



# RECREATION GUIDE

Welcome to Mountainside

*Enjoy your visit !*

Jan Smith

Social and Recreation Director, 250-345-6341 ext. 43

## IMPORTANT INFORMATION

### FACILITIES

We invite you to enjoy the facilities at the Mountainside Recreation Centre. To ensure that all can enjoy their stay to the fullest and in a safe manner there are a number of regulations that are prominently posted throughout the building. The recreation center is open daily from 9:00 am to 11:00 pm. The pool is open until 10:30 pm daily. Front desk , 250-345-6341.

A library of books, magazines and puzzles is in the upper lounge area available for your use. There is also a binder available that lists all board games. Equipment for Racquetball, Squash, Pickle Ball, Tennis, etc. are available for rent at the Front Desk.

The Front Desk is a safe place for lost children to go to use the phone or find help locating their parents. Please let your children know about this service.

### BEAR AWARE

Please ensure your garbage makes it into the bear proof bins and that bins are secure after each use. A fed bear is a dead bear. If a bear gets accustomed to feeding on garbage, they could become "problem" bears which have to be destroyed. Over 1000 bears are killed each year in BC because of a perceived threat. Don't store any food outside, or in your vehicle. Clean your BBQ thoroughly after each use, and ensure your garbage makes it into the appropriate bins. Thanks for helping protect our bears.

At Mountainside Villas we pride ourselves on our efforts to helping the environment. Please recycle your Recreation Guide and use the blue recycle bins provided for you throughout the resort.





A BIG THANKS to all the owners and guests that participate in our recycle program, it is a big success. The following are reminders for the participants to please:

- 1) Remove corks, caps and straws and put them in the garbage.
- 2) The grey large bins are garbage bins.
- 3) Do not put any contaminated food containers such as used coffee cups, pizza boxes, soiled diapers or unwashed cake containers in the BLUE slotted bins.
- 4) Do not drop the glass into empty bins, you can leave the bags for recycle next to the bin.
- 5) Please place your recycling in the appropriate bins.

### **SHARING OUR HOME:**

Insects, like mosquitoes, flies, ants, spiders, bees, wasps, and bugs are a problem for us because we are located in a treed and wilderness area. All these creatures like the trees and the cedar Villas that we would like to have to ourselves. When a problem exists, we do our best to treat the area that is infected, if the area is outside.

We refrain from using insecticides inside the Villa, while guests are still in house, because of the health risk . We do spray the Villa on the check out day if required.

We sometimes have a problem with mice, especially in the autumn. We do set traps when required and check our crawl spaces. Please help us out by making sure that the screen & front door is always kept closed, so mice have a harder time entering the Villa.

Squirrels visit us from time to time and we would ask that you do not feed them. We trap them in our cages and take them to another area away from the Villas.

Bears & cougars are seen from time to time. These are dangerous animals. We ask you to report them to the front desk so we can call the Conservation Officer for direction. Deer, elk, and mountain sheep grace our presence on a regular basis. Please do not approach, but view these beautiful animals with care.

The real challenge for us is to find a balance between humans and nature in our environment. Please assist us with our efforts.

**THE GOLF COURSE IS OFF LIMITS FOR HIKING, WALKING, CYCLING, AND GOLF. FOR GOLF YOU MUST CHECK-IN @ THE CLUBHOUSE. ORANGE AND BLUE TRAILS ARE THE EXCEPTION, HOWEVER, GOLFERS HAVE THE RIGHT-OF-WAY.**

Fairmont Villa Management



**ALL ACTIVITIES PROVIDED ARE FOR THE PURPOSE OF RECREATION ONLY, AND NOT FOR DAYCARE. THE FACILITY IS NOT LICENSED FOR CHILDCARE AND YOUR CHILD IS ALWAYS YOUR RESPONSIBILITY.**

### **CHILDCARE INFORMATION**

Mountainside Villas is not a licensed childcare facility & does not take responsibility for your child during any of our activities. For child care services please call The Windermere Valley Child Care Society for daytime care @ 250-342-3168.

