

# DESERT COVE ESTATES

## WEEKLY ACTIVITIES AT THE RECREATION CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	MONTHLY
9:00 am - 9:45 am <b>Walk off the Pounds</b> (3 miles) with weights to a DVD Vicky Spier 250-542-4142	9:00 am - 10:45 am <b>Men's Aqua Fit</b> Swimming Pool Robert Huth 236-426-4745	9:00 am - 9:45 am <b>Walk off the Pounds</b> (3 miles) with weights to a DVD Vicky Spier 250-542-4142	9:00 am - 10:00 am April - November <b>Yoga</b> Kelly Bodie 613-539-8636 <i>(please bring a yoga mat)</i>	9:00 am - 9:45 am <b>Walk off the Pounds</b> (3 miles) with bands to a DVD Vicky Spier 250-542-4142	9:00 am - 10:45 am <b>Men's Aqua Fit</b> Swimming Pool Robert Huth 236-426-4745	10:00 am - 11:00 am 1st <b>Wednesday</b> of the month <b>Blood Pressure Clinic</b> Craft Room Kathy Burwell 250-540-0644
9:00 am - 10:45 am <b>Ladies Aqua Fit</b> Swimming Pool Meghan Bellamy 250-542-8340	10:00 am - 12 noon <b>Knitting</b> Craft Room Elinor Dickson 250-545-5297	9:00 am - 10:45 am <b>Ladies Aqua Fit</b> Swimming Pool Meghan Bellamy 250-542-8340	9:00 am - 10:45 am <b>Men's Aqua Fit</b> Swimming Pool Robert Huth 236-426-4745	9:00 am - 10:45 am <b>Ladies Aqua Fit</b> Swimming Pool Meghan Bellamy 250-542-8340		4th <b>Monday</b> of the month <b>Ladies Lunch Bunch</b> Wendy Voss 250-542-7344 wendievoss@gmail.com
10:00 am - 2:00 pm <b>Sewing</b> Craft Room Diana Welt 250-550-6477 Gaylene Warner 778-738-0575	11:00 am - 12 noon <b>Bone Builders</b> Gail Werschler 250-549-0368	10:00 am <b>Ladies Coffee &amp; Chat</b> Michelle Olfert 250-307-0027 Joyce Wenger 250-308-2754	10:00 am - 11:00 am <b>Taoist Tai Chi</b> <i>(small monthly fee)</i> Sylvia Michaluk 250-542-7101	12:30 pm - 3:00 pm <b>Organized Pool Games</b> Billiards Room Rudi Bergen 778-475-1144		6:00 pm <b>Music Night</b> Rebecca Clements 250-517-8420 <b>Monthly</b>
12:30 pm - 3:00 pm <b>Organized Pool Games</b> Billiards Room Rudi Bergen 778-475-1144	12:30 pm - 3:00 pm <b>Organized Pool Games</b> Billiards Room Rudi Bergen 778-475-1144	12:30 pm - 3:00 pm <b>Organized Pool Games</b> Billiards Room Rudi Bergen 778-475-1144	11:00 am - 12 noon <b>Bone Builders</b> Gail Werschler 250-549-0368	1:00 pm - 3:30 pm <b>Wizard</b> Shaunie Wood 250-808-9187		
1:00 pm <b>Ladies Euchre</b> Debbie Marlatt 250-503-1202 Elaine Horsford 778-979-1821	1:00 pm - 2:30 pm <b>Taoist Tai Chi</b> <i>(small monthly fee)</i> Sylvia Michaluk 250-542-7101	12:15 pm - 2:30 pm <b>Line Dancing</b> Mary Rypstra 250-549-6880 Peg Bellany 250-558-5879	11:00 am - 3:30 pm <b>Quilting</b> Craft Room Shirley Latter 250-542-8986	7:00 pm <b>Texas Hold'em</b> Stan Beaulieu 250-260-3088	<b>SUNDAY</b>	
5:30 pm - 6:45 pm <b>Men's &amp; Women's Aqua Fit</b> Sandi Cole 250-801-0824	1:00 pm - 3:00 pm <b>Diamond Painting</b> Craft Room Rebecca Clements 250-517-8420	3:30 pm - 5:30 pm <b>String Instrument Jam</b> Doug MacGregor 250-545-4611	12:30 pm - 3:00 pm <b>Organized Pool Games</b> Billiards Room Rudi Bergen 778-475-1144			
7:00 pm <b>Bingo</b> Diana Fortier 250-882-0227 <b>Clay Fortier</b> 250-514-8260	3:00 pm <b>Bocce</b> Outdoor Bocce Court Linda & Ugo Cesario 250-308-2926	7:00 pm <b>Cribbage</b> Elaine Horsford 778-979-1821 Laurie French 250-549-1164	1:00 pm <b>Canasta</b> Elaine Horsford 778-979-1821			
	6:30 pm <b>Bridge</b> Rudy Bergen 778-475-1144		4:00 pm - 7:00 pm <b>Sableford Golf Group</b> April - November John Sahlstrand 25-542-6340			

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.