




April 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Best wishes!</p> <p>Best wishes to Pearl Home Coordinator, Toni! We'll miss you!</p>	<p>1</p>	<p>2</p> <p>TOBACCO FREE TUESDAYS</p> <p>BSS Abbreviated Central Orientation 8am, 12pm, & 4pm Head Office - RSVP</p> <p>Free Legal Clinic Burnside Gorge Centre 471 Cecelia Rd 2pm-3pm</p>	<p>3</p> <p>Isra and Mi'raj ☾</p> <p>BSS Central Orientation 9am-3pm Head Office - RSVP</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>4</p> <p>☉ New Moon</p> <p>Music Therapy @ Tamarack 11:30-12:30pm Please RSVP</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>5</p>	<p>6</p> <p>Integrated Swim @ Oak Bay FREE 11:30am-1pm</p> <p>National Tartan Day</p> <p>Life After High School & Community Living Family Resource Fair @ Royal Oak Middle School Gym 11:30am - 3:30pm</p> <p>2.99 Movie: Space Jam 11 am @ Cineplex Westshore</p>
<p>7</p> <p>NATIONAL VOLUNTEER WEEK</p> <p>APRIL 7TH</p> <p>WORLD HEALTH DAY</p>	<p>8</p> <p>SD63 Pro-D Day</p> <p>Adapted Fitness \$2 @Vic West Community Centre 11:15am-12:00pm</p>	<p>9</p> <p>Vimy Ridge Day</p> <p>SABF St. Aiden's Church 11:30 – 1:00</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>10</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>11</p> <p>Music Therapy @ Tamarack 11:30-12:30pm</p> <p>BSS Easter Party @ Tamarack 5:00-7:00pm</p>	<p>12</p> <p>Art Therapy @ Old BSS Office 12:10-2:10pm</p> <p>SIEC Workshop with Fred Ford & Kim Lyster 9am-4pm Elements Casino</p> <p>SD61 & SD62 Pro-D Day</p>	<p>13</p> <p>Integrated Swim @ Oak Bay FREE 11:30am-1pm</p> <p>2.99 Movie: Secret Life of Pets 11 am @ Cineplex Westshore</p>
<p>14</p> <p>Palm Sunday †</p>	<p>15</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>16</p> <p>Cowichan Valley SABF Duncan Library 12:00 – 1:30</p> <p>Craft Night 6-7:30 @ Old Head Office (3891 Douglas St)</p>	<p>17</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>18</p> <p>Maundy Thursday †</p> <p>Music Therapy @ Tamarack 11:30-12:30pm Please RSVP</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>19</p> <p>Good Friday</p> <p>☾ Full Moon</p>	<p>20</p> <p>Integrated Swim @ Oak Bay FREE 11:30am-1pm</p> <p>Holy Saturday †</p> <p>First Day of Passover ✡</p> <p>2.99 Movie: Hop 11 am @ Cineplex Westshore</p>
<p>21</p> <p>Easter Sunday</p>	<p>22</p> <p>Easter Monday</p> <p>Earth Day</p>	<p>23</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>24</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>25</p> <p>Music Therapy @ Tamarack 11:30-12:30pm Please RSVP</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>26</p> <p>Orthodox Good Friday</p> <p>Art Therapy @ Old BSS Office 12:10-2:10pm</p>	<p>27</p> <p>Integrated Swim @ Oak Bay FREE 11:30am-1pm</p> <p>Last Day of Passover ✡</p> <p>Orthodox Holy Saturday</p> <p>Families, Fitness, & Flavours Details online</p> <p>2.99 Movie: A Dog's Way Home 11 am @ Cineplex Westshore</p>
<p>28</p> <p>Orthodox Easter</p>	<p>29</p> <p>Orthodox Easter Monday</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>30</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>May Regional Pass available for purchase April 1st - \$25</p> <p>BeConnected will reimburse any employees who purchase the May Regional Pass. Please bring the receipt to your Home Coordinator.</p>		<p>April is: Caesarian Awareness Month IBS Awareness Month National Oral Health Month Parkinson's Awareness Month and Sarcoidosis Awareness Month</p>	

Low Cost Drop In Recreation Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Skate 		<u>Pearkes - \$3.25</u> 3:15-4:15pm <i>*Until April 15th</i>		<u>Pearkes - \$3.25</u> 3:00-4:10pm <i>*Until April 24th</i> <u>Panorama - \$2</u> 3:00-4:20pm			
Swim  * = adults only	<u>Gordon Head - \$3.25</u> 10:00am-12:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am <u>SEAPARC Leisure Complex - \$2</u> 6:00-8:00pm	<u>Crystal Pool - \$2</u> 7:00pm-9:00pm (\$1 youth) 9:00-11:00pm* <u>Gordon Head - \$3.25</u> 12:00-2:30pm 9:30-10:30pm* <u>SEAPARC Leisure Complex - \$3</u> 8:00-9:00pm <u>Commonwealth - \$3.25*</u> 9:00pm-10:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>West Shore - \$2</u> 7:30-8:30pm <u>SEAPARC Leisure Complex - \$3</u> 8:00-9:00pm <u>Commonwealth - \$3.25*</u> 9:00-10:00pm <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>Gordon Head - \$3.35</u> 12:00-2:30pm 9:30-10:30pm* <u>SEAPARC Leisure Complex - \$3</u> 8:00-9:00pm <u>Commonwealth - \$3.25*</u> 9:00-10:00pm <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> 9:00-10:00pm <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>Gordon Head \$3.25</u> 12:00-2:30pm <u>SEAPARC Leisure Complex - \$2</u> 1:00-2:30pm <u>Panorama \$2</u> 6:30-9:00pm <u>Esquimalt - \$2/\$3</u> 7:00pm-9:00pm (\$3) 9:00pm-10:30pm (\$2)* <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>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> 12:00-12:30pm 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> 12:00-12:30pm	

Drop in's may be cancelled for special events and holidays.