

Sun

Mon

Tue

Wed

Thu

Fri

Sat



If evolution really works, how come mothers only have two hands?































National Physiotherapy Month
Vision Health Month
Cystic Fibrosis Month
Hepatitis Awareness Month
Lyme Disease Awareness Month
Multiple Sclerosis Awareness Month

"What I know in my bones" breakfast
learn on customized employment, Head Office
9:00am May 10th & 24th

Milton Berle

May



<p>1 Beltane/Samhain</p> 	<p>2 Adapted Fitness @ the Vic West Community Assoc. \$2.00 - EVERY MONDAY 11:15am-12:00pm</p> 	<p>3 All Abilities Dancing Vic West Tuesdays 6:15 - 6:45pm</p>  <p>World Asthma Day</p>	<p>4</p>	<p>5 Lailat al Miraj</p>   <p>Yom HaShoah</p>	<p>6 New Moon</p>  <p>2:00 to 2:30pm @ www.coopradio.org</p> 	<p>7 Quadra Village Day</p> <p>Oak Bay Rec 11:30 - 1:00 FREE!</p> 
<p>8 World Red Cross Red Crescent Day</p> <p>Mothers Day Festival Royal Roads</p>	<p>9 Craft night 6 - 7:30 H.O.</p> 	<p>10 World Lupus Day</p> <p>Ball Hockey Braefoot 2:30-4:00</p> 	<p>11 SABF's My Community 3 9:00-3:00</p>	<p>12 International CFS/ME Awareness Day</p>  <p>Yom Ha'Atzmaut</p>	<p>13</p> <p>2:00 to 2:30pm @ www.coopradio.org</p> 	<p>14</p> <p>Oak Bay Rec 11:30 - 1:00 FREE!</p> 
<p>15</p>	<p>16</p> 	<p>17 Free Legal Clinic Tuesdays 2 - 3pm Burnside Gorge Community Centre for appointment 250-388-5251</p> 	<p>18 Happy Birthday Courtney</p>	<p>19</p>	<p>20 World Autoimmune Arthritis Day</p> <p>2:00 to 2:30pm @ www.coopradio.org</p> 	<p>21 Lailat al Bara'ah</p>  <p>Full Moon</p> <p>Oak Bay Rec 11:30 - 1:00 FREE!</p> 
<p>22</p>	<p>23 Lailat al Bara'a</p>  	<p>24 Ball Hockey Braefoot 2:30-4:00</p> 	<p>25</p>	<p>26 Happy Birthday Michael</p>  <p>Lag B'Omer LAST Thursday each month \$5 soup + bun Pearkes Rec 12 - 2pm</p>	<p>27 Men's Club Paintball Victoria Paintball 11:00-2:30 Happy Birthday Kristen 2:00 to 2:30pm @ www.coopradio.org</p> 	<p>28</p> <p>Oak Bay Rec 11:30 - 1:00 FREE!</p> 
<p>29</p> 	<p>30</p> 	<p>31 Happy Birthday David</p>  <p>World No Tobacco Day</p>	<p>JDF Social Club Dance Wed @ 7:00 @ Juan De Fuca \$3.00 @ door. \$38.50 for season pass</p> 	<p>\$3.00 Drop-in fitness health programs:</p> <p>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</p>	 <p>Find us on Facebook</p> <p>H.O. # 250.727.3891</p>  <p>BeConnected Support Services Ltd. Ready. Support. Go.</p>	