### **RECREATION SESSIONS**

- \* Means you need to sign-up in advance here at the Recreation Centre.
- ☺ Means you need to call the number available on the activities description section for that specific activity.

**Sign-up sheets are available on the wall beside the movies. If you are more than 5 minutes late for any activity & the activity is full, your space will be given away.**

### **ARTS & CRAFTS**

**All crafts have a maximum # of people depending on the craft. Please check the sign up sheets for the #.** If you need to see what a craft looks like before hand, there is a display case outside of the craft room. You need to **sign-up in advance** & ensure that you are in the right age group for the craft. The cost of the crafts vary depending on the materials needed, see schedule for exact amounts. Age limits act as suggestions only and may vary depending upon ability of the child. **Adults are welcome to do crafts too!**

### **HIKES AND OUTDOOR GAMES**

Steep and challenging terrain on most hiking trails. Wear proper footwear. The Recreation Department does have a few hiking, wildlife and wildflower books available to borrow. See Jan if you are interested. Parents must accompany all children under 15 to all outdoor games, hikes and events.

### **WIRELESS INTERNET**

WiFi is available for a nominal fee of \$3.25 per day or \$18 per week. Please see front desk for passwords. The Rec. Centre will have free WiFi and Shaw Open for Shaw customers.

### **FAIRMONT VILLA MANAGEMENT GREEN ZONE**

We request that towels and linens be re-used to your own comfort level. Make every week earth week. We ask that once during your stay you refrain from using any energy for one hour.



Fri. July 5	Sat. July 6	Sun. July 7	Mon. July 8	Tue. July 9
<p><b>9:15 AM</b> *Aquafit \$2 - Age 15+ (please pay instructor) <b>Rec. Centre Pool</b></p> <p><b>10:45 AM</b> River Stroll Riverside Golf Course Parking Lot closest to the tennis courts</p> <p><b>1:00 PM</b> Duplicate Bridge \$2 <b>Invermere Seniors Hall</b></p> <p><b>2:30 PM</b> *Fuse Beads \$3 - Age +5 <b>Rec. Centre Lounge</b></p> <p><b>5:00 PM - 8:00 PM</b> ☉ Public Indoor Rock Climbing \$5 - All Ages <b>Invermere</b></p> <p><b>Three Bears Coffee Shop Open 1:00 PM - 5:00 PM</b></p>	<p><b>9:00 AM - 1:00 PM</b> Invermere Farmer and Artisan Market <b>Downtown Inver- mere</b></p> <p><b>5:00 PM - 8:00 PM</b> ☉ Public Indoor Rock Climbing \$5 - All Ages <b>Invermere</b></p> <p>☉ <b>Grand Opening of The Flats Venue &amp; Stage</b> Doors open at 7:30 PM <b>Canal Flats</b></p> <p><b>Three Bears Coffee Shop - Closed</b></p>	<p><b>10:00 AM - 2:00 PM</b> Farmers Market <b>Fairmont Village Mall</b></p> <p><b>10:45 AM</b> Unguided Hoodoo Hike <b>Westside Rd. Hoodoo Parking Lot</b></p> <p><b>5:00 PM - 8:00 PM</b> ☉ Public Indoor Rock Climbing \$5 - All Ages <b>Invermere</b></p> <p><b>Three Bears Coffee Shop - Closed</b></p>	<p><b>9:15 AM</b> *Aquafit \$2 - Age 15+ (please pay instructor) <b>Rec. Centre Pool</b></p> <p><b>10:45 AM</b> Hot Springs Hike <b>M'side Rec. Centre Parking Lot</b></p> <p><b>1:00 PM</b> *Beaded Picture Frame \$3 - Age 5+ <b>Craft Room</b></p> <p><b>2:00 PM</b> *Water Bottle Flower \$2 - Age 3+ <b>Craft Room</b></p> <p><b>3:00 PM</b> *Bead Buddies \$2 - Age 3+ <b>Craft Room</b></p> <p><b>9:00 PM - 10:30 PM</b> <b>Adults Only Swim (18+)</b></p> <p>☉ <b>Movies in the Mountains</b> Jurassic World: Fallen Kingdom <b>Starts at dark Pot Hole Park Down- town Invermere</b></p> <p><b>Three Bears Coffee 9:00 AM to 5:00 PM</b></p>	<p><b>9:15 AM</b> *Aquafit \$2 - Age 15+ (please pay instructor) <b>Rec. Centre Pool</b></p> <p><b>10:45 AM</b> Tukats Hike <b>Fairmont Resort Rd.</b></p> <p><b>1:00 PM</b> *Tissue Paper Flower \$2 - Age 3+ <b>Craft Room</b></p> <p><b>2:00 PM</b> *Butterfly Pencil \$2 - Age 3+ <b>Craft Room</b></p> <p><b>3:00 PM</b> *Family Trivia Game Free - All Ages <b>Rec. Centre Lounge</b></p> <p><b>5:00 PM</b> Welcome Social <b>Rec. Centre Lounge</b></p> <p><b>9:00 PM</b> Karaoke Age 19+ <b>Farside Pub Fairmont</b></p> <p><b>Three Bears Coffee Shop Open 9:00 AM to 5:00 PM</b></p>

