























# May 2018

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<div>May Fit in to Fitness</div> <div>\$25 Regional May Pass grants you access to 14 rec centres</div> <div>BeConnected will reimburse staff and persons served with original receipt by May 15</div> <div><a href="http://www.fitinfitness.ca">www.fitinfitness.ca</a> for details</div>		<div>Vision Health Month</div> <div>Cystic Fibrosis Month</div>		<div>1</div> <div>World Asthma Day</div> <div><div>TOBACCO FREE TUESDAYS</div></div> <div>Free Legal Clinic</div> <div>Burnside Gorge Centre</div> <div>471 Cecelia Rd 2pm-3pm</div>	<div>2</div>	<div>JDF Social Club Dance</div> <div>7:00-8:30</div>		<div>3</div> <div>✡ Lag B'Omer</div> <div>Duncan Carnival Begins</div> <div>May 3-6</div> <div>2009 University Way</div> <div>Community Hot Lunch</div> <div>@ Quadra Village Community Centre</div> <div>\$3 12-12:30pm</div>	<div>4</div> <div>🗡 Star Wars Day 🗡</div> <div>Beach Food</div> <div>Fridays &amp; Saturdays</div> <div>(weather permitting)</div> <div>From May to Sept</div> <div>food trucks and live music</div> <div>Colwood Waterfront 12-8pm</div> <div></div> <div> Non-Instructional Day SD62 &amp; SD63</div>	<div>5</div> <div>Cinco de Mayo 🇲🇽</div> <div>Integrated Swim</div> <div>FREE - 11:30am-1:00pm </div>			
<div>6</div>	<div>7</div>	<div>8</div> <div>World Red Cross Red Crescent Day</div> <div>Free Legal Clinic</div> <div>Burnside Gorge Centre 2-3pm</div> <div><div>SABF</div><div> St. Aiden's Church</div><div>11:30 – 1:00</div></div>	<div>9</div>	<div>10</div> <div>Ascension Day ✝</div> <div>World Lupus Day</div> <div>Move for Health Day</div> <div>All Greater Victoria Rec Centres have \$2 Drop Ins</div> <div>Community Hot Lunch</div> <div>@ Quadra Village Centre</div> <div>\$3 12-12:30pm</div>	<div>11</div> <div>Buccaneer Days Begins</div> <div>May 11-13</div> <div>Archie Browning Sports Centre</div>	<div>12</div> <div>International CFS/ME Awareness Day</div> <div>Buccaneer Days Parade</div> <div>10am – Esquimalt Rd from Dominion to Admirals</div> <div>Integrated Swim</div> <div>FREE - 11:30am-1:00pm </div>							
<div>13</div> <div>Mother's Day</div> <div></div>	<div>14</div> <div>Memorial Service for Lynda Muldrew</div> <div>10:00am Kinsman Fieldhouse</div> <div>Adapted Fitness</div> <div>\$2 @Vic West Centre</div> <div>11:15am-12:00pm</div>	<div>15</div> <div>Free Legal Clinic</div> <div>Burnside Gorge Centre 2-3pm</div> <div>Happy Birthday Brendon</div> <div><div>Cowichan Valley SABF</div><div> Duncan Library</div><div>12:00 – 1:30</div></div> <div> New Moon</div>	<div>16</div> <div>First Day of Ramadan 🌙</div> <div>JDF Social Club Dance</div> <div>7:00-8:30</div>	<div>17</div> <div>Happy Birthday Gloria</div> <div></div> <div>Community Hot Lunch</div> <div>@ Quadra Village Centre</div> <div>\$3 12-12:30pm</div>	<div>18</div> <div>Non-Instructional Day SD61 </div> <div>Luxton Spring Fair Begins</div> <div>May 18-21</div> <div>Luxton Fairgrounds</div> <div> Happy Birthday Courtney</div>	<div>19</div> <div> Sensory Friendly Movie Screening: Show Dogs</div> <div>Cineplex Westshore</div> <div>10:30 am \$8.99</div> <div>Integrated Swim</div> <div>FREE - 11:30am-1:00pm </div>							
<div>20</div> <div>✝ Pentecost</div> <div>✡ Shavuot</div> <div>World Autoimmune Arthritis Day</div>	<div>21</div> <div>✝ Whit Monday</div> <div></div> <div>VICTORIA DAY</div> <div>Island Farms Parade 9am</div>	<div>22</div> <div>Free Legal Clinic</div> <div>Burnside Gorge Centre 2-3pm</div> <div>Coast Capital Swim</div> <div>FREE – JDF pool</div> <div>7:30-8:30pm</div>	<div>23</div> <div>JDF Social Club Dance</div> <div>7:00-8:30</div>	<div>24</div> <div>Community Hot Lunch</div> <div>@ Quadra Village Centre</div> <div>\$3 12-12:30pm</div>	<div>25</div>	<div>26</div> <div> Happy Birthday Michael</div> <div>Integrated Swim</div> <div>FREE - 11:30am-1:00pm </div>							
<div>27</div> <div>✝ Trinity Sunday</div> <div>Sunscreen Day!</div>	<div>28</div> <div>Adapted Fitness</div> <div>\$2 @Vic West Centre</div> <div>11:15am-12:00pm</div> <div></div>	<div>29</div> <div> Full Moon</div> <div>Free Legal Clinic</div> <div>Burnside Gorge Centre 2-3pm</div>	<div>30</div> <div>✝ Corpus Christi</div> <div>JDF Social Club Dance</div> <div>7:00-8:30</div>	<div>31</div> <div>World No Tobacco Day ✂</div> <div>Happy Birthday David</div> <div></div> <div>Community Hot Lunch</div> <div>@ Quadra Village Centre</div> <div>\$3 12-12:30pm</div>	<div>Multiple Sclerosis Awareness Month</div> <div>Hepatitis Awareness Month</div> <div>Lyme Disease Awareness Month</div> <div>BeConnected's 6th CARF Survey June 4-6 2018</div>								
BIKE TO WORK WEEK MAY 28 - JUNE 3													

