












# October 2017

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1	<b>International Day of Older Persons</b>  <b>Panorama Reopening</b> Panorama Recreation 11am-3pm Free skate, rentals, and skate sharpening	2	<b>Adapted Fitness</b> \$2 @Vic West Community Centre 11:15am-12:00pm	3	 <b>Annual BeConnected Park Cleanup</b> Rainbow Park Meet at HO @ 11am  <b>Free Legal Clinic</b> Burnside Gorge Centre 471 Cecelia Rd 2pm-3pm	4	<b>Feast of St Francis of Assisi</b> †  <b>World Cerebral Palsy Day</b>  <b>Free Legal Clinic</b> Quadra Village Centre 901 Kings Rd 2pm-3pm  <b>JDF Social Club Dance</b> 7:00-8:30	5	<b>First day of Sukkot</b> ☆  <b>Community Hot Lunch</b> @ Quadra Village Community Centre \$3 12-12:30pm  ○ Full Moon	6		7	<b>Integrated Swim</b>  Oak Bay FREE - 11:30am-1pm
8		9	<b>Thanksgiving</b>    <b>Happy Birthday Carl</b>	10	<b>World Mental Health Day</b>   <b>SABF</b> St. Aiden's Church 11:30 – 1:00  <b>SABF Cowichan Valley</b> 12:00-1:30 Cowichan Bay Beach Cleanup followed by chili dogs & hot chocolate!	11	<b>Last day of Sukkot</b> ☆  <b>Free Legal Clinic</b> Quadra Village Centre 2-3pm  <b>JDF Social Club Dance</b> 7:00-8:30	12	 <b>Happy Birthday Paul</b>  <b>Community Hot Lunch</b> @ Quadra Village Centre \$3 12-12:30pm	13	<b>Simchat Torah</b> ☆	14	<b>Canada 150 Free Swim</b> Panorama Recreation 1:30-3:30pm  <b>Integrated Swim</b>  Oak Bay FREE - 11:30am-1pm
15	 <b>Happy Birthday Roy</b>	16	<b>World Food Day</b> <b>World Spine Day</b>  <b>Adapted Fitness</b> \$2 @Vic West Centre 11:15am-12:00pm	17	 <b>First Aid Course</b> Available to persons served Contact Karla for details klandsiedel@becsupport.ca  <b>Free Legal Clinic</b> Burnside Gorge Centre 2-3pm	18	<b>Diwali</b> ॐ (Festival of Lights)  <b>Healthcare Aide Day</b>  <b>Free Legal Clinic</b> Quadra Village Centre 2-3pm  <b>JDF Social Club Dance</b> 7:00-8:30	19	 <b>New Moon</b> <b>Great BC Shake Out</b> 10:20am – Province Wide Earthquake Drill   <b>Happy Birthday Martin</b>  <b>Community Hot Lunch</b> @ Quadra Village Centre \$3 12-12:30pm	20	<b>World Osteoporosis Day</b>  <b>Provincial Non Instructional Day</b> 	21	<b>Integrated Swim</b>  Oak Bay FREE - 11:30am-1pm   <b>Sensory Friendly Movie Screening: My Little Pony Movie</b> Cineplex Westshore 10:30 am \$8.99  <b>Peninsula Co-op Free Swim</b> JDF Pool 1:30-4:00pm
22	<b>International Stuttering Awareness Day</b>	23	 <b>craft night</b> 6-7:30 @ Head Office Painting for the Art Show  <b>Adapted Fitness</b> \$2 @Vic West Centre 11:15am-12:00pm	24	 <b>Happy Birthday Janice</b>  <b>Free Legal Clinic</b> Burnside Gorge Centre 2-3pm	25	<b>Free Legal Clinic</b> Quadra Village Centre 2-3pm   <b>Happy Birthday Christina</b>  <b>JDF Social Club Dance</b> 7:00-8:30	26	 <b>Women's Club</b> Galey Farms Corn Maze 5:45-7:30pm  <b>Community Hot Lunch</b> @ Quadra Village Centre \$3 12-12:30pm	27	<b>BeConnected Employee &amp; Service Provider Appreciation Gala</b>   <b>Happy Birthday Justin</b>	28	<b>Integrated Swim</b>  Oak Bay FREE - 11:30am-1pm
29		30	<b>BeConnected Halloween Party @ Tamarack</b> 5:30-7:00  <b>Adapted Fitness</b> \$2 @Vic West Centre 11:15am-12:00pm	31	<b>Halloween</b>   <b>Free Legal Clinic</b> Burnside Gorge Centre 2-3pm	<p><i>A little consideration, a little thought for others, makes all the difference</i>                      – Eeyore (A.A. Milne)</p> <p>October is</p> <ul style="list-style-type: none"> <li>★ Autism Awareness Month</li> <li>★ Breast Cancer Awareness Month</li> <li>★ Rett Syndrome Awareness Month</li> <li>★ SIDS Awareness Month</li> </ul>							

