














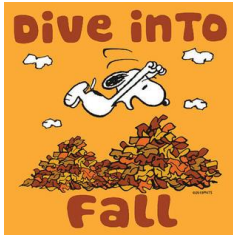





September 2019

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
1	Islamic New Year 🌙 Saanich Fair Aug 31- Sept 2! Saanich Fairgrounds	2	Labour Day	3	Happy Birthday Rosalyn  Back to School! Free Legal Clinic Burnside Gorge Centre 471 Cecelia Rd 2pm-3pm	4		5	Music Therapy @ Tamarack 11:30-12:30pm Please RSVP  Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	6		7	 Topaz Park 10am-3pm	
8	Sooke Fall Fair Saturday & Sunday @ Sooke Community Hall 9am-5pm Metchosin Day @ Metchosin Municipal Grounds Free 8am-6:30pm	9	FASD Awareness Day Adapted Fitness \$2 @Vic West Community Centre 11:15am-12:00pm	10	Suicide Prevention Day SABF St. Aiden's Church 11:30 – 1:00  Free Legal Clinic Burnside Gorge Centre 2-3pm	11	SafeTalk Training 1:00-4:30pm @ Pearkes Please contact Head Office to Register JDF Social Club Dance 7:00-8:30	12	Music Therapy @ Tamarack 11:30-12:30pm Please RSVP  Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	13	Luxton Fall Fair Sept 13-15 Luxton Fairgrounds Art Therapy @ Old BSS Office 12:00-2:00pm 	14	Integrated Swim @ Oak Bay FREE 11:30am-1pm 🏊 Moon Festival lantern Celebration Gordon Head Rec 5-8pm  \$2.99 Movie: <i>An American Tail</i> 11 am @ Cineplex Westshore 🌕 Full Moon	
15	World Lymphoma Awareness Day Terry Fox Run 9am Centennial Park Bandstand 10am JDF Picnic Shelter 10am Dallas Rd & Douglas St Salt Spring Island Fall Fair Saturday & Sunday @ SSI Farmer's Institute 9am-6pm	16	Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm	17	Cowichan Valley SABF Duncan Library 12:00 – 1:30  Free Legal Clinic Burnside Gorge Centre 2-3pm	18	BSS Central Orientation 9am-4pm BSS Head Office JDF Social Club Dance 7:00-8:30	19	Music Therapy @ Tamarack 11:30-12:30pm Please RSVP  Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	20		21	World Alzheimer's Day Integrated Swim @ Oak Bay FREE 11:30am-1pm 🏊 Fall Fairfield @ Fairfield Community Place Music & Arts Festival 1-6pm  \$2.99 Movie: <i>Puss in Boots</i> 11 am @ Cineplex Westshore	
22	Everyone Welcome Free Swim JDF Pool	23	First Day of Fall  Pro-D Day All School Districts Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm	24	Community Living Days 10am-5pm BC Forestry Museum Free Legal Clinic Burnside Gorge Centre 2-3pm	25	International Ataxia Awareness Day JDF Social Club Dance 7:00-8:30	26	Music Therapy @ Tamarack 11:30-12:30pm Please RSVP  Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	27	Culture Days @ Cedar Hill Rec – Varied Times Art Therapy @ Old BSS Office 12:00-2:00pm  Happy Birthday George 		28	Integrated Swim @ Oak Bay FREE 11:30am-1pm 🏊 Happy Birthday Kyle  🌑 New Moon
29	World Heart Day Culture Days @ Cedar Hill Rec – Varied Times	30	Rosh Hashana 🌙 Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm	Arthritis Awareness Month Leukemia and Lymphoma Awareness Month Muscular Dystrophy Month Ovarian Cancer Awareness Month Reye's Syndrome Awareness Month Sickle Cell Disease Awareness Month				craft night Returning in October! Stay tuned for details!!						

Low Cost Drop In Recreation Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Skate		<u>West Shore - \$2</u> <i>Starting Sept 23</i> 10:30-11:20am <u>Esquimalt - \$3</u> 11:30am-12:50pm <u>Pearkes - \$3.25</u> 3:15-4:15pm	<u>Save on Foods - \$2</u> 2:45-4:00pm <u>Oak Bay - \$3</u> 6:30-7:45pm	<u>Pearkes - \$3.25</u> 3:00-4:10pm	<u>West Shore - \$2</u> <i>Starting Sept 26</i> 12:00-12:50pm <u>Oak Bay - \$3</u> Midnight-1:30am		<u>West Shore - \$5</u> <u>Sledge Hockey</u> <i>Starting Sept 28</i> 12:00-12:50pm
 Swim * = adults only	<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>Crystal Pool - \$2</u> 7:00pm-9:00pm (\$1 youth) 9:00-11:00pm* <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> 8:30-9:30pm <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> 9:00pm-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 - \$2/\$3</u> 1:00-3:00pm (\$2) 8:00-9:00pm (\$3) <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> 8:30-9:30pm <u>Commonwealth - \$3.25*</u> 9:00-10:00pm 60+ Swim 5:30am-10pm <u>Gordon Head - \$3.25</u> 9:30-10:30pm* <u>Crystal Pool - \$2*</u> 9:00pm-11:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Gordon Head \$3.25</u> 12:00-2:30pm <u>Panorama \$2</u> 6:30-9:00pm <u>Esquimalt - \$2/\$3</u> 7:00pm-9:00pm (\$3) 9:00pm-10:30pm (\$2) <u>Crystal Pool - \$2*</u> 8:30pm-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 Leisure Complex - \$2</u> 6:00-8:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am
Esquimalt Pool closed until September 16th							
 Weight Room		<u>Pearkes - \$3.25</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 - \$3.25</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> 12:00-2:30pm 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> 12:00-2:30pm	

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