon		Lisa's Line Dance Beg. / Beg.+ 12:30 - 1:30					
1 pm			Peggy's Line Dance Beginners+ 1:30 - 3:00	Duplicate Bridge Noon - 4		Duplicate Bridge Noon - 4	Cleaning Main Hall 1 - 4
2 pm							
3 pm							
4 pm				Cleaning Main Hall 4 - 6		Peggy's Line Dance Beg.: 4:15 - 5:15	
5 pm							
6 pm	Synergy Line Dance w/Maggie 6:30 - 9				Synergy Line Dance w/Maggie Improver/Interm. 5 - 6:30 Inter./Adv. 6:30 - 9	Paws 2 Dance 6:30 - 8:30	
7 pm		Surrey Sq Wh. Rnd Dance 7-10 Chess (Upper Hall) 7 - 10	Surrey Sq Wh. + Level Dance 7 - 10	Surrey Square Wheelers Beg.Mainstr. 6:30 - 10			
8 pm							
9 pm							

Pool: Drop in for members when the Centre is open.

Upper Hall: Schedule varies weekly.

April 6, 2026

For details about all programs, see the Programs At-a-Glance leaflet or see: [brookwoodsensors.ca](http://brookwoodsensors.ca)>Calendars>Main Hall