








November 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>November is: CPR Awareness Month; Crohn's and Colitis Awareness Month; Diabetes Awareness Month; Huntington's Awareness Month; Osteoporosis Month; Pancreatic Cancer Awareness month; and Indigenous Disability Awareness Month!</p>		<p>November is also Employee Appreciation and Wellness Month at BeConnected!</p> <p>Look for the checkmark  to see related events!</p> <p>#EAWM</p>		<p>Save the Date! BeConnected's Annual Friends and Family Holiday Lunch Dec 7th from 12-2:30pm Victoria Edelweiss Club RSVP to Chelsea at cmyra@beconsupport.ca</p>	<p>1 All Saints' Day †</p> <p>Art Therapy @ Old BSS Office 12:00-2:00pm</p>	<p>2 Integrated Swim @ Oak Bay FREE 11:30am-1pm</p> <p>† All Souls' Day</p> <p>Día de los Muertos</p> <p>Happy Birthday Helen</p> <p>\$2.99 Movie: Angry Birds 2 11 am @ Cineplex Westshore</p>
<p>3 Daylight Savings Ends Turn back clocks 1 hour!</p> 	<p>4</p> <p>Adapted Fitness \$2 @Vic West Community Centre 11:15am-12:00pm</p>	<p>5</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>6</p> <p>Workshop: Finding Your Joy Spot Comfort Inn 9:30-12:30 Registration/ Refreshments Starting at 9am RSVP to Head Office</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>7</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>8</p>	<p>9 Integrated Swim @ Oak Bay FREE 11:30am-1pm</p> <p>\$2.99 Movie: Dora and the Lost City of Gold 11 am @ Cineplex Westshore</p>
<p>10 Mawlid ☾</p>	<p>11 Remembrance Day</p> <p>Remembrance Day Ceremonies</p> <p>Saanich Cenotaph 10:45am-12:30pm Victoria Cenotaph (Parliament) 10:30am-1:00pm Langford Cenotaph (Goldstream and Veterans Memorial) 11:00am</p> 	<p>12 ☾ Full Moon</p> <p>SABF St. Aiden's Church 11:30 – 1:00</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>13</p> <p>SIVA 9:00am-4:00pm 3891 Douglas St</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>14 World Diabetes Day</p> <p>CARF 202 Lunch & Learn 9:00am-2:00pm Head Office</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>15</p> <p>Art Therapy @ Old BSS Office 12:00-2:00pm</p> <p>BSS Employee & Service Provider Appreciation Gala 6:30-11:30pm Beach House Restaurant <i>Must RSVP by Nov 6</i></p>	<p>16 Integrated Swim @ Oak Bay FREE 11:30am-1pm</p> <p>\$2.99 Movie: Charlotte's Web 11 am @ Cineplex Westshore</p>
<p>17</p> <p>Memorial for Lara Erickson JDF Fieldhouse 1:00-4:00pm</p>	<p>18</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>19</p> <p>Cowichan Valley SABF Duncan Library 12:00 – 1:30</p> <p>craft night 6-7:30 @ Old Head Office (3891 Douglas St)</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>20</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>21</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>22</p> <p>Pro-D Day All School Districts</p> 	<p>23 Integrated Swim @ Oak Bay FREE 11:30am-1pm</p> <p>Peninsula Coop Free Skate @ Westshore 2:45-3:45pm</p> <p>\$2.99 Movie: Polar Express 3D 11 am @ Cineplex Westshore</p>
<p>24 GERD Awareness Week</p>	<p>25</p> <p>Happy Birthday Bernice</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>26 ☾ New Moon</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>27</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>28</p> <p>Central Orientation 9:00am-4:00pm Head Office</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>29</p> <p>Art Therapy @ Old BSS Office 12:00-2:00pm</p> <p>Breathing Wellness Into Supportive Relationships 9:00am-12:15pm Ambrosia Centre Must pre-register</p>	<p>30 Integrated Swim @ Oak Bay FREE 11:30am-1pm</p> <p>Sensory Friendly Movie: Frozen 2 10:30 am \$8.99 Cineplex Westshore</p> <p>\$2.99 Movie: Arthur Christmas 11 am @ Cineplex Westshore</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> Sledge Hockey <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 <i>60+ Swim</i> 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
Westshore Pool Closed from November 11 – December 26							
 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.