








June 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>June is:</p> <ul style="list-style-type: none"> ★ ALS Awareness Month ★ Brain Injury Awareness Month ★ Stroke Awareness Month ★ National Spina Bifida and Hydrocephalus Awareness Month 	<p>National Indigenous Peoples Day Events (June 21st unless otherwise indicated)</p> <ul style="list-style-type: none"> ★ June 21-23 Victoria Indigenous Cultural Festival @ Downtown Victoria – Outdoor stage at the Royal BC Museum, demonstrations from artisans, and cultural food ★ West Shore National Indigenous Peoples Day @ West Shore Parks & Rec 11am - 3pm traditional singing, drumming & dancing, free kid's activities, a free lunch & inf booths ★ National Indigenous Peoples Day at Snug'wa e'lun @ Royal Roads University 10am-3pm local artists and carvers; Indigenous dancers, drummers, and singers; canoe challenge ★ Chemainus - National Aboriginals Day @ Water Wheel Park 12-3pm music, food, dancing ★ Nanaimo - National Indigenous Peoples Day @ Maffeo Sutton Park 4-8pm Live performances, salmon BBQ, kid's activities ★ Courtenay – K'ómoks National Aboriginal Day @ K'omoks First Nation Community Hall dancing, arts and crafts, traditional foods, activities and more 			<p>1</p> <p>Beach Food Fridays & Saturdays (weather permitting) From May to Sept food trucks and live music Colwood Waterfront 12-8pm</p> <p>CV = Cowichan Valley Event</p>	<p>2</p> <p>Integrated Swim Oak Bay FREE - 11:30am-1pm</p> <p>Access Awareness Day FREE Drop in @ Panorama</p> <p>National Health & Fitness Day \$2 Drop in @ SEAPARC</p> <p>BIKE TO WORK WEEK MAY 28 - JUNE 3</p>	
<p>3</p> <p>National Cancer Survivors Day</p> <p>Oak Bay Parade 10:30am</p> 	<p>4</p> <p>5</p> <p>6</p> <p>CARF SURVEY AT BECONNECTED - JUNE 4-6</p>			<p>7</p> <p>Wed June 6th Farmer's Market Waterwheel Park 10am-3pm</p> <p>CV</p> <p>Independent Art Cowichan Independent Living \$5 1:30-2:30pm</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>8</p> <p>OPERATION TRACK SHOES WEEKEND JUNE 8-10</p>	<p>9</p> <p>Integrated Swim Oak Bay FREE - 11:30am-1pm</p> <p>Sensory Friendly Movie: Solo: A Star Wars Story Cineplex Westshore 10:30 am \$8.99</p> <p>Victoria Mini Challenger Jamboree – 10am Hampton Little League</p>
<p>10</p> <p>Laylat al-Qadr (Night of Destiny)</p> <p>Happy Birthday Will Oodles of Noodles Dinner @ Shawnigan Lake Centre 5pm By donation</p> <p>Van Isle Comic Con Mary Winspear (Sidney) 10am-7pm By donation</p>  	<p>11</p> <p>Happy Birthday Chrystal</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>12</p> <p>Happy Birthday Christy</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>13</p> <p>New Moon</p> <p>Free Legal Clinic Quadra Village Centre 2-3pm</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>14</p> <p>World Blood Donor Day</p> <p>CV</p> <p>Independent Art Cowichan Independent Living \$5 1:30-2:30pm</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>15</p> <p>Eid-al-Fitr</p> <p>CV</p> <p>Hot Lunch Clements Centre @ 11:30am \$8</p> <p>Saturday June 16th BC Challenger Jamboree in Burnabv</p>	<p>16</p> <p>Integrated Swim Oak Bay FREE - 11:30am-1pm</p> <p>BSS Family & Friends Indigenous Peoples Day BBQ @ Centennial Park 11:30am - 1:30pm</p> <p>Happy Birthday Jenny</p>
<p>17</p> <p>Father's Day</p> 	<p>18</p> <p>Last Day of Ramadan</p> <p>Monday Music Dance Party @ Providence Farm 10:30am-12:00pm Bring a bagged lunch to enjoy after!</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>19</p> <p>World Sickle Cell Day</p> <p>Cowichan Valley SABF Spring BBQ Glenora Trail Park 12:00 – 1:30pm</p> <p>CV</p> <p>Games Night @ Cowichan Library 5:30-8:30pm Free</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>20</p> <p>CV</p> <p>Baseball @ Art Mann Park 10:45-11:45</p> <p>Free Legal Clinic Quadra Village Centre 2-3pm</p>	<p>21</p> <p>First Day of Summer (Summer Solstice)</p> <p>National Indigenous Peoples Day See top of calendar for list of local events</p> <p>Free Swim @ Panorama 6:30-8pm</p> <p>Happy Birthday Tara</p>	<p>22</p>	<p>23</p> <p>Integrated Swim Oak Bay FREE - 11:30am-1pm</p> <p>Last Day of Challenger Baseball!</p>
<p>24</p> <p>Helen Keller Deaf-Blind Awareness Week</p> <p>Hampton Challengers Closing Ceremonies 3pm</p>	<p>25</p> <p>BSS Social Club Day of Paintball 11am @ T&T Paintball Contact Jason @ Head Office for more details!</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>26</p> <p>SABF Spring Fling Gorge Kinsman Park 11:30 – 1:00</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>27</p> <p>Full Moon</p> <p>Free Legal Clinic Quadra Village Centre 2-3pm</p>	<p>28</p> <p>School's Out for Summer!</p> <p>CV</p> <p>Independent Art Cowichan Independent Living \$5 1:30-2:30pm</p> <p>Happy Birthday Chris</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>29</p> <p>Free Concert in the Park Willows Beach Park 6:30-9:00pm</p>	<p>30</p> <p>Integrated Swim Oak Bay FREE - 11:30am-1pm</p> <p>Sensory Friendly Movie: Incredibles 2 Cineplex Westshore 10:30 am \$8.99</p> <p>Happy Birthday Trevor</p>

Low Cost Drop In Recreation Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Skate 		<u>Pearkes - \$3</u> 3:15-4:15pm		<u>Pearkes - \$3</u> 3:15pm-4:15pm			
Swim 	<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>Oak Bay - \$3</u> 11:00pm-12:30am <u>SEAPARC - \$2</u> 11:00am-12:30pm
Weight Room 		<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 Until Jun 17 th	<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	

Drop in's may be cancelled for special events.