Wed. July 10	Thur. July 11	Fri. July 12	Sat. July 13	Sun. July 14
<p><b>9:15 AM</b> *Aquafit \$2 - Age 15+ (please pay instructor) <b>Rec. Centre Pool</b></p> <p><b>10:45 AM</b> Historic Hike <b>Old Barn @ M'side Golf Course</b></p> <p><b>1:00 PM</b> *CD Spinners \$2 - Age 5+ <b>Craft Room</b></p> <p><b>2:30 PM</b> Ice Cream Sundaes \$2 ea. <b>Rec. Centre Lounge</b></p> <p><b>3:30 PM</b> Candy Bar Bingo Cards \$1 ea. <b>Rec. Centre Lounge</b></p> <p><b>5:00 PM - 7:30 PM</b> Farmers Market <b>Invermere Crossroads</b></p> <p><b>9:00 PM - 10:30 PM</b> <b>Adults Only Swim (18+)</b></p> <p>Wing Night <b>Farside Pub Fairmont</b></p> <p><b>Three Bears Coffee Shop Open</b> 9:00 AM to 5:00 PM</p>	<p><b>9:15 AM</b> *Aquafit \$2 - Age 15+ (please pay instructor) <b>Rec. Centre Pool</b></p> <p><b>10:45 AM</b> Montazuma Loop Hike <b>Overflow Parking at Fairmont Hot Springs Resort</b></p> <p><b>1:00 PM</b> *Salad Spinner Art \$2 - Age 5+ <b>Craft Room</b></p> <p><b>2:00 PM</b> *Rock Creatures \$2 - Age 3+ <b>Craft Room</b></p> <p><b>3:00 PM</b> *Foam Fun \$3 - Age 3+ <b>Craft Room</b></p> <p><b>Three Bears Coffee Shop Open</b> 9:00 AM to 5:00 PM</p>	<p><b>9:15 AM</b> *Aquafit \$2 - Age 15+ (please pay instructor) <b>Rec. Centre Pool</b></p> <p><b>10:45 AM</b> River Stroll Riverside Golf Course Parking Lot closest to the tennis courts</p> <p><b>1:00 PM</b> Duplicate Bridge \$2 <b>Invermere Seniors Hall</b></p> <p>1:30 PM *Paper Turtle \$2 - Age +3 <b>Rec. Centre Lounge</b></p> <p><b>5:00 PM - 8:00 PM</b> © Public Indoor Rock Climbing \$5 - All Ages <b>Invermere</b></p> <p><b>Three Bears Coffee Shop Open</b> 1:00 PM to 5:00 PM</p>	<p><b>Invermere</b> <b>9:00 AM - 1:00 PM</b> Invermere Farmer and Artisan Market <b>Downtown Invermere</b></p> <p><b>5:00 PM - 8:00 PM</b> © Public Indoor Rock Climbing \$5 - All Ages <b>Invermere</b></p> <p><b>Three Bears Coffee Shop Closed</b></p>	<p><b>10:00 AM - 2:00 PM</b> Farmers Market <b>Fairmont Village Mall</b></p> <p><b>10:45 AM</b> Unguided Hoodoo Hike <b>Westside Rd. Hoodoo Parking Lot</b></p> <p><b>5:00 PM - 8:00 PM</b> © Public Indoor Rock Climbing \$5 - All Ages <b>Invermere</b></p> <p><b>Three Bears Coffee Shop Closed</b></p>



