

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 250-309-3305	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 250-309-3305	9:00 am - 10:00 am Yoga Kelly Bodie 613-539-8636	9:00 am - 9:45 am Walk off the Pounds (3 miles) with bands to a DVD Vicky Spier 250-309-3305	9:00 am - 10:45 am Men's Aqua Fit Swimming Pool Robert Huth 236-426-4745	10:00 am - 11:00 am 1st Wednesday 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	9:00 am - 10:00 am Barre Fitness Anita Jarmolicz 780-945-1434 11:00 am - 12 noon	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		7:00 pm Executive Meetings 3rd Tuesday of the month Board of Directors
10:00 am - 2:00 pm Sewing Craft / Cards Room Diana Welt 250-550-6477 Gaylene Warner 778-738-0575	11:00 am - 12 noon Bone Builders Gail Werschler 250-549-0368	10:00 am DC Coffee & Chat Art Olfert 250-558-7820	9:00 am - 3:00 pm Quilting Craft / Cards Room Lisa Peterson 604-538-8704	10:00 am Bocce Outdoor Bocce Court <i>Back in the Spring</i> Jacke Palmer 250-938-7310		
10:00 am - 1:00 pm Artists Group Donna Gilchrist 250-540-2668	12:30 pm - 3:00 pm Organized Pool Games Billiards Room Rudy Bergen 778-475-1144	12:30 pm - 3:00 pm Organized Pool Games Billiards Room Rudy Bergen 778-475-1144	10:00 am - 11:00 am Taoist Tai Chi (small monthly fee) Joanne Marsh 250-260-8041	12:30 pm - 3:00 pm Organized Pool Games Billiards Room Rudy Bergen 778-475-1144		
12:30 pm - 3:00 pm Organized Pool Games Billiards Room Rudy Bergen 778-475-1144	1:00 pm - 2:30 pm Taoist Tai Chi (small monthly fee) Joanne Marsh 250-260-8041	Line Dancing <i>New Beginners Class</i> 1:00 pm - 1:30 pm Carol Todosichuk 306-590-8281	11:00 am - 12 noon Bone Builders Gail Werschler 250-549-0368	1:00 pm - 3:30 pm Wizard Craft / Cards Room Shaunie Wood 250-808-9187	SUNDAY	
1:00 pm Euchre Elaine Horsford 778-979-1821 Diana Fortier 250-882-0227	2:30 - 4:00 pm Bocce Main Hall Indoor Bocce Anne Teal 250-241-6779 Chris Teal 250-241-4872	Line Dancing <i>Experienced Dancers</i> 1:45 pm - 2:30 pm Mary Rypstra 250-549-6880	12:30 pm - 3:00 pm Organized Pool Games Billiards Room Rudy Bergen 778-475-1144	1:00 pm - 3:30 pm Hand, Foot & Toe Canasta <i>Main Hall</i> Wendy Muth 250-503-2467 Jacke Palmer 250-938-7310		
7:00 pm Bingo Diana Fortier 250-882-0227 Clay Fortier 250-514-8260		3:30 pm - 5:30 pm String Instrument Jam Doug MacGregor 250-545-4611	1:00 pm Canasta Elaine Horsford 778-979-1821 Laurie French 250-549-1164 Wendy Jung 250-542-6098	7:00 pm Texas Hold'em Stan Beaulieu 250-260-3088		
		7:00 pm Cribbage Laurie French 250-549-1164	4:00 pm - 7:00 pm Sableford Golf Group <i>Back in April</i> John Sahlstrand 250-542-6340			

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 **