




















November 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>November is: CPR Awareness Month; Crohn's and Colitis Awareness Month; Diabetes Awareness Month; Huntington's Awareness Month; Osteoporosis Month; Pancreatic Cancer Awareness month; and Indigenous Disability Awareness Month!</p>		<p>Festival of Trees November 15-January 7 The Bay Centre</p> <p>Gingerbread Showcase November 17-January 6 Parkside Hotel (810 Humbolt)</p> 		<p>1 † All Saint's Day</p> <p>Mixed Abilities Dance Group #5 of 9 1:00-2:00pm Garth Homer Auditorium Required registration</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>2 † All Soul's Day</p> <p> Día de los Muertos</p> <p>BSS Employee & Service Provider Appreciation Gala 6:30-11:30pm</p> <p> Happy Birthday Helen</p>	<p>3 Integrated Swim @ Oak Bay FREE 11:30am-1pm </p> <p>Grinch Extravaganza @ Former Sears Building – North Dairy Rd Entrance FREE / Donation to Mustard Seed 6:30-7:30pm</p>
<p>4 Tree Appreciation Day</p> <p>Daylight Savings Ends Turn clocks back!</p> 	<p>5</p> <p> Art Therapy 12:00-2:00pm Old BSS Office</p> <p>Adapted Fitness \$2 @Vic West Community Centre 11:15am-12:00pm</p>	<p>6</p> <p>TOBACCO FREE TUESDAYS</p> <p>Free Legal Clinic Burnside Gorge Centre 471 Cecelia Rd 2pm-3pm</p>	<p>7 ॐ Diwali</p> <p>☉ New Moon</p> <p>JDF Social Club Dance 7:00-8:30 \$3.25</p>	<p>8</p> <p>Mixed Abilities Dance Group #6 of 9 1:00-2:00pm Garth Homer Auditorium Required registration</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>9</p>	<p>10 Integrated Swim @ Oak Bay FREE 11:30am-1pm </p> <p>Juan de Fuca Christmas Craft Fair St Josephs School Gym 9am-4pm FREE Admission</p>
<p>11 Remembrance Day</p> <p> 100 Year Anniversary of the end of WW1</p> <p>WE REMEMBER</p>	<p>12 BSS Offices are Closed</p> <p> No school today!</p>	<p>13 World Kindness Day</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>14 World Diabetes Day</p> <p>JDF Social Club Dance 7:00-8:30 \$3.25</p>	<p>15</p> <p>Mixed Abilities Dance Group #7 of 9 1:00-2:00pm Garth Homer Auditorium Required registration</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>16</p>	<p>17 Integrated Swim @ Oak Bay FREE 11:30am-1pm </p>
<p>18</p> <p>Highlands Winter Craft Fair Caleb Pike Heritage Park & Highlands Community Hall 10am-4pm FREE Admission</p>	<p>19</p> <p> Art Therapy 12:00-2:00pm Old BSS Office</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>20</p> <p>SABF St. Aiden's Church 11:30 – 1:00</p> <p>Cowichan Valley SABF Duncan Library 12:00 – 1:30</p>	<p>21 ☾ Prophet's Birthday</p> <p>JDF Social Club Dance 7:00-8:30 \$3.25</p>	<p>22</p> <p>Mixed Abilities Dance Group #8 of 9 1:00-2:00pm Garth Homer Auditorium Required registration</p> <p> SD62 Early Dismissal</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>23 GERD Awareness Week (23rd – 29th)</p> <p>Peninsula Coop FREE Skate Panorama 1:00-2:20pm</p> <p> Non Instructional Day All School Districts</p> <p>○ Full Moon</p>	<p>24 Integrated Swim @ Oak Bay FREE 11:30am-1pm </p> <p>Sensory Friendly Movie:  Fantastic Beasts: The Crimes of Grindelwald 10:30 am Cineplex Westshore \$8.99</p> <p>Santa Light Parade 5pm – Starts at Government & Bellville</p> <p>Peninsula Coop FREE Skate JDF 2:45-3:45pm</p>
<p>25</p> <p> Happy Birthday Bernice</p>	<p>26</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>27</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>28</p> <p>JDF Social Club Dance 7:00-8:30 \$3.25</p>	<p>29</p> <p>Mixed Abilities Dance Group #9 of 9 1:00-2:00pm Garth Homer Auditorium Required registration</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>30 Peninsula Coop FREE Skate Panorama Rec Centre 1:00-2:20pm</p> <p>Save the Date! Dec 3rd International Day of People with Disabilities Film Festival – 4pm @ Cincenta</p>	<p>Saturday December 8th</p> <p>BeConnected Family and Friends Holiday Lunch 12-2:30pm @ the Victoria Edelweiss Club RSVP to cmyra@beconsupport.ca</p>

