## What are you going to do this week ?

Our Activity Schedule changes very often and some crafts described here might not be running this week. We apologize for the inconvenience.

Only the activities on the schedule in the activity guide will be running.

If you would like to see what a craft looks like, please stop by the craft room, we can show a sample to you.

You need to sign up in advance for the crafts and some activities: they are stared on the schedule in your activity guide.

Age limits act as **suggestions** only depending upon your child ability and yours (you might need to help a lot! )

Of course, adults are welcome to any craft and kid activity !

Please remember that unattended children will be fed to Mr Bear in the Games Room Children under 13 years old must be accompanied by an adult





## THE BASKET CHALLENGE

#### STEP 1 PICK UP

On the scheduled day, pick up your kit from the REC Staff. You want to pick it up on Monday to allow your project to dry.

#### STEP 2 IN YOUR UNIT

This is a team work; the whole family has to participate: one to blow the balloon, one to roll the rope, one to master the ModPodge, one to paint and of course one to give the instructions!



#### STEP 3 RESULTS

Bring your creation back to the REC centre on the scheduled day. You have to bring your basket still stuck on the balloon. **We will poke the balloon together.** This is the first challenge! A prize will be given for aesthetic: form, colour, originality...



## Pre-School Crafts

<u>BATS AND BUGS</u> | Approx 30 min | Craft Room | \$3 | Ages 2+

Funky bat or lovely bug? You pick your new friend! Easy craft including tracing, cutting and gluing together a new pet!

FINGER PAINTING | Approx 30 min | Craft Room | \$3 | Ages 2+ Just a mess. Your kids will love it and you will LOVE not having to deal with it!

MAKE A CROWN | Approx 45 min |Craft

rooml\$31 Ages 2+ Each king and queen makes their own funky foam crown. Practice tracing, cutting, and decorating. Then the royalty can go and parade all day.



<u>PAPER FLOWER</u>: |Approx 30 min | Craft Room | \$3| Ages 2+ A forever flower made with all the colours your little own can imagine. <u>PLAY DOVGH</u>: | Approx 30 min | Craft Room | \$3 | Ages 2+ Simple fun that the little ones can do all by themselves. You make a personal batch of playdough and then we practice making some fun shapes.



## <u>Kids Crafts</u>

<u>BOOKMARK</u> | Approx 30 min | Craft Room | \$3 | Ages 7+

Perfect for everybody. Nobody like to lose their page when reading an awesome story! Come make your own!

<u>KIDS IN THE KITCHEN</u> | Approx 30 min | Games Room | \$5 | Ages 7+

Come see your little ones becoming bakery masters! They will learn to bake a delicious dessert that they will bring back to you. They will prepare everything from scratch and then bake it in the unit under your supervision.

<u>NINJA TURTLE/MINION ORNAMENT PLATES</u> Approx 30 min | Craft room | \$3 | Ages 7+ Ninja Turtles and Minions are the best, aren't they? Come down and create your own souvenir to hang in your room when you go home. <u>SHRINKY DESIGNS</u> | Approx. 45 minutes | Craft Room | \$3 | Ages 7+



Try our amazing shrinking plastic. Make your own design and then watch it shrink 600%. Make key chains, pins, fridge magnets, earrings, ... Adults really get hooked on this once they try. Your results look fantastic. Bring an extra toonie

if you want to make extra designs.

<u>TIE DYE</u> | Approx. 30 minutes | Craft Room | \$10 | Ages 7+ Make your very own tie dye T-shirt or a set of pillow cases. Far out, man!



## 12+ years old and ADULTS

<u>GLASS ETCHING</u> | Approx. 1.5 hours | Craft Room | \$10 | Ages 12+ Have you ever wanted to learn how to etch glass? Join us and let us show you! This craft is virtually fool proof and never disappoints.

<u>HANDMADE RUGS</u> | Approx. 2 hour | \$ 10 | Ages 10+ Learn how to make a rug all by your self! A very good craft that you will be able to do again later at home. You can make it the size and colour you want. All the supplies are here, ready for you!

ORIGAMI ORNAMENT | Approx 1 hour | Craft Room | \$3 | Ages 12+

Learn a basic origami that you can turn into something really intricate.

## 12+ years old and ADULTS

<u>PAINTING</u> CLASS Approx 1 hourl Craft Room \$10 | ages 12+

Create a composition using different techniques of photo transfer, collage and painting. This activity is all about experimenting and having fun!