## HEALTH AND FITNESS

**\*AQUAFIT CLASS:** This is a fun and invigorating water aerobics class for guests 15 years & older. **Sign up** in advance to ensure yourself a spot. There is limited space in the pool. **Min. 3/ Max. 8 people.** Approx. 45 mins. There is a **\$2 charge** for this class, which can be paid to the instructor before class.

**HOODOOS HIKE (UNGUIDED):** Meet up with fellow guests interested in hiking the Hoodoos in a group atmosphere. Drive South on highway 93/95, turn right onto Westside Road & 1 km on your left side there is a gravel parking lot. This will be your starting point. Please note **NO GUIDE** will be provided, this is meant to bring guests together who would prefer not to hike alone. The trail is well marked, moderate uphill. Approx. 1.5 hours. **Part of the Hoodoos is PRIVATE PROPERTY, please respect the No Trespassing signs.**

**HOT SPRINGS HIKE:** Meet at the Mountainside Rec. Centre parking lot to enjoy a hike up to the Fairmont Hot Springs Resort. Walk beside the Fairmont Creek up to the waterfall. This is an enjoyable moderate hike of about 45 minutes. On your way down you will stop at the Geary lookout where you will have a beautiful panoramic view of both the Columbia Lake and Lake Windermere.

**MONTAZUMA LOOP:** Drive up to the Fairmont Hot Springs Resort and go toward the Hot Springs Pool Parking lot. Take a left (as if you are going up to the ski hill) and then an immediate left at the overflow parking area (beside the large green propane tank) This is a beautiful forest hike. This is one of the staff favourites. Moderate hike with elevation changes and is approx. 1 hours. All ages.

☺ **PUBLIC INDOOR ROCK CLIMBING:** Want to try rock climbing, join us at Laird School in Invermere every Friday, Saturday and Sunday at 5:00 pm to 8:00 pm. \$5 entrance fee and free equipment. For more information call Herb at 250-688-5228.

**TUKATS HIKE:** Come explore the winding trails through the Douglas Fir Forest at the north end of Fairmont. Meet in the Parking Lot at 5014 Fairmont Resort Rd. (the church on the way to the Fairmont Hot Springs Resort). This is a moderate hike with some elevation gain. Approx. 1.5 hours.

**HISTORIC HIKE :** Meet at the Old Historic Barn adjacent to the Mountainside Golf Course parking lot to enjoy a hike up to the historic baths and enjoy a spectacular view from the plateau. The hike will be approx. 1 hour, moderate hike with some elevation changes. All ages.

**RIVER STROLL:** Meet with fellow hikers at the south end of the Riverside Golf Course parking lot, closest to the tennis courts at 10:45 am. This easy walk will take you through the meadows and past the Columbia River. Approximately 1.5 hrs., this easy hike is suitable for all ages and is stroller friendly.



