DESERT COVE ESTATES WEEKLY ACTIVITIES AT THE RECREATION CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	MONTHLY
9:00 - 9:45 am	9:00 - 10:45 am	9:00 - 9:45 am	9:00 - 10:00 am	9:00 - 9:45 am	9:00 - 10:45 am	10:00 - 11:00 am
Walk off the Pounds	Men's Aqua Fit	Walk off the Pounds	Yoga	Walk off the Pounds	Men's Aqua Fit	1st Wednesday of the month
(3 miles) with weights	Swimming Pool	(3 miles) with weights	Kelly Bodie	(3 miles) with bands	Swimming Pool	Blood Pressure Clinic
, ,	Robert Huth	Vicky Spier	,	,	Robert Huth	Craft / Cards Room
Vicky Spier	236-426-4745	250-309-3305		Vicky Spier	236-426-4745	Kathy Burwell
250-309-3305			9:00 - 10:45 am	250-309-3305		250-540-0644
	9:00 - 10:00 am	9:00 - 10:45 am	Men's Aqua Fit			
9:00 - 10:45 am	Barre Fitness	Ladies Aqua Fit	Swimming Pool	9:00 - 10:45 am		7:00 pm
Ladies Aqua Fit		Swimming Pool	Robert Huth	Ladies Aqua Fit		Executive Meetings
Swimming Pool		Meghan Bellamy	236-426-4745	Swimming Pool		3rd <u>Tuesday</u> of the Month
Meghan Bellamy	11:00 am - 12 noon	250-542-8340		Meghan Bellamy		Main Hall
250-542-8340	Bone Builders	200 0 12 00 10	9:00 - 3:00 pm	250-542-8340		Board of Directors
200 0 12 00 10	Lew & Kathy Davies	10:00 AM	Quilting	200 0 12 00 10		200.00.2000.0
10:00 am - 3:00 pm	250-545-1906	DC Coffee & Chat	Craft/Cards Room			
Sewing	200-040-1000	Art Olfert	Lisa Peterson			
Craft/Cards Room		250-558-7820	604-538-8704			
Diana Welt		230-330-7020	004-330-0704			
		40.00	44.00			
250-550-6477		12:30 - 3:00 pm	11:00 am - 12 noon			
		Organized Pool Games	Bone Builders			
		Billiards Room	Lew & Kathy Davies	12:30 - 3:00 pm		
		Rudy Bergen	250-545-1906	Organized Pool Games		
10:00 am - 1:00 pm		778-475-1144		Billiards Room		
Artists Group			12:30 - 3:00 pm	Rudy Bergen		
Donna Gilchrist	12:30 - 3:00 pm	3:30 - 5:30 pm	Organized Pool Games	778-475-1144		
	Organized Pool Games	String Instrument Jam	Billiards Room			
	Billiards Room	Doug MacGregor	Rudy Bergen	1:00 - 3:30 pm		
	Rudy Bergen	250-545-4611	778-475-1144	Hand, Foot & Toe Canasta		
	778-475-1144			Main Hall		
12:30-3:00 pm		1:00 pm-1:30 pm	1:00 pm - 4:00 pm	Wendy Muth		
Organized Pool Games		Beginner Line Dancing	Canasta	250-503-2467		
Billiards Room	1:00 - 2:30 pm	on hold from 27 Nov 25 to 06 Jan 26	Elaine Horsford 778-979-1821	Jacke Palmer		
Rudy Bergen	Taoist Tai Chi		Laurie French 250-549-1164	250-938-7310		
778-475-1144	Joanne Marsh	1:00 pm -2:30 pm	Wendy Jung 250-542-6098			
	250-260-8041	Experienced Line Dancing		7:00 pm		
1:00 pm		on hold from 27 Nov 25 to 06 Jan 26		Texas Hold'em		
Euchre				Stan Beaulieu		
Elaine Horsford/Diana Fortier		3:30 pm - 5:30 pm		250-260-3088		
778-979-1821/250-882-0227		String Instrument Jam		255 255 5555		
		Doug MacGregor				
7:00 PM		250-545-4611				
Bingo		250-575-4011				
Diligo		7:00 PM				
Diana Fortier/Clay Fortier						
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Diana Fortier/Clay Fortier 250-882-0227/250-514-8260		Cribbage Laurie French				

The Recreation Centre and facilities are available to residents anytime. Doors are locked weekdays after 3:00 pm, Fridays and weekends. The Desert Cove swimming pool is open daily 7:00 am - 10:00 pm. Non-residents must be accompanied by a resident at all times.

** Addition or Change **