<u>ROCK ART</u> Approx 2 hours |\$20 |Ages 12+ Have a look at the rocks in the lobby ! Jealous? You can make your own!

<u>SCRAPBOOKING</u> | Approx 1.5 hour | \$12 | Ages 12+ Learn how to start, work on a project you have, purchase some material... Everything you need or want to know about scrapbooking will be there. Don't miss out!

<u>WOOD BURNING</u> | Approx 1.5 hour | \$10 | Ages 14+Create your very own wooden sign, use of wood burners, paint . Sign up early, space limited



## <u>GAMES</u>



### OUTDOOR GAMES

<u>ARCHERY</u> | Approx. 1 hour | 8100 Building | \$10 (CAD cash only) | Ages 8+

Learn the basics of archery and experience your inner Robin Hood. All equipment provided. Location: large grass field beside the resort's 8100 Building. Head south on Hwy 93/95 and take the first right at Riverside Drive (1.1km from the Rec Centre).



<u>BASKET BALL</u> Approx 45 min | Hillside | FREE | All Ages This session is designed to help basketball players of all abilities meet each others and get a game going.

<u>DODGEBALL</u> Approx 45 min | Riverside Tennis courts | FREE | All ages

Family friendly dodgeball. There are a lot of subtle variations of this game, but the basic point is to avoid getting hit by a ball your opponent throws at you. Lots of fun and excitement.

### OUTDOOR GAMES

<u>DROP IN BOCCE BALL</u> | Unlimited | Riverside Tennis Courts FREE | All Ages

Pick up a set of Bocce ball from the front desk and get together with your new friends. You'll be playing beside the tennis courts, on the grass area, under the lovely shade of the trees.

Un-staffed activity

<u>DROP IN HORSESHOE</u> | Unlimited | Riverside Tennis Courts FREE | All Ages

Pick up your horse shoes from the front desk and get together with your new friends. You'll be playing beside the tennis courts, under the lovely shade of the trees.

Un-staffed activity

Have fun!

### OUTDOOR GAMES

INTRO TO GEOCACHING | Unlimited | FREE | All ages Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location.

LASER BATTLE | Approx. 1 hour | 8100 Building | \$10 (CAD cash only) | Ages 9+

More fun than paintball and no bruises to worry about. The deadly accurate infra-red guns are light enough for everyone. Bring water and a hat, there is no shade on the battlefield.

<u>RVGBY</u> Approx 45 min | 8100 Building | FREE All ages This session is designed to help rugbyplayers of all abilities meet each others and get a game going.

<u>SOCCER</u> Approx 45 min | 8100 Building | FREE | All Ages This session is designed to help soccerplayers of all abilities meet each others and get a game going.

### INDOOR GAMES

<u>BVBBLE BABIES</u> | Indoor Pool near the fountain | FREE | Ages 4 months –3 years | Unstaffed

'Swim' lessons for the little ones. This is a guest run program—unsupervised, un-



staffed. Take this opportunity to meet other caregivers with young ones. The toddlers can make new friends as they explore the aquatic environment.

<u>BOARD GAMES NIGHT</u> | Games Room | FREE | All Ages | Unstaffed

This is a guest-run program – unsupervised, unstaffed. Take this opportunity to meet other gamers and learn a new game. Borrow one of our 12 different games in the Games Room or bring your own.

<u>**CRIBBAGE</u>** | Unlimited | Upstairs Lounge | FREE | All Ages | Unstaffed</u>

Come upstairs to chill-out in the lounge where you will find everything you need for a morning of fun with crib boards, cards, and some other interesting guests! This is a guest-run program – unsupervised, unstaffed.

## INDOOR GAMES

<u>Puzzle Time!</u> FREE | Games Room | All Ages | Unstaffed

We have plenty of puzzles in the Games Room. Find out which one of you is going to be the fastest!



TRIVIANIGHT | Approx 1.5 hour | Upstairs lounge | \$1 | All ages

Are you full of trivial information? How much do you know about animals, sports, movies and more? Come and test your knowledge with a brain stimulating afternoon of the most fun trivia game out there! Bring a team, or come alone and make a team with new friends, and win some cool or tasty prizes!

<u>LET'S PLAY YAHTZEE</u>: Upstairs Lounge | FREE | All Ages |Approx. 1 hour | Unstaffed

Luck, probabilities, and strategy. Who is the best Yahtzee player at the resort? We play for just under

an hour in a loose tournament format that encourages you to meet new people.



