



















April 2018

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1	Easter Sunday † 	2	Easter Monday 	3	TOBACCO FREE TUESDAYS  Back to School Free Legal Clinic Burnside Gorge Centre 471 Cecelia Rd 2pm-3pm	4	JDF Social Club Dance 7:00-8:30	5	Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	6	National Tartan Day Orthodox Good Friday	7	Last Day of Passover ✡ Orthodox Holy Saturday World Health Day Integrated Swim  Oak Bay FREE - 11:30am-1pm
8	Orthodox Easter	9	Orthodox Easter Monday Vimy Ridge Day Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm	10	Free Legal Clinic Burnside Gorge Centre 2-3pm	11	Yom HaShoah ✡ World Parkinson's Day  Happy Birthday Bryan JDF Social Club Dance 7:00-8:30	12	Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	13	Isra and Mi'raj ☾  Happy Birthday Jeff	14	Happy Birthday Kathy  Integrated Swim  Oak Bay FREE - 11:30am-1pm
15	New Moon 	16	Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm	17	World Hemophilia Day  SABF St. Aiden's Church 11:30 – 1:00 Free Legal Clinic Burnside Gorge Centre 2-3pm	18	JDF Social Club Dance 7:00-8:30	19	Yom HaAtzmaut ✡ Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	20	 Non-Instructional Day	21	Integrated Swim  Oak Bay FREE - 11:30am-1pm
22	Earth Day 	23	Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm	24	Cowichan Valley SABF Duncan Library 12:00 – 1:30  Free Legal Clinic Burnside Gorge Centre 2-3pm	25	Movie Night at the Market "Jumanji" @ The Hudson - 7pm Admission by donation \$2 Bags of Popcorn JDF Social Club Dance 7:00-8:30	26	Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	27		28	Integrated Swim  Oak Bay FREE - 11:30am-1pm
29	Full Moon	30	Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm	<p><i>"Next to trying and winning, the best thing is trying and failing."</i> — L.M. Montgomery, Anne of Green Gables</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 2px solid red; padding: 5px; text-align: center;"> Caesarean Awareness Month  </div> <div style="border: 2px solid blue; padding: 5px; text-align: center;"> IBS Awareness Month  </div> <div style="border: 2px solid green; padding: 5px; text-align: center;"> National Oral Health Month  </div> <div style="border: 2px solid purple; padding: 5px; text-align: center;"> Parkinson's Awareness Month  </div> <div style="border: 2px solid purple; padding: 5px; text-align: center;"> Sarcoidosis Awareness Month  </div> </div>									

Low Cost Drop In Recreation Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Skate 		<u>West Shore - \$2</u> 10:30-11:20am		<u>West Shore - \$2</u> 12:00-12:50pm	<u>West Shore - \$2</u> 1:30-2:30pm		<u>West Shore - \$2</u> 10:45-11:45am
Swim  * = 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>Crystal Pool - \$2*</u> 7:00pm-9:00pm 9:00-11:00pm <u>Gordon Head - \$3*</u> 9:00-10:00pm <u>Commonwealth - \$3*</u> 9:00pm-10:00pm <u>Esquimalt - \$2*</u> 9:00pm-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>Esquimalt - \$2*</u> 9:00pm-10:30pm <u>Gordon Head - \$3*</u> 9:00-10:00pm <u>Crystal Pool - \$2*</u> 9:30pm-11:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Gordon Head - \$3*</u> 9:00-10:00pm <u>Commonwealth - \$3*</u> 9:00-10:00pm <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>SEAPARC Leisure Complex - \$2</u> 7:00am-9:00pm <u>West Shore - \$2</u> 7:30-8:30pm <u>Commonwealth - \$3*</u> 9:00-10:00pm <u>Esquimalt - \$2*</u> 9:00pm-10:30pm <u>Gordon Head - \$3*</u> 9:00-10:00pm <u>Crystal Pool - \$2*</u> 9:30pm-11:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Gordon Head</u> 1:00pm-4:00pm FREE! <u>Esquimalt - \$2/\$3</u> 7:00pm-9:00pm (\$3) 9:00pm-10:30pm (\$2)* <u>Commonwealth - \$3*</u> 9:00pm-10:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>SEAPARC Leisure Complex - \$2</u> 10:30am-12:30pm <u>Gordon Head - \$3</u> 11:00am-12:00pm <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> 9:00-10:00pm <u>West Shore - \$5</u> 5:15pm-6:00pm	<u>Pearkes - \$3</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3</u> 9:00-10:00pm	<u>Pearkes - \$3</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3</u> 9:00-10:00pm <u>West Shore - \$5</u> 5:15pm-6:00pm	<u>Pearkes - \$3</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3</u> 9:00-10:00pm	<u>Pearkes - \$3</u> 6:00-7:30am 1:00-3:30pm	

Drop in's may be cancelled for special events.