

Seniors' Activities at the Community Centre



Monday

Type of Exercise	Time	Contact (name, phone number)
BHB Walkers (also Wednesday)	8.15am	Ces 837 5441
Aerobics (also Friday)	9.15-10.15am	Val 021 270 6050
Tai Chi (also Thursday)	10.30-11.30am	Margaret 816 8649
Sequence Dance	12 noon-3pm	Johnny 828 8930
Mah Jong	12.30-3pm	Barbara
Free Technology Troubleshooting	3:10-4:10PM	Office 626 4980
Hatha Yoga	5.00-6.00 PM and 6.30-7.30 PM	Heather 827 3131
Pilates	7.30-8.30 pm	Office 626 4980

Tuesday

Zumba for all ages (also Thursday And Sunday.)	8.45-9.45am	Annie 027 428 4894
Line Dance (also Friday)	9.45-11.45am	Annette 627 4099
Garden Club	1.00-3.00pm	627 9903
Housie	6.30pm doors open	

Wednesday

BHB Walkers (also Monday)	8.15am	Ces 837 5441
Annie's SIT FIT (60 years+)	10.00-11.30am	Annie 027 428 4894
Embroidery	10.00am-noon	Pat 818 4826
Women's Institute	11.45am-2.45pm	Mrs Breekvelt 627 3402
Rummikub and Cards	12.45-3.00pm	Office 626 4980

Wednesday (Continued)

Type of Exercise	Time	Contact (name, phone number)
BHB Historical Society Meeting	1.00-3.00pm (Bi-monthly)	Brian 626 5809
Latin and Ballroom Dance (beginners)	5.00-9.00pm	Tracey 022 088 2192

Thursday

Zumba for all ages (also Tuesday and Sunday)	8.45-9.45pm	Annie 027 428 4894
Tai Chi (also Monday)	10.00-11.00am	Julie 816 8649
Pilates (also Monday)	10.30-11.30am	Office 626 4980
Green Bay Choir	12.30-2.30pm	Dawn 817 2405

Friday

Aerobics (also Monday)	9.00-10.00am	Annie 027 428 4894
Line Dance (also Tuesday)	9.30-11.30am	Annette 627 4099
Yoga	10.30am-noon	Josie 630 6889

Sunday

Zumba for all ages (also Tuesday and Thursday)	9.00-10am	Annie 027 428 4894
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