




October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>October is:</p> <ul style="list-style-type: none"> ★ Registered Disability Savings Plan (RDSP) Awareness Month www.rdsp.com ★ Community Inclusion Month ★ Community Living Month 	<p>1 ✡ Shemini Atzeret</p> <p>Adapted Fitness \$2 @Vic West Community Centre 11:15am-12:00pm</p>	<p>2 ✡ Simchat Torah</p> <p>TOBACCO FREE TUESDAYS</p> <p>Play Beyond Expectations Esquimalt Rec Centre 3:30-5:00pm</p> <p>Free Legal Clinic Burnside Gorge Centre 471 Cecelia Rd 2pm-3pm</p>	<p>3 World Cerebral Palsy Day</p> <p>JDF Social Club Dance 7:00-8:30 \$3.25</p>	<p>4 † Feast of St Francis of Assisi</p> <p>Mixed Abilities Dance Group #1 of 9 1:00-2:00pm Garth Homer Auditorium Required registration</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>5</p> <p>Play Beyond Expectations Esquimalt Rec Centre 1:00-2:30pm</p>	<p>6 Integrated Swim @ Oak Bay FREE 11:30am-1pm</p> <p>Peninsula Coop FREE Swim JDF Pool 1:30-3:30pm</p>
<p>7</p>	<p>8 Thanksgiving</p> <p></p> <p>Thanksgiving Skate SEAPARC 1:00-2:30pm \$2 + non-perishable food item</p>	<p>9 ● New Moon</p> <p>Play Beyond Expectations Esquimalt Rec Centre 3:30-5:00pm</p> <p>Happy Birthday Carl</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>10 World Mental Health Day</p> <p>JDF Social Club Dance 7:00-8:30 \$3.25</p>	<p>11</p> <p>Mixed Abilities Dance Group #2 of 9 1:00-2:00pm Garth Homer Auditorium Required registration</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>12</p> <p> Happy Birthday Paul</p> <p>Play Beyond Expectations Esquimalt Rec Centre 1:00-2:30pm</p>	<p>13 Integrated Swim @ Oak Bay FREE 11:30am-1pm</p>
<p>14</p>	<p>15</p> <p> Happy Birthday Roy</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>16 World Food Day World Spine Day</p> <p>SABF St. Aiden's Church 11:30 – 1:00 Followed by Park Cleanup</p> <p>Cowichan Valley SABF Duncan Library 12:00 – 1:30</p>	<p>17</p> <p>JDF Social Club Dance 7:00-8:30 \$3.25</p>	<p>18 Health Care Aid Day</p> <p>Great BC Shakeout 10:18 am All programs to participate in an earthquake drill</p> <p>Mixed Abilities Dance Group #3 of 9 1:00-2:00pm Garth Homer Auditorium Required registration</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>19</p> <p> Happy Birthday Martin</p> <p>Play Beyond Expectations Esquimalt Rec Centre 1:00-2:30pm</p>	<p>20 Integrated Swim @ Oak Bay FREE 11:30am-1pm</p> <p>World Osteoporosis Day</p> <p>Peninsula Coop FREE Swim JDF Pool 1:30-4:00pm</p>
<p>21</p>	<p>22 International Stuttering Awareness Day</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>23</p> <p>Play Beyond Expectations Esquimalt Rec Centre 3:30-5:00pm</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>24 ○ Full Moon</p> <p> Happy Birthday Janice</p> <p>JDF Social Club Dance 7:00-8:30 \$3.25</p>	<p>25</p> <p>Mixed Abilities Dance Group #4 of 9 1:00-2:00pm Garth Homer Auditorium Required registration</p> <p> Happy Birthday Christina</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>26</p> <p>Play Beyond Expectations Esquimalt Rec Centre 1:00-2:30pm</p> <p></p>	<p>27 Integrated Swim @ Oak Bay FREE 11:30am-1pm</p> <p> Happy Birthday Justin</p>
<p>28</p>	<p>29</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>30</p> <p>Play Beyond Expectations Esquimalt Rec Centre 3:30-5:00pm</p> <p>BeConnected Halloween Party @ Tamarack 5:30-7:00pm</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>31 Halloween</p> <p></p> <p>JDF Social Club Dance 7:00-8:30 \$3.25</p>	<p>Play Beyond Expectations <i>Multi-sport drop-in sessions for adults 18-29 with disabilities.</i> Free with LIFE Pass or Esquimalt Rec Pass OR \$5.48 + tax Limited space - reserve online</p>	<p>Friday Nov 2nd BeConnected's Employee & Service Provider Appreciation Gala Spaces are limited! Please RSVP to cmyra@beconsupport.ca by October 24th</p>	<p>October is:</p> <ul style="list-style-type: none"> ★ Autism Awareness Month ★ Breast Cancer Awareness Month ★ Rett Syndrome Awareness Month ★ SIDS Awareness Month