# <u>WELLNESS</u>

<u>FOOT SPA</u> | Approx. 1 hour | Craft Room | \$5 | Ages 12+

Relax and enjoy this Foot Spa with Wilda from Mary Kay while learning how to

properly care for your feet. Also see "Mary Kay Facial."



<u>MARY KAY FACIAL</u> | Approx. 1.5 hours | Craft Room | \$5 | Ages 12+

Join Wilda from Mary Kay to learn about facials and experiment hands-on with different products and colours.

## <u>GVIDED HIKES</u>

<u>HOT SPRINGS HIKE</u> | Meet at Mountain side Golf Course | Approx. 1.5 hours | 3Km | Easy-moderate

Come and find out all there is to know about the local hot springs. We'll talk about the historic baths, the original springs, the pools, ... Meeting spot: the historic barn on Hot Springs road by the Mountainside Golf Club House (not the Mountainside Villa Resort). This is a moderate hike; expect some elevation gain. Guided

<u>BREAKFAST HIKE</u> \*\*\*SIGN UP \*\*\* IMeet at the Smoking Water cafe | Approx. 1,25 hour | 3.7 KM | Moderate Explore the trails at the north end of Fairmont. Meeting spot: Smoking Waters Coffee shop at 4985 Hot Springs Road, one block east/uphill from the highway near the gas station. Please park beside the road or in the gravel over-flow parking area. Rating moderate Guided

<u>MOUNTAIN CREEK HIKE</u> | Meet at Fairmont Resort, overflow parking lot | Approx. 1.5 hours | 3.9 Km | All Ages | Moderate

That one has a bit more of a kick! Walk along the Fairmont Creek and loop down on the Valley view trail. Expect elevation and hoping accross the creek twice.

<u>MONTEZUMA'S LOOP HIKE</u> | Meet at Fairmont Resort, overflow parking lot | Approx. 1 hour | 3.5 KM | Easy Moderate

A combination of the Owl Loop and Montezuma's Revenge trails: a scenic loop. Meet at the Pool Overflow parking lot at the Fairmont Hot Springs. Look for the gigantic green propane tank at the ski hill turn-off. Rating: moderate / easy. Guided

<u>**RIVER STROLL</u>** | Meet in front of the Riverside Recreation Centerl Approx 1.25 hour | 3.5 KM | Easy, stroller friendly Easy walk around the meadows, perfect to digest your pancake breakfast.</u>

### All indicated distances are calculated from meeting point back

## UNGUIDED HIKES

UNGUIDED POET TRAIL 3.6 KM | Moderate | FREE | All ages

This wide switchback trail connects the Fairmont Lodge with the lower town site. Enjoy the various poems posted on the trees along the route.

Park your car on the overflow parking lot where you can see a giant green tank. Walk your way to the old Indian baths and look for the wedding platform. The trail head is located just below the wedding platform. Expect some elevation.

#### UNGUIDED HOODOO HIKE: Discover the Hoodoos!

Moderate elevation change. Meeting spot: The Nature Trust Hoodoos trail head. Drive south on Hwy 93/95 to Westside Road, turn right after 1km, park in the large gravel parking lot on the left across from the Hoodoos sign. No sign-up required. Approx. 1.5 hours. FREE. All ages. Bring proper footwear. This is not a guided hike.

Part of the Hoodoos is PRIVATE PROPERTY, please respect the No Trespassing signs

<u>UNGUIDED GRASSLANDS TO WETLANDS</u> | Approx. 50 minutes | FREE | All ages

Tour the Nature Trust lands that include vital grassland habit and reach all the way to the wetlands. Meeting spot: Hawke Road trail head. Drive south on highway 93/95 to Westside Road, turn right, travel for 7.7km and park in the gravel parking lot near the Nature Trust kiosk. No sign-up required. This is not a guided hike. Rating: easy

### FOOD & EVENTS

### ALL YOU CAN EAT PANCAKE BREAKFAST | 8:45-9:45 AM | Games Room | \$5 | All Ages

Join the Recreation Staff for a delicious ALL YOU CAN EAT pancake and sausage breakfast that includes coffee, hot chocolate, juice and whipped cream. While quantities last.

HOT FUDGE BROWNIES | Serving for a limited time | Games Room | \$3.50 | All Ages

Indulge yourself - hot fudge brownies served with ice cream and whipped cream. Large enough to share.

