




October 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>October is:</p> <ul style="list-style-type: none"> ★ Autism Awareness Month ★ Community Inclusion Month ★ Breast Cancer Awareness Month ★ Rett Syndrome Awareness Month ★ SIDS Awareness Month 		<p>1</p> <p>TOBACCO FREE TUESDAYS</p> <p>Free Legal Clinic Burnside Gorge Centre 471 Cecelia Rd 2pm-3pm</p>	<p>2</p> <p>World Cerebral Palsy Day</p> <p>SIVA @ 3991 Douglas St 9:30am-4:30pm Please contact Head Office to Register</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>3</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>4 †</p> <p>Feast of St Francis of Assisi</p> <p>Art Therapy @ Old BSS Office 12:00-2:00pm</p>	<p>5</p> <p>Integrated Swim @ Oak Bay FREE 11:30am-1pm</p> <p>Sensory Friendly Movie: Abominable 10:30 am \$8.99 Cineplex Westshore</p> <p>\$2.99 Movie: The Muppets 11 am @ Cineplex Westshore</p>
<p>6</p> <p>Fire Prevention Week</p>	<p>7</p> <p>Adapted Fitness \$2 @Vic West Community Centre 11:15am-12:00pm</p>	<p>8</p> <p>SABF St. Aiden's Church 11:30 – 1:00</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>9 ✧</p> <p>Yom Kippur</p> <p>Happy Birthday Carl</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>10</p> <p>World Mental Health Day</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>11</p>	<p>12</p> <p>Integrated Swim @ Oak Bay FREE 11:30am-1pm</p> <p>\$2.99 Movie: Cloudy with a Chance of Meatballs 11 am @ Cineplex Westshore</p> <p>Peninsula Co-op Free Swim @ Panorama Rec 1:30-3:30pm</p>
<p>13 ○ Full Moon</p>	<p>14 ✧</p> <p>Thanksgiving First Day of Sukkot</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>15</p> <p>Cowichan Valley SABF Duncan Library 12:00 – 1:30</p> <p>Happy Birthday Roy</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>16</p> <p>World Food Day World Spine Day</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>17</p> <p>Great BC Shake Out 10:17 am All Program Locations Drop – Cover – Hold On</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>18</p> <p>Healthcare Aide Day</p> <p>Art Therapy @ Old BSS Office 12:00-2:00pm</p>	<p>19</p> <p>Integrated Swim @ Oak Bay FREE 11:30am-1pm</p> <p>Happy Birthday Martin</p> <p>\$2.99 Movie: Shrek 11 am @ Cineplex Westshore</p> <p>Free Swim @ SEAPARC 1:00-3:30pm</p>
<p>20 ✧</p> <p>Hoshana Rabbah World Osteoporosis Day</p>	<p>21 ✧</p> <p>Shemini Atzeret</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>22 ✧</p> <p>Simchat Torah International Stuttering Awareness Day</p> <p>craft night 6-7:30 @ Old Head Office (3891 Douglas St)</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>23</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>24</p> <p>Happy Birthday Janice</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>25</p> <p>Pro-D Day All School Districts</p> <p>Happy Birthday Christina</p>	<p>26</p> <p>Integrated Swim @ Oak Bay FREE 11:30am-1pm</p> <p>\$2.99 Movie: Paw Patrol: Ready to Race Rescue 11 am @ Cineplex Westshore</p> <p>Zombie Walk @ Centennial Square 3:00-5:30pm</p>
<p>27 🕉️</p> <p>Diwali</p> <p>Happy Birthday Justin</p>	<p>28 ● New Moon</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>29</p> <p>Halloween Party @ Tamarack house 5:00-7:00pm</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>30</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>31</p> <p>Halloween</p> <p>Halloween Bonfire @ Archie Browning 6-9pm</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>Friday Nov 15th BeConnected's Employee & Service Provider Appreciation Gala Spaces are limited! Please RSVP by November 6th</p>	

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
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.