

DESERT COVE ESTATES

WEEKLY ACTIVITIES AT THE RECREATION CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	MONTHLY
9:00 am - 9:45 am Walk off the Pounds (3 miles) with weights to a DVD Vicky Spier 250-542-4142	9:00 am - 10:45 am Men's Aqua Fit Swimming Pool Robert Huth 236-426-4745	9:00 am - 9:45 am Walk off the Pounds (3 miles) with weights to a DVD Vicky Spier 250-542-4142	9:00 am - 10:00 am April - November Yoga Kelly Bodie 613-539-8636 <i>(please bring a yoga mat)</i>	9:00 am - 9:45 am Walk off the Pounds (3 miles) with bands to a DVD Vicky Spier 250-542-4142	9:00 am - 10:45 am Men's Aqua Fit Swimming Pool Robert Huth 236-426-4745	10:00 am - 11:00 am 1st <u>Wednesday</u> of the month Blood Pressure Clinic Craft / Cards Room Kathy Burwell 250-540-0644
9:00 am - 10:45 am Ladies Aqua Fit Swimming Pool Meghan Bellamy 250-542-8340	11:00 am - 12 noon Bone Builders Gail Werschler 250-549-0368	9:00 am - 10:45 am Ladies Aqua Fit Swimming Pool Meghan Bellamy 250-542-8340	9:00 am - 10:45 am Men's Aqua Fit Swimming Pool Robert Huth 236-426-4745	9:00 am - 10:45 am Ladies Aqua Fit Swimming Pool Meghan Bellamy 250-542-8340	9:30 am - 10:30 am Introduction to Barre Fitness Anita Jarmolicz 780-945-1434	7:00 pm Executive Meetings 3rd <u>Tuesday</u> of the month Craft / Cards Room Board of Directors
10:00 am - 2:00 pm Sewing Craft / Cards Room Diana Welt 250-550-6477 Gaylene Warner 778-738-0575	12:30 pm - 3:00 pm Organized Pool Games Billiards Room Rudi Bergen 778-475-1144	10:00 am DC Coffee & Chat Michelle Olfert 250-307-0027 Joyce Wenger 250-308-2754	9:00 am - 3:00 pm Quilting Craft / Cards Room Lisa Peterson 604-538-8704	12:30 pm - 3:00 pm Organized Pool Games Billiards Room Rudi Bergen 778-475-1144		
10:00 am - 1:00 pm Artists Group Main Hall Shirley Peterkin 250-545-2253 Donna Gilchrist 250-540-2668	1:00 pm - 2:30 pm Taoist Tai Chi (small monthly fee) Sylvia Michaluk 250-542-7101	12:30 pm - 3:00 pm Organized Pool Games Billiards Room Rudi Bergen 778-475-1144	10:00 am - 11:00 am Taoist Tai Chi <i>(small monthly fee)</i> Sylvia Michaluk 250-542-7101	1:00 pm - 3:30 pm Wizard Craft / Cards Room Shaunie Wood 250-808-9187		
12:30 pm - 3:00 pm Organized Pool Games Billiards Room Rudi Bergen 778-475-1144	3:00 pm Bocce Outdoor Bocce Court Linda & Ugo Cesario 250-308-2926	1:00 pm - 1:30 pm Line Dancing <i>Beginners</i> 1:45 pm - 2:30 pm <i>Advanced</i> Mary Rypstra 250-549-6880	11:00 am - 12 noon Bone Builders Gail Werschler 250-549-0368	7:00 pm Texas Hold'em Stan Beaulieu 250-260-3088		
1:00 pm Euchre Debbie Marlatt 250-503-1202	6:30 pm - 8:30 pm Bridge Rudi Bergen 778-475-1144	3:30 pm - 5:30 pm String Instrument Jam Doug MacGregor 250-545-4611	12:30 pm - 3:00 pm Organized Pool Games Billiards Room Rudi Bergen 778-475-1144			
7:00 pm Bingo Diana Fortier 250-882-0227 Clay Fortier 250-514-8260		7:00 pm Cribbage Laurie French 250-549-1164	1:00 pm Canasta Joyce Wenger 250-308-2754			
			3:30 pm - 6:30 pm Sableford Golf Group John Sahlstrand 250-542-6340			
					SUNDAY	

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 **