












FEBRUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>National Heart Month</p> <p>Make heart healthy choices this month such as: quit smoking, eat a healthy and balanced diet, get enough sleep, and exercise.</p> 	<p>Black History Month</p>  <p>2020 Theme: <i>Canadians of African Descent: Going Forward, Guided by the Past</i></p>	<p>Fun Fact!</p> <p>February's Full Moon is commonly known as the Full Snow Moon in some Indigenous cultures! Celebrate the Full Snow Moon on Feb 8th!</p>	<p>Free Family Day Activities</p> <p>Oak Bay Rec: Swim 6:30-8:30</p> <p>Esquimalt Rec: Swim 11:00am-1:00; Skate 1:00-2:50; Low Cost BBQ 11:30-1:00</p> <p>Panorama Rec: Swim 1:30-3:00; Skate 1-2:20</p> <p>SEAPARC: Skate 12:00-3:00</p>		<p>1 Integrated Swim @ Oak Bay FREE 11:30am-1pm </p> <p> Happy Birthday Tyler</p> <p>Sensory Friendly Movie: Dolittle 10:30 am \$8.99 Cineplex Westshore </p> <p>2.99 Movie: Arctic Dogs 11 am @ Cineplex Westshore</p>	
<p>2 Groundhog Day</p>  <p>Superbowl Sunday!</p> 	<p>3</p> <p>Adapted Fitness \$2 @Vic West Community Centre 11:15am-12:00pm</p>	<p>4</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>5</p> <p>BSS Central Orientation 9am-4pm BSS Head Office</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>6</p>	<p>7</p> <p>Art Therapy @ Old BSS Office 12:00-2:00pm</p> 	<p>8 Integrated Swim @ Oak Bay FREE 11:30am-1pm </p> <p>○ Full Moon</p> <p>2.99 Movie: Hos to Train Your Dragon - The Hidden World 11 am @ Cineplex Westshore </p>
<p>9</p> <p>National Pizza Day</p> 	<p>10 Arbor Day ✨</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>11 Free Legal Clinic Burnside Centre 2-3pm</p> <p>SABF St. Aiden's Church 11:30 – 1:00</p> <p>craft night 6-7:30 #2-3891 Douglas St</p>	<p>12</p> <p> Happy Birthday Melissa</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>13</p> <p>BSS In House CI Day Onyx House - Time TBD</p>	<p>14 Valentine's Day</p>  <p>District Wide Pro-D Day</p> <p> 2 for 1 Valentines Swim Gordon Head Rec 7:00-8:30pm</p>	<p>15 Integrated Swim @ Oak Bay FREE 11:30am-1pm </p> <p>National Flag of Canada Day</p>  <p>2.99 Movie: Playing with Fire 11 am @ Cineplex Westshore </p>
<p>16</p>	<p>17 Family Day</p>  <p>See top of calendar for list of free activities!</p>	<p>18</p> <p>Cowichan Valley SABF Duncan Library 12:00 – 1:30</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>19</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>20</p> <p> Happy Birthday Kerry</p>	<p>21</p> <p>Art Therapy @ Old BSS Office 12:00-2:00pm</p> 	<p>22 Integrated Swim @ Oak Bay FREE 11:30am-1pm </p> <p>● New Moon</p> <p>2.99 Movie: The Land Before Time 11 am @ Cineplex Westshore </p>
<p>23</p>	<p>24</p> <p> Happy Birthday Marley</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>25 † Shrove Tuesday</p>  <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>26 Ash Wednesday</p> <p> Pink Shirt Day Stand up to bullying by wearing Pink!</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>27</p>	<p>28</p>	<p>29 Integrated Swim @ Oak Bay FREE 11:30am-1pm </p> <p>Leap Year!</p>  <p>2.99 Movie: Trolls 11 am @ Cineplex Westshore </p>

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> 600-7:30pm <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.