



# Brookwood Senior Centre Regular Activities



For a full list of activities/contact numbers, check [brookwoods seniors.ca](http://brookwoods seniors.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 11:30 - 1:30		
Noon		Lisa's Line Dance Beg. / Beg.+ 12:30 - 1:30		Duplicate Bridge Noon - 4		Duplicate Bridge Noon - 4	Cleaning Main Hall 1 - 4
1 pm							
2 pm					Lisa's Line Dance Beg./Beg.+ : 2 - 3		
3 pm							
4 pm				Cleaning Main Hall 4 - 6		Peggy's Line Dance Beg.: 4:15 - 5:15	
5 pm		Lisa's Line Dance Beg./Beg.+ : 6 - 7			Synergy Line Dance w/Maggie Improver/Interm. 5 - 6:30		
6 pm	Synergy Line Dance w/Maggie Inter./Adv. 6:30 - 9				Inter./Adv. 6:30 - 9	Paws 2 Dance 6:30 - 8:30	
7 pm		Surrey Sq Wh. Rnd Dance 7-10	Surrey Sq Wh. + Level Dance 7 - 10	Surrey Square Wheelers Beg.Mainstr. 6:30 - 10			
8 pm		Chess (Upper Hall) 7 - 10					
9 pm							

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

Upper Hall: Schedule varies weekly.

June 5, 2026

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