<u>RESORT WELCOME</u> | Approx. 1 hour | Games Room | FREE | All Ages

Mix and mingle with other guests and their families while enjoying a complimentary drink. Be sure to stick around for prize giveaways! There are also local merchants in attendance with display tables to help you plan your stay and learn about exciting things happening in the Columbia Valley.

<u>ROOT BEER FLOATS</u> | Serving for a limited time | Games Room | \$2.50 | All Ages

We scoop out vanilla ice cream and add frosty cans of root beer (the classic) or orange Crush ("creamsicle") to make this delicious treat.



## Activities Hosted outside of Sunchaser Resort (Marked as % in your schedule)



# More FoodEvents

<u>SUNDAY BRUNCH SWIM AND SOAK</u> | Fairmont Hot Springs Resort | \$24.95(children: \$10.95, under 3: free, over 65: -15%)

The Mountain Flowers Sunday Brunch is renowned in the Columbia

Valley! Feast on breakfast items and once you're finished your Brunch, hit the hot springs! Every Sunday Brunch receipt includes FREE same-day entry to the natural mineral hot springs. It's the perfect way to spend a lazy Sunday afternoon.

<u>WINE TASTING</u> | Approx 1 hour | \$10 | Fairmont Hot Springs Resort \_ Grand Lobby *Call 250-345-6015* 

When you drink wine, do you ever wonder to yourself, is there a proper way to hold my glass, why are we trying whites before reds, what is this "aeration process" about? All your questions can probably be answered while you taste 4 different wines from BC : 2 whites and 2 reds.

# More Activities !

<u>CLIMBING WALL</u> | Located at J.A. Laird Elementary School: 13th Ave & 13th street in Invermere. | \$5 includes admission, rentals, and quick introduction. All Ages (appropriate for ages 7+) | Friday, Satursday, Sunday 5:00pm-8:00pm Great affordable fun! From beginners to advanced 5.10 wall climbers.

BIRD WATCHING PONTOON TOUR | Approx 4 hours | All Ages | \$50 | Pick up at the REC centre at 4:00 PM Sit back on a flat river pontoon boat and drift down the Columbia river. Enjoy the scenery of the Rocky Mountain mountains and the Purcell Mountains while you sit back and relax. Bring water and snacks, binocular can be provided if you don't have your own Call 250–688–6135 for more info SIGN UP BY 2:00 PM THE DAY OF

#### HISTORICAL SIGHTSEEING BUS TOUR AND FARMERS MARKET

Approx 3 hours | All Ages | \$45

The great Blazin Trailz crew will come and pick you up from the Recreation Centre at 4:00 PM

During this tour, you will be able to learn more about the two local First Nations, the first explorer and the first missionaries.

You will also enjoy a stop at the beautiful Invermere Farmers Market. SIGN VP BY 2:00 AM THE DAY OF

## More Activities !

<u>SUNSET INTERPRETIVE HIKE</u> | Approx 2 hours | All Ages | \$35 The great Blazin Trailz crew will come and pick you up from the Recreation Centre at 8:30 PM

We drive to parking area at Mt. Swansea, half hour hike to the top to watch the sunset.

SIGN UP BY 6:00 PM THE DAY OF



# <u>Kids Camps</u>

**MUSICFEST KIDZCAMP** Approx 4 hours | \$30 | Ages 5-9 Got some talent in your family? Maybe you don't know it yet! Send your kids for a fun music themed camp. They will build music instrument, learn new songs, play music games... But also, because we know you like them tired at the end of the camp, they will experience the fun of a water war!

Snack and Lunch included. Make sure your kids wear proper clothing and footwear to run around outside (no fancy shoes or sparkly dresses)

SIGN UP BY 5:00 PM ON TUESDAY

LIKE A SPY | Approx. 4 hours | \$30 | Ages 8-12

All children have an inner James Bond waiting to get into action! This is their chance! During this camp, you child will have to work in team to crack secret codes, disarm a bomb, avoid deadly laser beams and finally vanquish the most dangerous villain. A terrible water gun battle is about to happen, double agents will be unmasked. ARE YOU READY TO BE A SPY?

Snack and dinner included. Make sure your kids wear proper clothing and footwear to run around outside (no fancy shoes or sparkly dresses)

SIGN UP BY 5:00 PM ON THURSDAY