

# 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> <i>Back in September</i> Kelly Bodie 613-539-8636	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 <u>Wednesday</u> of the month <b>Blood Pressure Clinic</b> Craft / Cards Room Kathy Burwell 250-540-0644
9:00 am - 10:45 am <b>Ladies Aqua Fit</b> Swimming Pool Meghan Bellamy 250-542-8340	9:00 am - 10:00 am <b>Barre Fitness</b> Anita Jarmolicz 780-945-1434 11:00 am - 12 noon	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		7:00 pm <b>Executive Meetings</b> 3rd <u>Tuesday</u> of the month Craft / Cards Room Board of Directors
10:00 am - 2:00 pm <b>Sewing</b> <i>Back September 30th</i> Craft / Cards Room Diana Welt 250-550-6477 Gaylene Warner 778-738-0575	<b>Bone Builders</b> <i>Back In October</i> Gail Werschler 250-549-0368  12:30 pm - 3:00 pm <b>Organized Pool Games</b> Billiards Room Rudy Bergen 778-475-1144	** 10:00 am ** <b>DC Coffee &amp; Chat</b> Harriet Hovde 250-351-4007	9:00 am - 3:00 pm <b>Quilting</b> Craft / Cards Room Lisa Peterson 604-538-8704	10:00 am <b>Bocce</b> Outdoor Bocce Court Jacke Palmer 250-938-7310		
10:00 am - 1:00 pm <b>Artists Group</b> Shirley Peterkin 250-545-2253 Donna Gilchrist 250-540-2668	1:00 pm - 2:30 pm <b>Taoist Tai Chi</b> Joanne Marsh 250-260-8041	12:30 pm - 3:00 pm <b>Organized Pool Games</b> Billiards Room Rudy Bergen 778-475-1144	10:00 am - 11:00 am <b>Taoist Tai Chi</b> Joanne Marsh 250-260-8041	12:30 pm - 3:00 pm <b>Organized Pool Games</b> Billiards Room Rudy Bergen 778-475-1144		
12:30 pm - 3:00 pm <b>Organized Pool Games</b> Billiards Room Rudy Bergen 778-475-1144	2:00 pm <b>Bocce</b> Outdoor Bocce Court Linda & Ugo Cesario 250-308-2926	1:00 pm - 1:30 pm <b>Line Dancing</b> <i>Beginners</i> 1:45 pm - 2:30 pm <i>Advanced</i> Mary Rypstra 250-549-6880	11:00 am - 12 noon <b>Bone Builders</b> <i>Back in October</i> Gail Werschler 250-549-0368	1:00 pm - 3:30 pm <b>Wizard</b> Craft / Cards Room Shaunie Wood 250-808-9187	<b>SUNDAY</b>	
1:00 pm <b>Euchre</b> Debbie Marlatt 250-503-1202		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 Rudy Bergen 778-475-1144	7:00 pm <b>Texas Hold'em</b> Stan Beaulieu 250-260-3088		
7:00 pm <b>Bingo</b> Diana Fortier 250-882-0227 Clay Fortier 250-514-8260		7:00 pm <b>Cribbage</b> Laurie French 250-549-1164	** 1:00 pm ** <b>Canasta</b> Elaine Horsford 778-979-1821			
			3:30 pm - 6:30 pm <b>Sableford Golf Group</b> 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 \*\*