

Sun      Mon      Tue      Wed      Thu      Fri      Sat



In the end, it is not the years in your life that count. It is the life in your years.  
Abraham Lincoln

**October**  
is  
Community Inclusion Month

Autism Awareness Month  
Breast Cancer Awareness Month  
Rett Syndrome Awareness Month  
SIDS Awareness Month

1 Navaratri New Moon  
ॐ

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

2 Muharram  
☾★

3 Adapted Fitness @ the Vic West Community Assoc. \$2.00 - EVERY MONDAY 11:15am-12:00pm  
♿️ ⚡️ Rosh Hashanah

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

5 World Cerebral Palsy Day

6

7 Mon - Fri 2:00 to 2:30pm @ www.coopradio.org

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

9 Happy Birthday Carl

10 Thanksgiving Canada World Mental Health Day  
♿️

11 SABF's Community Inclusion Month Pizza & Movie @ 11:30 (same place) Happy Birthday Andrew  
ॐ

12 Happy Birthday Ashura Paul  
☾★ ⚡️ Yom Kippur

13

14 Mon - Fri 2:00 to 2:30pm @ www.coopradio.org

15 Happy Birthday Roy  
Oak Bay Rec 11:30 - 1:00 FREE!

16 World Food Day World Spine Day  
Full Moon

17 Sukkot  
⚡️ Craft Night @ H O 6:00--7:30pm  
♿️

18 SABF COW VALLEY 12-1:30 (Duncan Library)  
COWICHAN VALLEY SELF ADVOCATES for a BRIGHTER FUTURE

19 Happy Birthday Martin  
⚡️

20 World Osteoporosis Day  
LAST Thursday each month \$5 soup + bun Pearkes Rec 12 - 2pm

21 Saanich & Victoria NO SCHOOL  
Mon - Fri 2:00 to 2:30pm @ www.coopradio.org

22 Cineplex Community Day 5 FREE MOVIES 8:30am Opening  
International Stuttering Awareness Day

23

24 Shemini Atzeret  
⚡️ Happy Birthday Janice  
♿️

25 All Abilities Dancing Vic West Tuesdays 6:15 - 6:45pm  
Happy Birthday Christina

26

27 BeConnected Annual Halloween Haunt  
Halloween Dance! 6:00 - 8:30 \$6 per person Clements Centre, Duncan Wear your best costume

28 Happy Birthday Justin  
Mon - Fri 2:00 to 2:30pm @ www.coopradio.org

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

30 Diwali - Deepavali  
ॐ  
New Moon

31 All Hallows Eve  
♿️

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

\$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

October 27 Seminar/Workshop Being Realistic isn't Realistic: Rediscovering the Fun of Innovative Support @ Mary Winspear Centre Call H.O. for info

Find us on Facebook  
H.O. # 250.727.3891  
**BeConnected** Support Services Ltd.  
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