Low Cost Drop In Recreation Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Skate 	<u>Oak Bay - \$3</u> 8:30-10:00pm	<u>West Shore - \$2</u> 10:30-11:20am <u>Esquimalt - \$3*</u> 11:30am-12:50pm Starting Sept 10 th <u>Pearkes - \$3.25</u> 3:15-4:15pm Starting Sept 10 th	<u>SEAPARC - \$2</u> 11:30am-12:45pm <u>Oak Bay - \$3</u> 6:30-7:45pm	<u>Pearkes - \$3.25</u> 3:15-4:15pm	<u>West Shore - \$2</u> 12:00-12:50pm <u>Oak Bay - \$3</u> 12:00pm-1:30am	<u>West Shore - \$2</u> 1:30-2:30pm	
Swim  *= adults only	<u>Gordon Head - \$3.25</u> 10:00am-12:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am <u>SEAPARC - \$2</u> 6:00-8:00pm	<u>Crystal Pool - \$2*</u> 9:00-11:00pm <u>Gordon Head - \$3.25</u> 12:00-12:30pm 9:30-10:30pm* <u>Commonwealth - \$3.25</u> 5:30-7:15am* 9:00pm-10:00pm* <u>SEAPARC - \$3</u> 8:00-9:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Commonwealth - \$3.25</u> 5:30-7:15am* 9:00pm-10:00pm* <u>West Shore - \$2</u> 7:30-8:30pm <u>SEAPARC - \$3</u> 8:00-9:00pm <u>Gordon Head - \$3.25</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 - \$3.25</u> 5:30-7:15am* 9:00pm-10:00pm* <u>Gordon Head - \$3.25</u> 12:00-12:30pm 9:30-10:30pm* <u>SEAPARC</u> \$2 - 1:00-2:30pm \$3 - 8:00-9:00pm <u>Crystal Pool - \$2*</u> 9:00pm-11:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Commonwealth - \$3.25</u> 5:30-7:15am* 9:00pm-10:00pm* <u>West Shore - \$2</u> 7:30-8:30pm <u>Gordon Head - \$3.25</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 - \$3.25</u> 5:30-7:15am* 9:00pm-10:00pm* <u>Gordon Head - \$3.25</u> 12:00-12:30pm <u>Panorama - \$2</u> 6:30-9:00pm <u>Esquimalt</u> \$3 - 7:00pm-9:00pm \$2 - 9:00pm-10:30pm <u>Crystal Pool - \$2</u> 8:30pm-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
Weight Room 		<u>Pearkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 12:00-12:30pm 9:30-10:30pm	<u>Pearkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 9:30-10:30pm	<u>Pearkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 12:00-12:30pm 9:30-10:30pm	<u>Pearkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 9:30-10:30pm	<u>Pearkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 12:00-12:30pm	

Drop in's may be cancelled for special events and holidays – please check the Active Living Guide for more information.