Low Cost Drop In Recreation Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Skate 	<u>Oak Bay - \$3</u> 8:30-10:00pm	<u>West Shore - \$2</u> 10:30-11:20am <u>Esquimalt - \$3*</u> 11:30am-12:50pm Starting Sept 10 th <u>Pearkes - \$3.25</u> 3:15-4:15pm Starting Sept 10 th	<u>SEAPARC - \$2</u> 11:30am-12:45pm <u>Oak Bay - \$3</u> 6:30-7:45pm	<u>Pearkes - \$3.25</u> 3:15-4:15pm	<u>West Shore - \$2</u> 12:00-12:50pm <u>Oak Bay - \$3</u> 12:00pm-1:30am	<u>West Shore - \$2</u> 1:30-2:30pm	
Swim  *= adults only	<u>Gordon Head - \$3.25</u> 10:00am-12:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am <u>SEAPARC - \$2</u> 6:00-8:00pm	<u>Crystal Pool - \$2*</u> 9:00-11:00pm <u>Gordon Head - \$3.25</u> 12:00-12:30pm 9:30-10:30pm* <u>Commonwealth - \$3.25</u> 5:30-7:15am* 9:00pm-10:00pm* <u>SEAPARC - \$3</u> 8:00-9:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Commonwealth - \$3.25</u> 5:30-7:15am* 9:00pm-10:00pm* <u>West Shore - \$2</u> 7:30-8:30pm <u>SEAPARC - \$3</u> 8:00-9:00pm <u>Gordon Head - \$3.25</u> 9:30-10:30pm* <u>Crystal Pool - \$2*</u> 9:30pm-11:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Commonwealth - \$3.25</u> 5:30-7:15am* 9:00pm-10:00pm* <u>Gordon Head - \$3.25</u> 12:00-12:30pm 9:30-10:30pm* <u>SEAPARC</u> \$2 - 1:00-2:30pm \$3 - 8:00-9:00pm <u>Crystal Pool - \$2*</u> 9:00pm-11:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Commonwealth - \$3.25</u> 5:30-7:15am* 9:00pm-10:00pm* <u>West Shore - \$2</u> 7:30-8:30pm <u>Gordon Head - \$3.25</u> 9:30-10:30pm* <u>Crystal Pool - \$2*</u> 9:30pm-11:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Commonwealth - \$3.25</u> 5:30-7:15am* 9:00pm-10:00pm* <u>Gordon Head - \$3.25</u> 12:00-12:30pm <u>Panorama - \$2</u> 6:30-9:00pm <u>Esquimalt</u> \$3 - 7:00pm-9:00pm \$2 - 9:00pm-10:30pm <u>Crystal Pool - \$2</u> 8:30pm-10:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Gordon Head - \$3.25</u> 11:00am-12:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am
Weight Room 		<u>Pearkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 12:00-12:30pm 9:30-10:30pm	<u>Pearkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 9:30-10:30pm	<u>Pearkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 12:00-12:30pm 9:30-10:30pm	<u>Pearkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 9:30-10:30pm	<u>Pearkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 12:00-12:30pm	

Drop in's may be cancelled for special events and holidays – please check the Active Living Guide for more information.