











May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Fit in Fitness with the Regional May Pass!</p>  <p>BeConnected will reimburse any employee who purchases the \$25 May Regional Pass by May 7th. Please bring the receipt to your Home Coordinator!</p>			<p>1</p> <p>SIVA 9am @ Old Head Office Please RSVP to Head Office</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>2</p> <p>Yom HaShoah ✡</p> <p>Pro-D Day for Home Share Providers 8:30-2:30 @ VIU FREE Please RSVP</p> <p>Duncan Carnival Begins May 2-5 2009 University Rd</p>	<p>3</p> 	<p>4</p> <p>Star Wars Day ✨</p> <p>New Moon</p> <p>Special Olympics BC Healthy Screening Day @ Colquitz Middle School 10am-3pm FREE!</p> <p>2.99 Movie: <i>Instant Family</i> 11 am @ Cineplex Westshore</p>
<p>5</p> <p>Cinco de Mayo 🇲🇽</p> <p>Emergency Preparedness Fair & Vehicle Display @ JDF 11am-3pm FREE</p>	<p>6</p> <p>First Day of Ramadan 🌙</p> <p>Adapted Fitness \$2 @Vic West Community Centre 11:15am-12:00pm</p>	<p>7</p> <p>TOBACCO FREE TUESDAYS</p> <p> craft night 6-7:30 @ Old Head Office (3891 Douglas St)</p> <p>Free Legal Clinic Burnside Gorge Centre 471 Cecelia Rd 2pm-3pm</p>	<p>8</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>9</p> <p>✡ Yom HaAtzmaut</p> <p>Music Therapy @ Tamarack 11:30-12:30pm Please RSVP</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>10</p> <p>SD62 & SD63 Pro-D Day</p> <p>Art Therapy @ Old BSS Office 12:10-2:10pm</p> <p>The DeviANTs Theatre 7pm @Langham Theatre Tickets online \$15</p> <p>Buccaneer Days Begins May 10-12 Archie Browning</p>	<p>11</p> <p>Integrated Swim @ Oak Bay FREE 11:30am-1pm</p> <p>Buccaneer Days Parade 10am – Esquimalt Rd from Dominion to Admirals</p> <p>2.99 Movie: <i>Bumblebee</i> 11 am @ Cineplex Westshore</p>
<p>12</p> <p>Mother's Day</p> 	<p>13</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>14</p> <p>SABF St. Aiden's Church 11:30 – 1:00</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>15</p> <p>Happy Birthday Brendon</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>16</p> <p>Music Therapy @ Tamarack 11:30-12:30pm Please RSVP</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>17</p> <p>Happy Birthday Gloria</p> <p>SD61 Pro-D Day</p> <p>Luxton Spring Fair Begins May 17-20 Luxton Fairgrounds</p>	<p>18</p> <p>Integrated Swim @ Oak Bay FREE 11:30am-1pm</p> <p>Full Moon</p> <p>Sensory Friendly Movie: <i>Detective Pikachu</i> 10:30 am \$8.99 Cineplex Westshore</p> <p>2.99 Movie: <i>Spider-Man: Into the Spider-Verse</i> 11 am @ Cineplex Westshore</p>
<p>19</p>	<p>20</p> <p> VICTORIA DAY Island Farms Parade 9am</p>	<p>21</p> <p>Cowichan Valley SABF Duncan Library 12:00 – 1:30</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>22</p>  <p>JDF Social Club Dance 7:00-8:30</p>	<p>23</p> <p>✡ Lag B'Omer</p> <p>Music Therapy @ Tamarack 11:30-12:30pm Please RSVP</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>24</p> <p>Art Therapy @ Old BSS Office 12:10-2:10pm</p>	<p>25</p> <p>Integrated Swim @ Oak Bay FREE 11:30am-1pm</p> <p>2.99 Movie: <i>Aquaman</i> 11 am @ Cineplex Westshore</p>
<p>26</p>	<p>27</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p> 	<p>28</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>29</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>30</p> <p>Ascension Day †</p> <p>Music Therapy @ Tamarack 11:30-12:30pm Please RSVP</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>31</p> <p>Laylatul Qadr (Night of Power) 🌙</p> <p>Happy Birthday David</p> <p>Beach Food Fridays & Saturdays (weather permitting) food trucks and live music Colwood Waterfront 12-8pm Live Music from 5-7pm</p>	<p>May is: Cystic Fibrosis Month, Hepatitis Awareness Month, Lyme Disease Awareness Month, Multiple Sclerosis Awareness Month, National Physiotherapy Month, and Vision Health Month!!</p>

Low Cost Drop In Recreation Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Skate 		<u>Pearkes - \$3.25</u> 3:20-4:30pm		<u>Pearkes - \$3.25</u> 3:10-4:00pm <u>Panorama - \$2</u> 3:00-4:20pm			
Swim  *= adults only	<u>Gordon Head - \$3.25</u> 10:00am-12:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am <u>SEAPARC Leisure Complex - \$2</u> 6:00-8:00pm	<u>Crystal Pool - \$2</u> 7:00pm-9:00pm (\$1 youth) 9:00-11:00pm* <u>Gordon Head - \$3.25</u> 12:00-2:30pm 9:30-10:30pm* <u>SEAPARC Leisure Complex - \$3</u> 8:00-9:00pm <u>Commonwealth - \$3.25*</u> 9:00pm-10:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>West Shore - \$2</u> 7:30-8:30pm <u>SEAPARC Leisure Complex - \$3</u> 8:00-9:00pm <u>Commonwealth - \$3.25*</u> 9:00-10:00pm <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>Gordon Head - \$3.35</u> 12:00-2:30pm 9:30-10:30pm* <u>SEAPARC Leisure Complex - \$3</u> 8:00-9:00pm <u>Commonwealth - \$3.25*</u> 9:00-10:00pm <u>Crystal Pool - \$2*</u> 9:00pm-11:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>West Shore - \$2</u> 7:30-8:30pm <u>Commonwealth - \$3.25*</u> 9:00-10:00pm <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>Gordon Head \$3.25</u> 12:00-2:30pm <u>SEAPARC Leisure Complex - \$2</u> 1:00-2:30pm <u>Panorama \$2</u> 6:30-9:00pm <u>Esquimalt - \$2/\$3</u> 7:00pm-9:00pm (\$3) 9:00pm-10:30pm (\$2)* <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.