## Low Cost Drop In Recreation Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Skate</b>  Effective Sept 18th		<u>West Shore - \$2</u> 10:30-11:20am  <u>Pearkes - \$3</u> 3:15-4:15pm	<u>SEAPARC Leisure Complex - \$2</u> 11:30am-12:45pm  <u>Save on Foods - \$2</u> 3:00-4:15pm	<u>Pearkes - \$3</u> 3:15-4:15pm	<u>West Shore - \$2</u> 12:00-12:50	<u>West Shore - \$2</u> 1:30-2:30	
<b>Swim</b>  * = adults only	<u>Gordon Head - \$3</u> 10:00am-12:00pm  <u>Esquimalt - \$2*</u> 9:00pm-10:30pm  <u>Oak Bay - \$3</u> 11:00pm-12:30am  <u>SEAPARC Leisure Complex - \$2</u> 11:00am-12:30pm	<u>Commonwealth - \$3*</u> 5:30-7:15am 9:00pm-10:00pm  <u>SEAPARC Leisure Complex - \$3</u> 8:00-9:00pm  <u>Crystal Pool - \$2*</u> 9:00-11:00pm  <u>Gordon Head - \$3</u> 12:00-2:30pm 9:30-10:30pm*  <u>Esquimalt - \$2*</u> 9:00pm-10:30pm  <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Commonwealth - \$3*</u> 5:30-7:15am 9:00pm-10:00pm  <u>West Shore - \$2</u> 7:30-8:30pm  <u>SEAPARC Leisure Complex - \$3</u> 8:00-9:00pm  <u>Esquimalt - \$2*</u> 9:00pm-10:30pm  <u>Gordon Head - \$3*</u> 9:30-10:30pm  <u>Crystal Pool - \$2*</u> 9:30pm-11:00pm  <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Commonwealth - \$3*</u> 5:30-7:15am 9:00pm-10:00pm  11:30am-1:00pm - \$2 8:00-9:00pm - \$3  <u>Gordon Head - \$3</u> 12:00-2:30pm 9:30-10:30pm*  <u>Esquimalt - \$2*</u> 9:00pm-10:30pm  <u>Crystal Pool - \$2*</u> 9:00pm-11:00pm  <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Commonwealth - \$3*</u> 5:30-7:15am 9:00pm-10:00pm  <u>SEAPARC Leisure Complex - \$2</u> 7:00-9:00pm  <u>West Shore - \$2</u> 7:30-8:30pm  <u>Esquimalt - \$2*</u> 9:00pm-10:30pm  <u>Gordon Head - \$3*</u> 9:30-10:30pm  <u>Crystal Pool - \$2*</u> 9:30pm-11:00pm  <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Commonwealth - \$3*</u> 5:30-7:15am 9:00pm-10:00pm  <u>Gordon Head - \$3</u> 12:00-2:30pm  <u>Esquimalt - \$2/\$3</u> 7:00pm-9:00pm (\$3) 9:00pm-10:30pm (\$2)*  <u>Commonwealth - \$3</u> 9:00-10:00pm (13+)  <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Gordon Head - \$3</u> 11:00am-12:00pm  <u>Oak Bay - \$3</u> 11:00pm-12:30am  <u>Commonwealth - \$3</u> 4:00-6:00pm
<b>Weight Room</b> 		<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	

All efforts are made to ensure this calendar is up to date however recreation centres are subject to change and may cancel drop in's for special events.