




August 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>August is</p> <ul style="list-style-type: none"> ★ MedicAlert Month  ★ Psoriasis Awareness Month  	<p>To Be Determined</p> <div style="border: 1px solid orange; padding: 5px; display: inline-block;"> <p>craft night 6-7:30 @ Old Head Office (3891 Douglas St)</p> </div> <p>Stay Tuned!</p>	<p>10th Anniversary</p>  <p>ONE DAY SAT SEPT 7TH!</p>	<p> Beach Food Fridays & Saturdays (weather permitting) food trucks and live music Colwood Waterfront 12-8pm Live Music from 5-7pm</p>	<p>1  New Moon</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>2 </p>	<p>3 Integrated Swim @ Oak Bay FREE 11:30am-1pm </p>
<p>4</p> <p>Symphony Splash Inner Harbour 1pm-10pm Fireworks Grand Finale</p>	<p>5 BC DAY</p> 	<p>6</p> <p> Music in the Park <i>Freeze Frame</i> Rutledge Park 6-8pm</p> <p> Free Yoga in the Park Pioneer Park 6-7pm</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>7</p> <p> Outdoor Cinema <i>How to Train Your Dragon</i> Bullen Park - FREE Sunset (~8:45pm)</p>	<p>8</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>9</p> <p> Outdoor Cinema <i>Legally Blonde</i> Beacon Hill Park Cameron Bandshell - 9pm - FREE</p> <p> Happy Birthday Kyle</p>	<p>10 Integrated Swim @ Oak Bay FREE 11:30am-1pm </p> <p> Outdoor Cinema <i>Dirty Rotten Scoundrels</i> Beacon Hill Park Cameron Bandshell - 9pm - FREE</p> <p> Sensory Friendly Movie: <i>Paw Patrol: Ready Race Rescue</i> 10:30 am \$8.99 Cineplex Westshore</p>
<p>11 Tisha B'Av </p> <p>Cadboro Bay Festival @ Gyro Park 11am-3pm FREE Activities, food, sand sculptures</p> <p>Largest Little Airshow Michell Airpark 10am-4:30pm FREE R/C Airplanes</p>	<p>12 Eid ul Adha </p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>13</p> <p> Music in the Park <i>Shades of Grey</i> Rutledge Park 6-8pm</p> <p> Free Yoga in the Park Pioneer Park 6-7pm</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>14</p>	<p>15  Full Moon</p> <p>Assumption of Mary </p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>16</p> <p>Saturday Aug 17th Saanichton Family Festival Saanich Fairgrounds 9am-2pm FREE</p>	<p>17 Integrated Swim @ Oak Bay FREE 11:30am-1pm </p> <p> India Mela Centennial Square 11am-7pm (Indian food, arts & culture)</p> <p> Outdoor Cinema <i>Jurassic Park</i> Beacon Hill Park Cameron Bandshell – 8:30pm - FREE</p>
<p>18 </p> <p>Special Woodstock 20th Anniversary! Providence Farm – Duncan 11am-6pm</p> <p> India Mela Centennial Square 11am-7pm (Indian food, arts & culture)</p>	<p>19</p> <p> Happy Birthday Susan</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>20</p> <p> Music in the Park <i>Arf the Dog</i> Rudd Park 6-8pm</p> <p> Free Yoga in the Park Pioneer Park 6-7pm</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>21</p> <p> Outdoor Cinema <i>Aquaman</i> Bullen Park - FREE Sunset (~8:30pm)</p> <p> Happy Birthday Julia</p>	<p>22</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>23</p> <p> Outdoor Cinema <i>Mrs. Doubtfire</i> Beacon Hill Park Cameron Bandshell – 8:30pm - FREE</p>	<p>24 Integrated Swim @ Oak Bay FREE 11:30am-1pm </p> <p> Outdoor Cinema <i>Harry Potter and the Prisoner of Azkaban</i> Beacon Hill Park Cameron Bandshell - 9pm - FREE</p> <p>Salish Sea Lantern Festival Sidney Bandshell (Beacon Ave) 7:30-10pm FREE</p>
<p>25</p> <p>Victoria Comic Book Expo Comfort Hotel and Conference Centre (3020 Blanshard Ave) 11am-4pm FREE</p>	<p>26</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>27</p> <p> Free Yoga in the Park Pioneer Park 6-7pm</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>28</p>	<p>29</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>30 </p>	<p>31 Integrated Swim @ Oak Bay FREE 11:30am-1pm </p> <p>Saanich Fair Aug 31- Sept 2! Saanich Fairgrounds Sensory Friendly Movie: <i>The Angry Birds Movie 2</i> 10:30 am \$8.99 Cineplex Westshore</p> <p> \$2.99 Movie: <i>Ugly Dolls</i> 11 am @ Cineplex Westshore</p>

Low Cost Drop In Recreation Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Skate 		<u>Aug 26 Only</u> Pearkes - \$3.25 3:15-4:35pm	<u>Aug 27 Only</u> Pearkes - \$3.25 3:15-4:35pm	<u>Aug 28 Only</u> Pearkes - \$3.25 3:15-4:35pm	<u>Aug 29 Only</u> Pearkes - \$3.25 3:15-4:35pm	<u>Aug 30 Only</u> Pearkes - \$3.25 3:15-4:35pm	West Shore - \$2 10:45-11:45am <i>(None on Aug 3rd)</i> Sledge Hockey Westshore - \$5 2:30pm-3:30pm Pre- Register
Swim  * = adults only	<u>SEAPARC Leisure Complex - \$2</u> 10:00am-11:30am <u>Gordon Head - \$3.25</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>SEAPARC Leisure Complex - \$3</u> 8:00pm-9:00pm <u>Gordon Head - \$3.25*</u> 9:30-10:30pm <u>Commonwealth - \$3.25*</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>SEAPARC Leisure Complex - \$3</u> 8:00pm-9:00pm <u>Commonwealth - \$3.25*</u> 9:00-10:00pm <u>Esquimalt - \$2*</u> 9:00pm-10:30pm <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>SEAPARC Leisure Complex - \$3</u> 8:00pm-9:00pm <u>Gordon Head - \$3.25*</u> 9:30-10:30pm <u>Commonwealth - \$3.25*</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>West Shore - \$2</u> 7:30-8:30pm <u>Commonwealth - \$3.25*</u> 9:00-10:00pm <u>Esquimalt - \$2*</u> 9:00pm-10:30pm <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>Gordon Head</u> 1:00pm-4:00pm FREE! <u>Panormama - \$2</u> 6:30pm-9:30pm <u>Esquimalt - \$2/\$3</u> 7:00pm-9:00pm (\$3) 9:00pm-10:30pm (\$2) <u>Commonwealth - \$3.25*</u> 9:00pm-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
Panorama Pool Closed for Annual Maintenance Aug 19 – Sept 2							
Weight Room 		<u>Pearkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 9:30-10:30pm <u>West Shore - \$5</u> 5:15pm-6:00pm	<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> 9:30-10:30pm <u>West Shore - \$5</u> 5:15pm-6:00pm	<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	

Drop in's may be cancelled for special events and holidays.