




January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>January is Alzheimer's Disease Awareness Month!</p> <p>BeCommunity Art Show at the Sprial Café all month!</p> <div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid orange; padding: 5px; width: 45%;"> <p>Royal BC Museum admission by donation until Jan 9th!</p> </div> <div style="border: 1px solid orange; padding: 5px; width: 45%;"> <p>Lego Exhibition Jan 2–Mar 31 10am-4pm Sidney Museum By donation</p> </div> </div>		<p>1 New Year's Day</p> <p>Free Skates Oak Bay 12-1:30pm</p> <p>Free Swims Oak Bay 12-2pm Esquimalt 1-3pm</p> <p> Happy Birthday Adam</p>	<p>2</p>	<p>3</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>4 World Braille Day</p>	<p>5 Integrated Swim @ Oak Bay FREE 11:30am-1pm </p> <p> Happy Birthday Jeremy</p> <p> New Moon</p>
<p>6</p> <p> Happy Birthday Edmond</p>	<p>7</p> <p> Back to School!</p> <p>Adapted Fitness \$2 @Vic West Community Centre 11:15am-12:00pm</p>	<p>8</p> <p> SABF St. Aiden's Church 11:30 – 1:00 My Community planning meeting to follow</p> <p>BeConnected Annual Family Nog and Cheer 4-5pm @ Head Office RSVP to kkav@becsupport.ca</p>	<p>9</p>	<p>10</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>11</p> <p style="border: 1px solid orange; padding: 5px; display: inline-block;">Art Show Opening 5:30-7:30pm @ the Spiral Cafe</p>	<p>12 Integrated Swim @ Oak Bay FREE 11:30am-1pm </p> <p> Happy Birthday Ted </p> <p>Sensory Friendly Movie: Mary Poppins Returns 10:30 am \$8.99 Cineplex Westshore</p>
<p>13</p>	<p>14</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>15</p> <p> Cowichan Valley SABF Duncan Library 12:00 – 1:30</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>16</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>17</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>18</p>	<p>19 Integrated Swim @ Oak Bay FREE 11:30am-1pm </p>
<p>20 National Non Smoking Week</p> <p> BeSocial Club Vancouver Canucks vs. Detroit Red Wings Game</p> <p> Full Moon & Total Lunar Eclipse (9:12pm)</p>	<p>21</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>22</p> <p> Happy Birthday Hayley</p> <p>Card Making Free Trial @ Greendale Community Centre 6-8pm Must pre-register</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>23</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>24</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>25 Robbie Burns Day</p>	<p>26 Integrated Swim @ Oak Bay FREE 11:30am-1pm </p>
<p>27 World Leprosy Week</p>	<p>28</p> <p> SD63 Pro-D Day</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>29</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>30</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>31</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>		<p>Integrated Swim @ Oak Bay FREE 11:30am-1pm </p>

Low Cost Drop In Recreation Schedule

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

Drop in's may be cancelled for special events.