

Brockville 50+ Activity Centre

Activity Name (Winter 2024) Sorted by time	Day	Time	Leader(s)	Start Date	Location
Seniors Low Impact Exercise	Mon	9:00 - 10:00	Julie Daxon	Jan/22	WSUC- Gym
Line Dancing1 - Beg	Mon	10:30 - 11:30	Janet Rose/Joan Green	Jan/22	SA North
Tai Chi Continuing	Mon	10:30 - 12:00	Doug Cartan	Jan/22	WSUC-Gym
Euchre Play Only	Mon	1:00 - 3:30	Bill McNelly/Lisa St. Pierre	Jan/22	WSUC-Mezz
Mosaic Art	Mon	1:15 - 4:00	Rosalie Morris	Jan/22	SA South
Pickle Ball	Mon	1:00 - 3:00	Sandra & Dave Reed	Jan/22	WSUC- Gym
Mat Yoga	Mon	1:15 - 2:15	Jo-Anne Hanley	Jan/22	SA North
Drumming Circle	Mon	2:45 - 4:15	Fred Bowen	Jan/22	SA North
Chair Yoga	Tue	9:00 - 10:00	Ross Thomson	Jan/23	Memorial Centre
Guitar: Beginner	Tue	9:30 - 11:30	Glenn Davis	Jan/23	Masonic Hall
Tai Chi: Beginner	Tue	10:00 - 11:30	Carmen Grosse	Jan/23	WSUC- Gym
Drumming: Inter	Tue	12:00 - 1:00	Heather Lance	Jan/23	Masonic Hall
Exercise: Gentle Fit	Tue	12:10 - 12:50	Julie Daxon	Jan/23	WSUC -Gym
Mahjong	Tue	1:00 - 4:00	Peri Howlett/Karen Mahon	Jan/23	WSUC - Mezz
Line Dancing2: Inter	Tue	1:30 - 2:30	Janet Rose/Holly Welch	Jan/23	SA North
Art Studio	Tue	1:15 - 3:30	Karen Gregus	Jan/23	SA South
Guitar: Beginner Plus	Tue	1:30 - 3:00	Paul Bullock	Jan/23	WSUC - H-Hall
Badminton	Tue	2:00 - 4:00	Thane Prideaux	Jan/23	WSUC - Gym
Drumming: Beginner	Tue	2:30 - 4:00	Sue and Ron Smith	Jan/23	Masonic Hall
Exercise: Fit Over Fifty	Wed	9:00 - 10:00	Lucie Stein	Jan/24	WSUC-Gym
French Intro	Wed	9:00 - 10:00	Francine Larochelle	Jan/24	WSUC - Mezz
Harmonica	Wed	9:00 - 10:15	Denis Dorris	Jan/24	WSUC - H-Hall
French Conversation	Wed	9:15 - 10:15	Christine Molloy	Jan/24	WSUC - L-Room
Table Tennis	Wed	9:15 - 12:00	Mike Libbos/Ping Wu	Jan/24	SA North
Quilting	Wed	9:30 - 11:30	Theresa Iddon/Kathryn Nield	Jan/24	Masonic Hall
Acrylic Painting	Wed	9:30 - 11:30	Marilyn Wallace	Jan/24	SA South
French Advanced	Wed	10:15 - 11:45	Francine Larochelle	Jan/24	WSUC-Mezz
Yoga: Pilates Inter	Wed	11:30 - 12:30	Kim Wark	Jan/24	WSUC-Gym
French Basic	Wed	12:15 - 1:45	Francine Larochelle	Jan/24	WSUC-Mezz
Pickle Ball	Wed	1:00 - 4:00	Carl Insley	Jan/24	WSUC-Gym
Line Dancing3: Inter	Wed	1:30 - 2:30	Janet Rose/Holly Welch	Jan/24	SA North
Guitar: Acoustic Inter	Wed	1:30 - 3:30	Polly Beach	Jan/24	WSUC- H-Hall
Music Jam	Wed	1:30 - 4:00	Wayne Bullard	Jan/24	Masonic Hall
Chair Yoga	Thu	9:00 - 10:00	Ross Thomson	Jan/25	Memorial Centre
Tai Chi: Boost	Thu	10:00 - 11:30	Carmen Grosse	Jan/25	WSUC- Gym
Spanish Conv Beginner	Thu	10:15 - 11:30	Elizabeth Stratton	Jan/25	WSUC -L-Room
Sign Language	Thu	10:30 - 12:00	Ruth Baxter	Jan/25	WSUC- H-Hall
Art Studio	Thu	11:00 - 1:00	Karen O'Neill	Jan/25	WSUC- Mezz
Pickle Ball	Thu	1:00 - 3:00	Jamey McTavish	Jan/25	WSUC-Gym
Book Club 3rd Thurs	Thu	1:30 - 2:30	Lynda McNab	Jan/25	WSUC-Mezz
Book Club 4th Thurs	Thu	1:30 - 2:30	Gael Bullard	Jan/25	WSUC-Mezz
Spanish Conv Inter	Thu	2:00 - 3:45	Tom Beach	Jan/25	WSUC-L-Room
Exercise: Fit Over Fifty	Fri	9:00 - 10:00	Lucie Stein	Jan/26	WSUC - Gym
Photography	Fri	9:30 - 11:00	Alex Loshak	Jan/26	WSUC -Mezz
Ukulele	Fri	9:30 - 11:30	Polly Beach	Jan/26	SA South
Line Dancing4: Beginner	Fri	10:30 - 11:30	Janet Rose	Jan/26	SA North
Tai Chi: Practice	Fri	10:30 -12:00	John Pyl	Jan/26	WSUC -Gym
Dutch Convers	Fri	1:00 - 3:00	Rietta Osso	Jan/26	WSUC- L-Room
Badminton	Fri	2:00 - 4:00	Thane Prideaux	Jan/26	WSUC-Gym