



# Brookwood Senior Centre Regular Activities



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

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 AM							
8 AM							Peggy's Line Dance New Intermed. 8 - 10
9 AM		Body Toning w/Maria 9 - 10:30	Zumba w/Anett 9:30 - 10:30	Body Toning w/Maria 9 - 10:30	Body Toning w/Maria 9 - 10	Body Toning w/Maria 9 - 10:30	
10 AM	Peggy's Line Dance New Intermed. 10 - noon						Peggy's Line Dance New Beginner 10 - 11
11 AM		Gentle Fit 10:30 - 12:15					
NOON					Food & Friends Luncheons 1st and 3rd Weeks 11 - 2		
1 PM		Peggy's Line Dance Intermediate 1:45 - 3:45	Peggy's Line Dance Beginners+ 1:30 - 3:00 Beginners 3:15 - 4:15 New Beg.+ 4:30 - 5:30		Duplicate Bridge noon - 4	Duplicate Bridge noon - 4	Cleaning Main Hall 1 - 4
2 PM	Mexican Dance 2 - 4						
3 PM							
4 PM				Cleaning Main Hall 4 - 6		P's Line Dance Beg. 4:30 - 5:30	
5 PM							
6 PM	Synergy Line Dance w/Maggie 6:30 - 9						
7 PM		Surrey Sq Wh. Round Dance 7 - 10	Surrey Sq Wh. + Level Dance 7 - 10	Surrey Square Wheelers Beg.Mainstr. 6:30 - 10			
8 PM					Synergy Line Dance w/Maggie 6:30 - 9	Paws 2 Dance 6:30 - 8:30	
9 PM							

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

August 2024

Upper Hall schedule varies weekly.

For details about all programs, see the Programs-at-a-glance leaflet or see [brookwood.ca/CalendarMainHall.htm](http://brookwood.ca/CalendarMainHall.htm).