

DESERT COVE ESTATES WEEKLY ACTIVITIES AT THE RECREATION CENTRE

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

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 **