

May 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"So, open your mouth, lad! For every voice counts!" - Dr. Seuss</p> <p>May Fit in to Fitness \$25 Regional May Pass grants you access to 14 rec centres www.fitinfitness.ca for details</p>	<p>1</p> <p>Adult Adaptive Dance Class Cedar Hill Rec Dance Studio #3 of 7 Week Series for \$49 OR \$10 drop in 1pm-1:45pm</p>	<p>2 Yom HaAtzmaut ✪</p> <p>World Asthma Day</p> <p>TOBACCO FREE TUESDAYS 1 week until Election Day!</p> <p>Free Legal Clinic Burnside Gorge Centre 471 Cecelia Rd 2pm-3pm</p>	<p>3 Free Legal Clinic Quadra Village Centre 901 Kings Rd 2pm-3pm</p> <p>Cowichan Valley Diversabilities Resource Fair 4-7pm @VIU</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>4 ✪ Star Wars Day ✪</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p> <p>BC Forest Museum Accessibility Days BC Forest Discovery Centre 11am - 4pm</p>	<p>5 Cinco de Mayo 🇲🇽</p> <p>Every Fri & Sat from May to Sept the Colwood Waterfront has food trucks and live music from 12-8pm 🎉</p>	<p>6 🎬</p> <p>Sensory Friendly Movie Screening: Smurfs: The Lost Village Cineplex Westshore 10:30 am \$8.99</p> <p>Integrated Swim FREE - 11:30am-1:00pm 🏊</p>
<p>7</p>	<p>8 World Red Cross and Red Crescent Day</p> <p>craft night 6-7:30 @ Head Office</p> <p>Adult Adaptive Dance Class #4 of 7 Week Series 1-1:45pm</p> <p>Non Instructional Day SD63 🚌</p>	<p>9 2017 BC Provincial Election</p> <p>VOTE TODAY 🗳️</p> <p>SABF St. Aiden's Church 11:30 - 1:00</p>	<p>10 Move for Health Day All Greater Victoria Rec Centres Drop In for \$2!</p> <p>World Lupus Day</p> <p>Coast Capital Skate FREE - Pearkes Rec Centre 3:10-4:00pm</p> <p>JDF Social Club Dance 7:00-8:30 🌑 Full Moon</p>	<p>11</p> <p>Community Hot Lunch @ Quadra Village Community Centre \$3 12-12:30pm</p>	<p>12 International CFS/ME Awareness Day</p> <p>Non Instructional Day SD62 🚌</p>	<p>13</p> <p>Oaklands Street Party and Garage Sale Day Haultain 4 Corners 9am-3pm</p> <p>Integrated Swim FREE - 11:30am-1:00pm 🏊</p>
<p>14 Lag B'Omer ✪</p> <p>Mother's Day</p>	<p>15</p> <p>Happy Birthday Brendon 🎂</p> <p>Adult Adaptive Dance Class Cedar Hill Rec Dance Studio #5 of 7 Week Series 1-1:45pm (\$10 drop in)</p>	<p>16</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p> <p>Cowichan Valley SABF Duncan Library 11:30 - 1:00</p>	<p>17 Free Legal Clinic Quadra Village Centre 2-3pm</p> <p>Happy Birthday Gloria 🎂</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>18</p> <p>Happy Birthday Courtney 🎂</p> <p>Community Hot Lunch @ Quadra Village Community Centre \$3 12-12:30pm</p>	<p>19</p> <p>Pro-D Day SD61 🚌</p>	<p>20 World Autoimmune Arthritis Day</p> <p>Integrated Swim FREE - 11:30am-1:00pm 🏊</p>
<p>21</p>	<p>22</p> <p>VICTORIA DAY 🎆</p> <p>Island Farms Parade 9am</p>	<p>23</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p> <p>Coast Capital Swim FREE - JDF pool 7:30-8:30pm</p>	<p>24</p> <p>Free Legal Clinic Quadra Village Centre 2-3pm</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>25 Ascension Day ✪</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p> <p>Men's Club Paintball 10am-2pm @ T&T Paintball</p> <p>🌑 New Moon</p>	<p>26</p> <p>Happy Birthday Michael 🎂</p> <p>\$2 Roller Skate Party Cowichan Lake Recreation Arena 6:30-7:50pm</p>	<p>27 First day of Ramadan 🌙</p> <p>Happy Birthday Kristen 🎂</p> <p>Integrated Swim FREE - 11:30am-1:00pm 🏊</p>
<p>28</p> <p>Community Dinner & Games Night @ Oaklands Community Centre 5:30-7:30 - by donation</p>	<p>29</p> <p>Adult Adaptive Dance Class Cedar Hill Rec Dance Studio #6 of 7 Week Series 1-1:45pm (\$10 drop in)</p> <p>🚲</p>	<p>30</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p> <p>Bike to Work Week</p>	<p>31 ✪ Shavuot ✪</p> <p>World No Tobacco Day ✂️</p> <p>Happy Birthday David 🎂</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>Multiple Sclerosis Awareness Month 🧡</p> <p>Hepatitis Awareness Month 🟡</p>	<p>National Physiotherapy Month 🏥</p> <p>Lyme Disease Awareness Month 🟢</p>	<p>Vision Health Month 👁️</p> <p>Cystic Fibrosis Month 🟣</p>

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