

## DESERT COVE ESTATES WEEKLY ACTIVITIES AT THE RECREATION CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	MONTHLY
8:45 - 9:45 am <b>Walk off the Pounds</b> (3 miles) with weights Vicky Spier 250-309-3305	9:00 - 10:45 am <b>Men's Aqua Fit</b> <i>Swimming Pool</i> Robert Huth 236-426-4745	8:45 - 9:45 am <b>Walk off the Pounds</b> (3 miles) with weights Vicky Spier 250-309-3305	9:00 - 10:00 am <b>Yoga</b> Kelly Bodie 613-539-8636 <i>Will reconvene in the fall</i>	8:45 - 9:45 am <b>Walk off the Pounds</b> (3 miles) with bands Vicky Spier 250-309-3305	9:00 - 10:45 am <b>Men's Aqua Fit</b> <i>Swimming Pool</i> Robert Huth 236-426-4745	10:00 - 11:00 am 1st <a href="#">Wednesday</a> of the month <b>Blood Pressure Clinic</b> <i>Craft / Cards Room</i> Kathy Burwell 250-540-0644
9:00 - 10:45 am <b>Ladies Aqua Fit</b> <i>Swimming Pool</i> Meghan Bellamy 250-542-8340	9:00 - 10:00 am <b>Barre Fitness</b> Anita Jarmolicz 780-945-1434 <i>Will reconvene in fall</i>	9:00 - 10:45 am <b>Ladies Aqua Fit</b> <i>Swimming Pool</i> Meghan Bellamy 250-542-8340	9:00 - 10:45 am <b>Men's Aqua Fit</b> <i>Swimming Pool</i> Robert Huth 236-426-4745	9:00 - 10:45 am <b>Ladies Aqua Fit</b> <i>Swimming Pool</i> Meghan Bellamy 250-542-8340		7:00 pm <b>Executive Meetings</b> 3rd <a href="#">Tuesday</a> of the Month <i>Main Hall</i> Board of Directors
10:00 am - 3:00 pm <b>Sewing</b> <i>Craft/Cards Room</i> Diana Welt 250-550-6477 <i>Will reconvene in fall</i>		10:00 AM <b>DC Coffee &amp; Chat</b> Art Olfert 250-558-7820	9:00 - 3:00 pm <b>Quilting</b> <i>Craft/Cards Room</i> Lisa Peterson 604-538-8704	10:00 - 11:30 am Line Dancing Carol Todosichuk 306-590-8281 <i>*To commence in Sept</i>		*Card Games <b>Monday</b> - Betty Lavigne Mahjong
10:00 am - 1:00 pm <b>Artists Group</b> Donna Gilchrist	11:00 am - 12 noon <b>Bone Builders</b> Lew & Kathy Davies 250-545-1906 <i>Will reconvene in fall</i>	12:30 - 3:00 pm <b>Organized Pool Games</b> <i>Billiards Room</i> Rudy Bergen 778-475-1144	11:00 am - 12 noon <b>Bone Builders</b> Lew & Kathy Davies 250-545-1906 <i>Will reconvene in the fall</i>	12:30 - 3:00 pm <b>Organized Pool Games</b> <i>Billiards Room</i> Rudy Bergen 778-475-1144		<b>Monday</b> Elaine Horsford/Diana Fortier Euchre
10:45 am - Noon <b>Bocce</b> Jacke Palmer 250-938-7310	12:30 - 3:00 pm <b>Organized Pool Games</b> <i>Billiards Room</i> Rudy Bergen 778-475-1144		12:30 - 3:00 pm <b>Organized Pool Games</b> <i>Billiards Room</i> Rudy Bergen 778-475-1144	*12:45 - 3:30 pm <b>Card Games</b> Jacke Palmer/Wendy Muth 250-938-7310/250-503-2467		<b>Thursday</b> - Betty Lavigne Super Samba
12:30-3:00 pm <b>Organized Pool Games</b> <i>Billiards Room</i> Rudy Bergen 778-475-1144	1:00 - 2:30 pm <b>Taoist Tai Chi</b> Joanne Marsh 250-260-8041		1:00 PM <b>*Card Games</b> Jacke Palmer 250-938-7310 Betty Lavigne 250-241-3270	11:00 am <b>Bocce</b> Jacke Palmer 250-938-7310		<b>Friday</b> Jacke Palmer/Wendy Muth Hand, Foot & Toe Canasta
1:00 pm <b>*Card Games</b> Elaine Horsford/Diana Fortier 778-979-1821/250-882-0227 Betty Lavigne 250-241-3720	3:00 - 4:30 pm <b>Line Dancing</b> Carol Todosichuk 306-590-8281 <i>*To commence in Sept.</i>	3:30 pm - 5:30 pm <b>String Instrument Jam</b> Doug MacGregor 250-545-4611	4:00 - 7:00 pm <b>Sableford Golf Group</b> <i>Main Hall</i> John Sahlstrand 250-542-6340	7:00 pm <b>Texas Hold'em</b> Stan Beaulieu 250-260-3088		
7:00 PM <b>Bingo</b> Diana Fortier/Clay Fortier 250-882-0227/250-514-8260		7:00 PM <b>Cribbage</b> Laurie French 250-549-1164				

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 \*\*