## GAMES AND ACTIVITIES

**FAMILY TRIVIA GAME:** Sign up the family for a fun filled trivia game. Test your trivia skills with questions for all ages and abilities. Tuesday at 3:00 pm, in the Rec. Centre Lounge. Teams of 2 to 6 people. Sign up in advance to prevent cancellation. MINIMUM of 2 teams for game to run.

**BINGO:** This event is being held in the Mountainside Villas Upper Lounge. \$1.00 per card. Prizes and fun for the whole family! Minimum 10 people. Approximately 45 min long. Check weekly guide for day and time.

**COLUMBIA VALLEY ESCAPE ROOMS:** Located in Fairmont Hot Springs. 778-525-5001 or email [trichards56@hotmail.com](mailto:trichards56@hotmail.com).

**ADULTS ONLY SWIM:** Adult (18+ only) swim between 9:00 p.m. and 10:30 p.m. Monday and Wednesday.

**COLVAL PAINTBALL:** Open for bookings 7 days a week or walk on weekends from 11 am to 6 pm. Our entrance can be found at 2870 Kootenay #3 Rd., Fairmont Hot Springs, BC. Basic package is \$40 per person. Visit [www.colvalpaintball.com](http://www.colvalpaintball.com) and choose a package that is right for you.



## SPECIAL EVENTS

**ICE CREAM SUNDAES:** This event is held in the Mountainside Villas Rec. Centre upper lounge. Come and enjoy a refreshing ice cream sundae. \$2 each, cash only. Check weekly guide for day and time.

**\*CRAFTS FOR KIDS:** Check the weekly guide for crafts and age group. Our focus is not the finished product but the hands on craft making to develop early skills. Please use the sign-up sheet to let us know how many kids will be in each class.

**WELCOME SOCIAL:** Tuesday 5:00 pm meet in the Rec. Centre Lounge to find out what is going on for the week, and have a chance to win a prize. This is your opportunity to meet & chat with the Recreation Staff, business owners and find something new to do!

**IVERMERE FARMER AND ARTISANS MARKET:** Every Saturday 9 am to 1 pm. Downton Invermere.

**MOVIES IN THE MOUNTAINS:** Monday night movies at dark. Pot Hole Park Invermere downtown Invermere. Cash Concession is available. Bring your own chair or **blanket** to sit on. Presented by District of Invermere.

**GRAND OPENING OF THE FLATS VENUE & STAGE:** Saturday July 6th. Doors open at 7:30 PM. Presenting Suckerpunch. Live 80's and 90's danceable rock show. To reserve tickets call or text 250-270-0838.



# THREE BEARS DEN COFFEE SHOP

Located in the Rec. Centre Lounge

Hours of Operation

Mon. to Fri. 1:00 PM to 5:00 PM

MILKSHAKES	\$5.00
SMOOTHIES	\$5.00
REGULAR COFFEE	\$2.00
LATTE	\$4.00
CAPPUCCINO	\$4.00
ESPRESSO	\$4.00
MOCHA	\$4.00
TEA	\$3.00
HOT CHOCOLATE	\$4.00
KOMBUCHA TEA	\$2.00
COKE/DIET COKE	\$2.00
BEARS PAW SODA	\$3.00
PUDDING CUPS	\$1.00
ICE TEA	\$4.00
WATER	\$2.00
MUFFINS	\$2.00
CINNAMON BUNS	\$4.00
BREAKFAST WRAP	\$3.00
RED BULL	\$4.00

**EN-JOY HOME COOKING LTD.**  
**(778)523-5035**

**PIZZA MENU**

**SPECIALTY:**

- DELUXE
  - MEATLOVERS
  - GREEK
  - CHEESEBURGER
- LARGE (\$25) MEDIUM (\$22) SMALL (\$18)

**REGULAR:**

- HAWAIIAN
  - CHICKEN BACON RANCH
  - HOCKEY HOT
  - PEPPERONI, GREEN PEPPER & MUSH.
- LARGE (\$23) MEDIUM (\$20) SMALL (\$15)

