



Brookwood Senior Centre Regular Activities



For a full list of activities/contact numbers, check brookwoodseniors.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 & 3rd week 11:30 - 1:30				
Noon				Duplicate Bridge Noon - 4		Duplicate Bridge Noon - 4	Main Hall Cleaning 1 - 4		
1 pm		Maggie's Line Dance Improver 1 - 2 Easy Interm. 2:15 - 3							
2 pm									
3 pm		Lisa's Line Dance Beg.+/Interm. 2 - 3			Lisa's Line Dance Beg.+/Interm. 2 - 3				
4 pm				Main Hall Cleaning 4 - 6					
5 pm									
6 pm	Maggie's Line Dance Interm./Adv. 6:30 - 9			Square Wheelers Beg. Mainstr. 6:30 - 10	Maggie's Line Dance Improver 5 - 6 Interm./Adv. 6:30 - 9				
7 pm		Square Wheelers Round Dance 7 - 10	Square Wheelers + Level Dance 7 - 10						
8 pm									
9 pm									

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

Upper Hall Schedule varies weekly.

For full program details see **Groups > Programs At-a-Glance** or **Calendars > Main Hall, Upper Hall**

Updated October 20, 2026