

January 2017

| SUNDAY | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
|---------------------------|---|-----------|---|-----------|--|---|---|-----------|---|--|--|-----------|--|
| 1 | New Year's Day Free Skate: 12-1:30pm @ Oak Bay Rec & 1-3pm @ Pearkes Free Swim 10am-12pm @ Commonwealth  Happy Birthday Adam | 2 | | 3 | SD61 & SD63 Back to School  TOBACCO FREE TUESDAYS Free Legal Clinic Burnside Gorge Centre 471 Cecelia Rd 2pm-3pm | 4 | World Braille Day JDF Social Club Dance 7:00-8:30 Dancing in the Morning 10:30-11:30am Cedar Hill Rec Auditorium FREE | 5 | Community Hot Lunch @ Quadra Village Community Centre \$3 12-12:30pm Free Legal Clinic Quadra Village Centre 901 Kings Rd 2pm-3pm  Happy Birthday Jeremy | 6 | Oak Bay Pool Re-Opening FREE 6:30-9:30pm; 9:30-11pm; and 11pm-12:30am  Happy Birthday Edmond | 7 | Integrated Swim FREE - 11:30am-1:00pm  |
| 8 | | 9 | Adapted Fitness \$2 @Vic West Community Centre 11:15am-12:00pm Adult Adaptive Dance Class Cedar Hill Rec Dance Studio FREE Intro Class 1pm-1:45pm | 10 | SABF St. Aiden's Church 11:30 - 1:00  Annual Nog & Cheer 4pm-5pm Head Office | 11 | Free L.I.F.E Swim Crystal Pool 7:00pm-9:00pm JDF Social Club Dance 7:00-8:30 Yoga for Anxiety Free Trial - Burnside Gorge Centre 7:15pm-8:30pm *registration required | 12 | Community Hot Lunch @ Quadra Village Community Centre \$3 12-12:30pm (Wed) Free Legal Clinic Quadra Village Centre 901 Kings Rd 2pm-3pm ○ Full Moon | 13 | Chair Yoga Free Trial Burnside Gorge Centre 11:15am-12:00pm *registration required Coast Capital Free Swim Gordon Head Rec 7-8:30pm  Happy Birthday Ted | 14 | Integrated Swim FREE - 11:30am-1:00pm  |
| 15 | | 16 | Adapted Fitness \$2 @Vic West Community Centre 11:15am-12:00pm  craft night 6-7:30 @ Head Office | 17 | Free Legal Clinic Burnside Gorge Centre 471 Cecelia Rd 2pm-3pm | 18 | Free Legal Clinic Quadra Village Centre 901 Kings Rd 2pm-3pm JDF Social Club Dance 7:00-8:30 | 19 | Community Hot Lunch @ Quadra Village Community Centre \$3 12-12:30pm | 20 | | 21 | Integrated Swim FREE - 11:30am-1:00pm  |
| National Non-Smoking Week | | | | | | | | | | | | | |
| 22 |  Happy Birthday Hayley | 23 | Adapted Fitness \$2 @Vic West Community Centre 11:15am-12:00pm Adult Adaptive Dance Class Cedar Hill Rec Dance Studio #1 of 7 Week Series for \$49 1pm-1:45pm | 24 | Coast Capital Free Swim JDF Pool 7:30pm-8:30pm Free Legal Clinic Burnside Gorge Centre 471 Cecelia Rd 2pm-3pm | 25 | Free Legal Clinic Quadra Village Centre 901 Kings Rd 2pm-3pm JDF Social Club Dance 7:00-8:30 | 26 | Community Hot Lunch @ Quadra Village Community Centre \$3 12-12:30pm | 27 |  Happy Birthday Elliot | 28 | Integrated Swim FREE - 11:30am-1:00pm  ● New Moon |
| 29 | World Leprosy Day Community Dinner & Games Night @ Oaklands Community Centre 5:30-7:30 - by donation  Happy Birthday Dominic | 30 |  Adapted Fitness \$2 @Vic West Community Centre 11:15am-12:00pm Adult Adaptive Dance Class Cedar Hill Rec Dance Studio #2 of 7 Week Series for \$49 1pm-1:45pm | 31 | Free Legal Clinic Burnside Gorge Centre 471 Cecelia Rd 2pm-3pm |  | | | | January is Alzheimer's Disease Awareness Month!  | | | |

Low Cost Drop In Recreation Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|---|
| Skate  | <u>Pearkes - \$3</u> 3:15-4:15pm <u>West Shore - \$2</u> 10:30-11:20am | <u>Save on Foods - \$2</u> 2:30-3:45 | <u>Pearkes - \$3</u> 3:15pm-4:15pm <u>West Shore - \$2</u> 12:00-12:50pm | <u>West Shore - \$2</u> 1:30-2:30pm | |
| Swim  | <u>Commonwealth - \$3</u> 10:30-11:20am <u>Gordon Head - \$3</u> 12:00-2:30pm 9:30-10:30pm <u>Oak Bay - \$3</u> 11:00pm-12:30am | <u>West Shore - \$2</u> 7:30-8:30pm <u>Commonwealth - \$3</u> 9:00-10:00pm <u>Gordon Head - \$3</u> 9:30-10:30pm <u>Oak Bay - \$3</u> 11:00pm-12:30am | <u>Commonwealth - \$3</u> 10:30-11:20am <u>Gordon Head - \$3</u> 12:00-2:30pm 9:30-10:30pm <u>Oak Bay - \$3</u> 11:00pm-12:30am | <u>West Shore - \$2</u> 7:30-8:30pm <u>Commonwealth - \$3</u> 9:00-10:00pm <u>Gordon Head - \$3</u> 9:30-10:30pm <u>Oak Bay - \$3</u> 11:00pm-12:30am | <u>Commonwealth - \$3</u> 10:30-11:20am <u>Gordon Head - \$3</u> 12:00-2:30pm <u>Oak Bay - \$3</u> 11:00pm-12:30am |
| Weight Room  | <u>Pearkes - \$3</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3</u> 12:00-12:30pm 9:30-10:30pm | <u>Pearkes - \$3</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3</u> 9:30-10:30pm | <u>Pearkes - \$3</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3</u> 12:00-12:30pm 9:30-10:30pm | <u>Pearkes - \$3</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3</u> 9:30-10:30pm | <u>Pearkes - \$3</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3</u> 12:00-12:30pm |