

Sun

Mon

Tue

Wed

Thu

Fri

Sat



The only true wisdom is in knowing you know nothing.

Socrates

# April

Cesarean Awareness Month  
IBS Awareness Month  
National Oral Health Month

Sarcoidosis Awareness Month  
Parkinson's Awareness Month

\$3.00 Drop-in fitness health programs:

Pearkes GYM Mon - Fri 1:00 & 3:30pm  
GordonHead GYM Mon, Wed, Fri 12:00 & 2:30pm  
Pearkes SKATE Mon, Wed 3:15 to 4:15pm;  
Gordon Head SWIM Sat & Sun 11:00am to 12noon

Free Legal Clinic  
Tuesdays 2 - 3pm  
Burnside Gorge  
Community Centre  
for appointment  
250-388-5251

1 April Fool's Day  
(practical jokes day)  
2:00 to 2:30pm @  
www.coopradio.org

2 Oak Bay Rec  
11:30 - 1:00  
FREE!

 **BeConnected**  
Support Services Ltd.  
*Ready. Support. Go.*  
H.O. # 250.727.3891

Find us on  
 Facebook

JDF Social Club Dance  
Wed @ 7:00  
@ Juan De Fuca  
\$3.00 @ door.  
\$38.50 for season pass



3

4 Adapted Fitness  
@ the Vic West  
Community Assoc.  
\$2.00 - EVERY MONDAY  
11:15am-12:00pm

5

6

7 World Health Day

8 Hindu New Year  
Ramayana  
ॐ  
2:00 to 2:30pm @  
www.coopradio.org

9 Oak Bay Rec  
11:30 - 1:00  
FREE!

10

11 Craft Night  
H.O. 6 - 7:30pm  
Happy BDay  
Bryan

12 Ball Hockey  
Braefoot at 2:30pm

13 See Karla  
BeConnected Duncan  
Service Provider  
Transition Fair  
4 - 7:00pm  
Van Is University

14 Happy Birthday  
Kathy

15

16 Oak Bay Rec  
11:30 - 1:00  
FREE!

17 Hampton  
Little League's  
Opening  
Ceremonies  
Noon

18

19 All Abilities Dancing  
Vic West  
Tuesdays  
6:15 - 6:45pm

20 Strategic Planning  
Committee  
11:00am

21

22 BeConnected  
EARTHDAY Hug-a-Tree  
scavenger hunt & BBQ  
@ Beacon Hill Park  
(Mile 0 sign) 4:30pm

Pesach (23rd - 30th)

24

25

26 Ball Hockey  
Braefoot at 2:30pm

27

28 Day of Mourning for  
workers killed on  
the job  
LAST Thursday  
each month  
\$5 soup + bun  
Pearkes Rec 12 - 2pm

29

30 Oak Bay Rec  
11:30 - 1:00  
FREE!

