

# Activity Guide

## Activity Sign-Up & Age Requirement

**You must sign -up at least the day before,** sign up binder can be found at the front desk

**Children under 13 must be supervised for all activities**

The ages proposed act as a suggestion: please use your judgement to determine if your child will enjoy the activity- also be prepared to play alongside your kid!

## Recreation Center

The recreation center is open from **8AM until 10:30PM**. You can access the fitness room, games room, the upstairs lounge and the indoor playroom during these hours.



**June 15th-19th**

Equipment rentals  
8AM- 10:30PM

See front desk for availability of all items

Board Games- see selection in games room and front desk

Bocce Ball- use at grassy area by Recreation Center Patio

Pickle Ball - use on the tennis court

Football - use at grassy area by the Recreation Center Patio

Soccer - use at grassy area by the Recreation Center Patio

Volleyball - use at grassy area by Recreation Center Patio

Horseshoes- Located between building 200 and 300

# Weekends

Undecided on how to spend the weekend?

Check out

[www.travelcolumbiavalley.com](http://www.travelcolumbiavalley.com)

for all the activities and events going on in the local area.

Also pick up a copy of the Columbia Valley pioneer from the local shop to keep up to date with everything going on in the valley.

\*Suggested activities\*  
There is no recreation team member working weekends

# Monday

**9:00 am Q-Tip Painting**  
Join us in the craft room to express your inner artist!  
Approx: 1 hr  
Ages: 5+  
Max: 8 People

**10:30 am Rock Painting**  
Art rocks! Join us in the craft room for painting.  
Approx. 1.5 hr.  
All Ages.  
Max: 10 People

**1:00 pm Beaded Lizards**  
Join us in the craft room to make some fun lizards!  
Approx. 1.5hr  
All Ages  
Max: 8 People

**3:30 pm Yarn Pom Pom Turtles**  
Meet in the craft room to create your own pom pom turtle shell!  
Approx. 1 hr.  
All Ages  
Max: 8 People

**June 15, 2026**  
>27° C

# Tuesday

**9:00 am Canvas Painting**  
Meet in the craft room and unleash your inner artist.  
Approx. 1.5hrs.  
All ages  
Max: 8 People

**11:00 am Seashell Owls**  
Join us in the craft room to make fun shell owls!  
Approx. 1 hr  
Ages: 5 +  
Max: 8 People

**1:00 pm Flowerpot Painting**  
Join us to get creative to paint your own pot!  
Approx: 1 hr.  
All Ages  
Max: 7

**3:00 pm Mason Jar Painting**  
Meet in craft room to decorate mason jars.  
Approx. 1hr.  
All ages  
Max: 8 People

**>June 16,2026**  
>25° C

# Wednesday

**9:00 am Rock Painting**  
Art rocks! Join us in the craft room for painting.  
Approx. 1.5 hr.  
All Ages.  
Max: 10 People

**11:00 am Beaded Dragonflies**  
Join us in the craft room to make some fun Dragonflies.  
Approx: 1 hr.  
All Ages  
Max: 8 People

**1:00 pm Chevron Bracelet**  
Meet in craft room to make fun, beaded bracelets!  
Approx: 1 hr.  
Ages: 5+  
Max: 8 People

**3:00 pm Tin Can Painting**  
Meet in the craft room to paint your own flower vase.  
Approx. 1.5hr.  
Ages 5+  
Max 6 People

**>June 17, 2026**  
>21° C

# Thursday

**9:00 am Macrame Bracelet**  
Join us in the craft room to try out macrame patterns!  
Approx: 1 hr.  
Ages: 5+  
Max: 8 People

**11:00 am Fruit Fans**  
Join us in the craft room to create fun fruit fans!  
Approx. 1 hr.  
All Ages  
Max: 8 People

**1:00 pm Bird House Painting**  
Meet in craft room to paint a vibrant coloured bird house.  
Approx. 1.5 hr.  
All ages  
Max: 6 People

**3:00 pm Finger Painting**  
Let your inner artist out, join us in the craft room.  
Approx. 1hr.  
All Ages  
Max: 8 People

**>June 18, 2026**  
>22° C

# Friday

**9:00 am Windchimes**  
Join us in the craft room to create a unique windchime!  
Approx: 1 hr.  
All Ages  
Max: 8 People

**10:30 am Rock Painting**  
Art rocks! Join us in the craft room for painting.  
Approx. 1.5 hr.  
All Ages.  
Max: 10 People

**1:00 pm Canvas Painting**  
Meet in the craft room and unleash your inner artist.  
Approx. 1.5hrs.  
All ages  
Max: 8 People

**3:30 pm Friendship Bracelets**  
Meet in craft room to make fun, beaded bracelets!  
Approx: 1 hr.  
All Ages  
Max: 8 People

**>June 19, 2026**  
>21° C