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** Vicky Spier 250-309-3305	9:00 - 10:45 am **Men's Aqua Fit** *Swimming Pool* Robert Huth 236-426-4745	8:45 - 9:45 am **Walk off the Pounds** 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** Vicky Spier 250-309-3305	9:00 - 10:45 am **Men's Aqua Fit** *Swimming Pool* Robert Huth 236-426-4745	10:00 - 11:00 am 1st **Wednesday** of the month **Blood Pressure Clinic** *Craft / Cards Room* Kathy Burwell 250-540-0644
9:00 - 10:45 am **Ladies Aqua Fit** *Swimming Pool* 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** *Swimming Pool* Meghan Bellamy 250-542-8340	10:00 - 10:30 am **Resistance Bands Class** Kelly Bodie 615-539-8636	9:00 - 10:45 am **Ladies Aqua Fit** *Swimming Pool* Meghan Bellamy 250-542-8340		7:00 pm **Executive Meetings** 3rd ***Tuesday*** *of the Month* *Main Hall* Board of Directors
10:00 am - 3:00 pm **Sewing** *Craft/Cards Room* Diana Welt 250-550-6477 ***Resume 19 Oct 2026***	11:00 am - 12 noon **Bone Builders** Lew & Kathy Davies 250-545-1906	10:00 AM **DC Coffee & Chat** Art Olfert 250-558-7820	9:00 - 10:45 am **Men's Aqua Fit** *Swimming Pool* Robert Huth 236-426-4745	10:00 - 11:30 am **Line Dancing** Carol Todosichuk 306-590-8281 ***Will reconvene 9 Oct 2026***		*Card Games **Monday** - Betty Lavigne Mahjong
10:00 am - 1:00 pm **Artists Group** Donna Gilchrist	12:30 - 3:00 pm **Organized Pool Games** *Billiards Room* Rudy Bergen 778-475-1144	12:30 - 3:00 pm **Organized Pool Games** *Billiards Room* Rudy Bergen 778-475-1144	9:00 - 3:00 pm **Quilting** *Craft/Cards Room* Gail Wildfong 250-542-5590	10:45 am - Noon **Bocce** Jacke Palmer 250-938-7310		**Monday** Elaine Horsford/Diana Fortier Euchre
10:45 am - Noon **Bocce** Jacke Palmer 250-938-7310	1:00 - 2:30 pm **Taoist Tai Chi** Joanne Marsh 250-260-8041 ***Will reconvene on 06 Oct 2026***		11:00 am - 12 noon **Bone Builders** Lew & Kathy Davies 250-545-1906	12:30 - 3:00 pm **Organized Pool Games** *Billiards Room* Rudy Bergen 778-475-1144		**Thursday** - Betty Lavigne Super Samba
12:30-3:00 pm **Organized Pool Games** Billiards Room Rudy Bergen 778-475-1144			12:30 - 3:00 pm **Organized Pool Games** *Billiards Room* Rudy Bergen 778-475-1144	*12:45 - 3:30 pm **Card Games** Jacke Palmer 250-938-7310 Wendy Muth 250-503-2467		**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	1:00 PM ***Card Games** Jacke Palmer 250-938-7310 Betty Lavigne 250-241-3270	7:00 pm **Texas Hold'em** Stan Beaulieu 250-260-3088		
7:00 PM **Bingo** Diana Fortier/Clay Fortier 250-882-0227/250-514-8260		**7:00 PM** **Cribbage** Jacke Palmer 250-517-8420	4:00 - 7:00 pm **Sableford Golf Group** *Main Hall* 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 ****

Weekly Activity Schedule - Revised: 2026-10-02