




JANUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Alzheimer's Disease Awareness Month	 To Be Determined Stay Tuned!	Happy New Year! 	1 New Years Day Free Skate Archie Browning 1:00-2:50pm Admission by Donation of Non Perishable Food Item Panorama Rec	2 Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	3	4 Integrated Swim @ Oak Bay FREE 11:30am-1pm  World Braille Day
5  Happy Birthday Jeremy	6 Epiphany †  Happy Birthday Edmund  Back to School Adapted Fitness \$2 @Vic West Community Centre 11:15am-12:00pm	7 Orthodox Christmas Day Free Legal Clinic Burnside Gorge Centre 2-3pm	8	9 Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	10  Full Moon	11 Integrated Swim @ Oak Bay FREE 11:30am-1pm 
12	13 Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm	14 Orthodox New Year  SABF St. Aiden's Church 11:30 – 1:00 Free Legal Clinic Burnside Gorge Centre 2-3pm	15 JDF Social Club Dance 7:00-8:30	16 Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	17	18 Integrated Swim @ Oak Bay FREE 11:30am-1pm 
19 National Non-Smoking Week	20 Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm	21  Cowichan Valley SABF Duncan Library 12:00 – 1:30 Free Legal Clinic Burnside Gorge Centre 2-3pm	22 Weedless Wednesday JDF Social Club Dance 7:00-8:30	23 Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	24  New Moon	25 Integrated Swim @ Oak Bay FREE 11:30am-1pm  Chinese New Year 
26 World Leprosy Day / Week	27  BeSocial Club Trip to the Vancouver Canucks game Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm	28 Free Legal Clinic Burnside Gorge Centre 2-3pm	29 JDF Social Club Dance 7:00-8:30	30 Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	31	

Low Cost Drop In Recreation Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Skate 		<u>West Shore - \$2</u> 10:30-11:50am <u>Pearkes - \$3.25</u> 3:15-4:15pm <u>Esquimalt - \$3*</u> 11:30-12:50pm	<u>SEAPARC - \$2</u> 11:30-12:45pm <u>Save on Foods Arena - \$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> 12:00-12:50pm <u>Oak Bay - \$3</u> Midnight-1:00am		
Swim  *= adults only	<u>Gordon Head - \$3.25</u> 10:00am-12:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am <u>Esquimalt - \$2*</u> 9:00-10:30pm	<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 - \$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>SEAPARC - \$3</u> 8:00-9:00pm <u>West Shore - \$2</u> 8:30-9:30pm <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 - \$3.35</u> 12:00-2:30pm 9:30-10:30pm* <u>SEAPARC - \$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 <u>Gordon Head - \$3.25</u> 9:30-10:30pm* <u>Crystal Pool - \$2</u> 8:30pm-10:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Gordon Head \$3.25</u> 12:00-2:30pm <u>SEAPARC - \$2</u> 6:00-8:00pm <u>Esquimalt - \$2/\$3</u> 7:00pm-9:00pm (\$3) 9:00pm-10:30pm (\$2) <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>Commonwealth - \$3.25</u> 4:00-6:00pm <u>Panorama \$2</u> 6:00-7:30pm <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.