



# 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		Gentle Fit 11:30 - 12:15	Decorating Cte 10:30 - 12:30		Food & Friends Luncheons 1st and 3rd Weeks 11 - 2			
Noon				Duplicate Bridge Noon - 4		Duplicate Bridge Noon - 4	Cleaning Main Hall 1 - 4	
1 pm		Peggy's Line Dance Intermediate 1:45 - 3:45	Peggy's Line Dance Beginners+ 1:30 - 3:00					
2 pm					Peggy's Line Dance Intermediate 1:45 - 3:45			
3 pm								
4 pm				Cleaning Main Hall 4 - 6		Peggy's Line Dance Beg.: 4:15 - 5:15		
5 pm					Synergy Line Dance w/Maggie Improver/Interm. 5 - 6:30 Inter./Adv. 6:30 - 9			
6 pm	Synergy Line Dance w/Maggie 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.

March 2026

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