



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 12	Sat. July 13	Sun. July 14	Mon. July 15	Tue. July 16
<p>9:15 AM *Aquafit \$2 - Age 15+ (please pay instructor) Rec. Centre Pool</p> <p>10:45 AM River Stroll Riverside Golf Course Parking Lot closest to the tennis courts</p> <p>1:00 PM Duplicate Bridge \$2 Invermere Seniors Hall</p> <p>2:30 PM *Fuse Beads \$3 - Age +5 Rec. Centre Lounge</p> <p>5:00 PM - 8:00 PM ☉ Public Indoor Rock Climbing \$5 - All Ages Invermere</p> <p>Three Bears Coffee Shop Open 1:00 PM - 5:00 PM</p>	<p>9:00 AM - 1:00 PM Invermere Farmer and Artisan Market Downtown Inver- mere</p> <p>5:00 PM - 8:00 PM ☉ Public Indoor Rock Climbing \$5 - All Ages Invermere</p> <p>Three Bears Coffee Shop - Closed</p>	<p>10:00 AM - 2:00 PM Farmer's Market Fairmont Village Mall</p> <p>10:45 AM Unguided Hoodoo Hike Westside Rd. Hoodoo Parking Lot</p> <p>5:00 PM - 8:00 PM ☉ Public Indoor Rock Climbing \$5 - All Ages Invermere</p> <p>Three Bears Coffee Shop - Closed</p>	<p>9:15 AM *Aquafit \$2 - Age 15+ (please pay instructor) Rec. Centre Pool</p> <p>10:45 AM Hot Springs Hike M'side Rec. Centre Parking Lot</p> <p>1:00 PM *Beaded Lizard \$3 - Age 5+ Craft Room</p> <p>2:00 PM *Water Bottle Flower \$2 - Age 3+ Craft Room</p> <p>3:00 PM *Bead Buddies \$2 - Age 3+ Craft Room</p> <p>9:00 PM - 10:30 PM Adults Only Swim (18+)</p> <p>☉ Movies in the Mountains A Star is Born Starts at dark Pot Hole Park Down- town Invermere</p> <p>Three Bears Coffee 9:00 AM to 5:00 PM</p>	<p>9:15 AM *Aquafit \$2 - Age 15+ (please pay instructor) Rec. Centre Pool</p> <p>10:45 AM Tukats Hike Fairmont Resort Rd.</p> <p>1:00 PM *Tissue Paper Flower \$2 - Age 3+ Craft Room</p> <p>2:00 PM *Rock Creatures \$2 - Age 3+ Craft Room</p> <p>3:00 PM *Family Trivia Game Free - All Ages Rec. Centre Lounge</p> <p>5:00 PM Welcome Social Rec. Centre Lounge</p> <p>9:00 PM Karaoke Age 19+ Farside Pub Fairmont</p> <p>Three Bears Coffee Shop Open 9:00 AM to 5:00 PM</p>

Wed. July 17	Thur. July 18	Fri. July 19	Sat. July 20	Sun. July 21
<p>9:15 AM *Aquafit \$2 - Age 15+ (please pay instructor) Rec. Centre Pool</p> <p>10:45 AM Historic Hike Old Barn @ M'side Golf Course</p> <p>1:00 PM *CD Spinners \$2 - Age 5+ Craft Room</p> <p>1:30 PM Ice Cream Sundaes \$2 ea. Rec. Centre Lounge</p> <p>2:00 PM *Foot Spa Session Craft Room</p> <p>2:30 PM Candy Bar Bingo Cards \$1 ea. Rec. Centre Lounge</p> <p>3:30 PM *Skin Care/Makeover Women 18+ Craft Room</p> <p>5:00 PM - 7:30 PM Farmer's Market Invermere Crossroads</p> <p>9:00 PM - 10:30 PM Adults Only Swim (18+)</p> <p>Wing Night Farside Pub Fairmont</p> <p>Three Bears Coffee Shop Open 9:00 AM to 5:00 PM</p>	<p>9:15 AM *Aquafit \$2 - Age 15+ (please pay instructor) Rec. Centre Pool</p> <p>1:00 PM *Paper Turtle \$2 - Age 3+ Re. Centre Lounge</p> <p>3:00 PM *Fuse Beads \$3 - Age 5+ Rec. Centre Lounge</p> <p>Three Bears Coffee Shop Open 9:00 AM to 4:00 PM</p>	<p>1:00 PM Duplicate Bridge \$2 Invermere Seniors Hall</p> <p>5:00 PM - 8:00 PM ☉ Public Indoor Rock Climbing \$5 - All Ages Invermere</p> <p>Three Bears Coffee Shop Open Closed</p>	<p>Invermere 9:00 AM - 1:00 PM Invermere Farmer and Artisan Market Downtown Invermere</p> <p>5:00 PM - 8:00 PM ☉ Public Indoor Rock Climbing \$5 - All Ages Invermere</p> <p>Three Bears Coffee Shop Closed</p>	<p>10:00 AM - 2:00 PM Farmer's Market Fairmont Village Mall</p> <p>10:45 AM Unguided Hoodoo Hike Westside Rd. Hoodoo Parking Lot</p> <p>5:00 PM - 8:00 PM ☉ Public Indoor Rock Climbing \$5 - All Ages Invermere</p> <p>Three Bears Coffee Shop Closed</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.

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 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.

***SKIN CARE / MAKEOVER :** A Professional Mary Kay Beauty Consultant will help you create a fabulous look that's uniquely you. Women 18+. **A refundable \$5 deposit is due upon sign-up. Please sign-up at the front desk no later than 10:30 Wednesday morning. Allow at least 1 - 2 hours for this session. Products available for purchase with no obligation.** You can call April @ 250-341-1572 to book an appointment for another time.

***FOOT SPA SESSION:** It's free! **A refundable \$5 deposit is due upon sign-up.** Men are welcome. Children must be accompanied by an adult. No one else will touch your feet but you. Soak your feet in a basin of warm water and treat your tootsies with soothing Mary Kay products that help cleanse, exfoliate and hydrate. Even your hands get soft in the process! **Please sign - up at the Front Desk no later than 10:30 Wednesday morning.**

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

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 etransfer

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



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CHICKEN, BACON, RANCH

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WE NOW MAKE CALZONES!!! CHOOSE YOUR PIZZA AND WE WILL TURN IT INTO A CALZONE FOR \$7

LARGE \$21

MEDIUM \$18

SMALL \$14

SPECIALTY* \$23

STAPLES

Cabbage Rolls

Lasagna

Shepherd's Pie



SALADS

Macaroni Salad, Bean Salad & Potato Salad

SOUP

Chicken & Rice

Ham & Pea

Baked French Onion

MAIN MEALS MENU

- Confetti Seafood Pasta
- Italian Sausage with Salsa and Potato Cakes
- Chilli and Tortillas Bake
- Ginger Beef with Chow Mien OR Fried Rice and Veggies
- Mini Beef Meatloaves with Rice & Veggies

LOTS MORE FRESH BAKING IN STORE!

- Beef Stew on Mashed Potatoes
- Tomato and Veggies Beef Tortellini
- Hamburger Steaks with Garlic Mashed
- Mexican Stuffed Bell Peppers
- Beef & Bean Burritos OR Chicken Fajita Wraps

FAMILY(4) \$25

DOUBLE(2) \$15

SINGLE(1) \$8

Call us for delivery information on our frozen meals!

(778)523-5035

We can cater!
Give us a call for more information

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**