## Low Cost Drop In Recreation Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Skate</b> 		<u>Pearkes - \$3</u> 3:15-4:15pm (Cancelled May 21)		<u>Pearkes - \$3</u> 3:15pm-4:15pm (Cancelled May 2)			
<b>Swim</b> 	<u>Gordon Head - \$3.25</u> 10:00am-12:00pm  <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Gordon Head - \$3.25</u> 12:00-2:30pm 9:30-10:30pm <u>SEAPARC - \$3</u> 8:00-9:00pm <u>Crystal Pool - \$2</u> 7:00-9:00pm 9:00-11:00pm* <u>Commonwealth - \$3.25</u> 9:00-10:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>West Shore - \$2</u> 7:30-8:30pm <u>SEAPARC - \$3</u> 8:00-9:00pm <u>Commonwealth - \$3.25</u> 9:00-10:00pm <u>Crystal Pool - \$2</u> 9:30-11:00pm* <u>Gordon Head - \$3.25</u> 9:30-10:30pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Gordon Head - \$3.25</u> 12:00-2:30pm 9:30-10:30pm <u>SEAPARC - \$3</u> 8:00-9:00pm <u>Commonwealth - \$3.25</u> 9:00-10:00pm <u>Crystal Pool - \$2</u> 9:00-11:00pm* <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Panorama - \$2</u> 6:30-8:00pm <u>West Shore - \$2</u> 7:30-8:30pm <u>Commonwealth - \$3.25</u> 9:00-10:00pm <u>Crystal Pool - \$2</u> 9:30-11:00pm* <u>Gordon Head - \$3.25</u> 9:30-10:30pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Gordon Head - \$3.25</u> 12:00-2:30pm <u>SEAPARC - \$2</u> 6:30-8:00pm <u>Crystal Pool - \$2</u> 8:30-10:00pm <u>Commonwealth - \$3.25</u> 9:00-10:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Gordon Head - \$3.25</u> 11:00am-12:00pm <u>SEAPARC - \$2</u> 11:00am-12:30pm <u>Oak Bay - \$3</u> 11:00pm-12:30am
<b>Weight Room</b> 		<u>Pearkes - \$3</u> 6:00-7:30am 1:00-3:30pm  <u>Gordon Head - \$3.25</u> 12:00-2:30pm 9:30-10:30pm	<u>Pearkes - \$3</u> 6:00-7:30am 1:00-3:30pm  <u>Gordon Head - \$3.25</u> 9:30-10:30pm	<u>Pearkes - \$3</u> 6:00-7:30am 1:00-3:30pm  <u>Gordon Head - \$3.25</u> 12:00-2:30pm 9:30-10:30pm	<u>Pearkes - \$3</u> 6:00-7:30am 1:00-3:30pm  <u>Gordon Head - \$3.25</u> 9:30-10:30pm	<u>Pearkes - \$3</u> 6:00-7:30am 1:00-3:30pm  <u>Gordon Head - \$3.25</u> 12:00-2:30pm	