































Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>Just living is not enough... one must have sunshine, freedom, and a little flower. Hans Christian Andersen</p> <p>MedicAlert Awareness Month Psoriasis Awareness Month</p> <h1>August</h1>				
	<p>1 BC Civic Holiday</p> <p>Lughnassad Imbolc </p>	<p>2 New Moon </p> <p>Free Legal Clinic Tuesdays 2 - 3pm Burnside Gorge Community Centre for appointment 250-388-5251</p>	<p>3 World Breastfeeding Week</p>	<p>4</p>	<p>5 Ganesh Chaturthi </p> <p>2:00 to 2:30pm @ www.coopradio.org </p>	<p>6 Oak Bay Rec 11:30 - 1:00 FREE! </p>
<p>7</p>	<p>8 Adapted Fitness @ the Vic West Community Assoc. \$2.00 - EVERY MONDAY 11:15am-12:00pm</p> 	<p>9 Happy Birthday Kyle!</p> 	<p>10</p>	<p>11 Happy Birthday Steven!</p> 	<p>12 2:00 to 2:30pm @ www.coopradio.org </p>	<p>13 Oak Bay Rec 11:30 - 1:00 FREE! </p>
<p>14 Tish'a B'av </p> 	<p>15 </p> 	<p>16</p>	<p>17</p>	<p>18 Women's Club Supper @ Six Mile Pub 5:30 - 7</p> <p>Full Moon </p> <p>Raksha Bandhan </p> 	<p>19 2:00 to 2:30pm @ www.coopradio.org </p>	<p>20 Oak Bay Rec 11:30 - 1:00 FREE! </p>
<p>21 Happy Birthday Julia!</p> 	<p>22 Craft Night @ H.O. 6 - 7:30</p>  	<p>23</p>	<p>24</p>	<p>25 Krishna Janmashtami </p> <p>LAST Thursday each month \$5 soup + bun Pearkes Rec 12 - 2pm</p>	<p>26 2:00 to 2:30pm @ www.coopradio.org </p>	<p>27 Oak Bay Rec 11:30 - 1:00 FREE! </p>
<p>28</p>	<p>29 </p>	<p>30 Happy Birthday Darryl</p> 	<p>31</p>	<p>\$3.00 Drop-in fitness health programs:  BeConnected Support Services Ltd.</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>Ready support go H.O. # 250.727.3891  Find us on Facebook</p>		