**BASIC:**

- PEPPERONI
  - CHEESE
- LARGE (\$18) MEDIUM (\$15) SMALL (\$10)

\*ADD EXTRA CHEESE FOR \$2\*

**DON'T FORGET WE HAVE ICE  
CREAM DURING THE  
SUMMER MONTHS!**



CEASAR SALAD - \$6  
(ADD CHICKEN FOR \$4)

MACORONI SALAD \$5

POTATO SALAD \$5

**EXTRAS**

**BONELESS CHICKEN WINGS:**

- HONEY GARLIC
  - HOCKEY HOT
  - HOT
  - BBQ
  - SWEET CHILI HEAT
  - SALT & PEPPER
- 8 WINGS FOR \$10

**\*\*CHEESE & GARLIC STICKS\*\*:**

10" FOR \$5

**CALZONE:**

ANY FLAVOUR \$7

**\*\*DESSERT PIZZA\*\***

- CINNAMON ROLL
  - SINFUL CHOCOLATE
- 10" FOR \$10

FRIES \$5

WEDGES \$5

ONION RINGS \$5

CHICKEN STRIPS (5 FOR \$5)

APPLE PIE BITES (5 FOR \$3)

**Now open 7 days a week!!**

**3pm - 7pm**

# Massage Studio



*Relax. Release. Unwind*

*Relaxation. Swedish Massage Now Available*

**To book an appointment, see the front desk or call  
(250) 345-6341. A credit card is required.**

**\*Insurance receipts are not available**

**Ask about deals and Promotions!**



*Vera Coverdale*

**(403) 360-2175  
5247 Fairmont Creek Road  
Fairmont Hot Springs, BC**

# UNDERSTANDING YOUR DREAMS

creating loving accepting relationships,  
beginning with ourselves

*A dynamic Workshop for adults  
(men and women) and teens*

**Dreams, where our prayers  
are often answered**

**YOU WILL LEARN A PROVEN,  
STEP-BY-STEP PROCESS TO**

- Recall
- Record and
- Understand and engage your personal, powerful and important Dream Pictures



Facilitator: *Crisanna MacLeod*  
**Thursdays 5:30 pm - 8:30 pm**

**Craft Room,  
Mountainside Recreation Center**

\$25 per person or \$40 for 2 people  
Paid as cash at workshop, or e-transfer

For Villa Owners, Renters & Guests.

**MY REQUEST IS YOU  
PRE-REGISTER  
TEXT**

**250 688 1747**

(helpful for supplies and set up) However,  
given you are on holiday, you are welcome to  
attend should you decide last minute.

Workshop outline and  
Facilitator Comment



---

## Crisanna MacLeod

Workshop Facilitator, Key Note Speaker, Traveller and Storyteller

# Dreams, where our prayers are often answered

---

What are 3 things you want as a take-away from this Workshop?

Understanding:

What is your current relationship with your dreams?

Reprogramming Nightmares and scary dreams:

What are Dreams?

Recurring Dreams:

Sharing your dreams with others and vice versa:

Different types of Dreams:

With children:

Talking to your Dreams:

Facilitator Comment:

How you ever said "that's the strangest dream?"

"I had that same dream, again?" or

"I wish those nightmares would stop?" for you or for them!

"I have lived with and taught this step-by-step dreams recipe for 12 years" says facilitator Crisanna. "Dreams are among my favorite being-content tools to understand beliefs and patterns; what supports me, what limits me?"

How to recall Dreams:

My personal dream pictures are often where my prayers are answered. Journaling dreams, using this recipe have been important. I appreciate how dreams support my constant faith journey to be a best version of myself, in all my relationships, beginning with myself!

Recording:

Participants say the Understanding Your Dreams Workshop has given them skills to create wellness, integrity and happiness in their lives; as immediately as the next morning, for many years and as they have shared the Dreams recipe with friends, family and children.