

JULY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>This Month's Wellness Awareness</p> <p>National Injury Prevention - July 5 Glioblastoma Awareness Day - July 17 International Self-Care Day - July 24 World Hepatitis Day - July 28</p> <p>There are no birthdays to announce this month</p>		<p></p> <p>Saanich Food Truck Project New in 2021, Food Trucks will be available at Beckwith Park, Cadboro-Gyro Park, and Gorge Waterway Park! Vendors will rotate weekly.</p>	<p>Beach Food Weekends Food Trucks available at Lagoon Beach along Ocean Boulevard in Colwood Fridays, Saturdays, and Sundays from Noon-7pm</p>	<p>1</p> <p>Canada Day Celebrations have been cancelled in Victoria, BC.</p>	<p>2</p> <p>On Beaded Ground Wednesday, Thursday, Friday, Saturday 10-4 at the Legacy Art Gallery</p> <p> Victoria Pride Society Big Gay Dog Walk 7PM Online Event through Facebook Live</p> <p></p>	<p>3</p> <p>Saanich Food Truck Project Noon-7pm Fridays and Weekends</p> <p></p>
<p>4</p> <p> Metchosin Farmer's Market Every Sunday 11-2 Located at 4450 Happy Valley Road</p> <p>SNSYC Boat Racing 11-6pm North Saanich</p>	<p>5</p> <p>Movement Therapy hosted by Cerebral Palsy Association BC Mondays 3-4pm via</p>	<p>6</p> <p>Wellness Project presents Drop In Art Therapy Tuesdays and Thursdays at the Bateman Gallery 30 minute intervals Supplies provided and all ages welcome</p> <p></p>	<p>7</p>	<p>8</p> <p>Drop In Art Therapy Thursdays 8:30-10:30am at the Bateman Gallery</p> <p></p> <p>Dance hosted by Cerebral Palsy Association BC Thursdays 5-5:45 via Zoom</p> <p></p>	<p>9</p> <p>On Beaded Ground Cultural Art Exhibit</p> <p></p> <p>Yoga hosted by Cerebral Palsy Association BC Fridays 11-12pm via Zoom</p>	<p>10</p> <p> New Moon</p> <p></p> <p>Saanich Food Truck Project Noon-7pm Fridays and Weekends</p>
<p>11</p> <p>SNSYC Boat Racing 11-6pm North Saanich</p> <p>Metchosin Farmer's Market Every Sunday 11-2 Located at 4450 Happy Valley Road</p> <p></p>	<p>12</p> <p>Movement Therapy hosted by Cerebral Palsy Association BC Mondays 3-4pm via</p>	<p>13</p> <p>Yoga hosted by Cerebral Palsy Association BC Tuesdays 5-6pm via Zoom</p> <p>Drop In Art Therapy Tuesdays 4-7pm at the Bateman Gallery</p> <p></p>	<p>14</p> <p>On Beaded Ground Cultural Art Exhibit</p> <p>Movie Night!! 6-8pm MADAGASCAR Hosted by Cerebral Palsy Association BC via Zoom</p> <p></p>	<p>15</p> <p>Drop In Art Therapy Thursdays 8:30-10:30am at the Bateman Gallery</p> <p>Dance hosted by Cerebral Palsy Association BC Thursdays 5-5:45 via Zoom</p> <p></p>	<p>16</p> <p>On Beaded Ground Cultural Art Exhibit</p> <p></p> <p></p>	<p>17</p> <p>Saanich Food Truck Project Noon-7pm Fridays and Weekends</p> <p></p>
<p>18 Tisha B'Av </p> <p>Metchosin Farmer's Market Every Sunday 11-2 Located at 4450 Happy Valley Road</p> <p>SNSYC Boat Racing 11-6pm North Saanich</p> <p></p>	<p>19</p> <p>Movement Therapy hosted by Cerebral Palsy Association BC Mondays 3-4pm via</p>	<p>20 Eid ul Adha </p> <p>SABF Zoom 11:30 – 1:00</p> <p>Drop In Art Therapy Tuesdays 4-7pm at the Bateman Gallery</p> <p></p>	<p>21</p>	<p>22</p> <p>Trust Based Relational Intervention (TBRI) 10:30-12pm on Zoom This seminar will focus on Responding with Re-dos', giving choices, and offering compromises Offered through FPSSS</p> <p></p>	<p>23</p> <p>Yoga hosted by Cerebral Palsy Association BC Fridays 11-12pm via Zoom</p> <p></p>	<p>24</p> <p> Full Moon</p> <p>Saanich Food Truck Project Noon-7pm Fridays and Weekends</p> <p></p>
<p>25</p> <p>SNSYC Boat Racing 11-6pm North Saanich</p> <p>Metchosin Farmer's Market Every Sunday 11-2 Located at 4450 Happy Valley Road</p> <p></p> <p></p>	<p>26</p> <p>Movement Therapy hosted by Cerebral Palsy Association BC Mondays 3-4pm via</p>	<p>27</p> <p>Drop In Art Therapy Tuesdays 4-7pm at the Bateman Gallery</p> <p>Yoga hosted by Cerebral Palsy Association BC Tuesdays 5-6pm via</p> <p></p>	<p>28</p> <p>On Beaded Ground Cultural Art Exhibit</p> <p>GAMES NIGHT 6-7pm hosted by Cerebral Palsy Association BC via Zoom</p> <p></p>	<p>29</p> <p>Drop In Art Therapy Thursdays 8:30-10:30am at the Bateman Gallery</p> <p>Dance hosted by Cerebral Palsy Association BC Thursdays 5-5:45 via Zoom</p> <p></p>	<p>30</p> <p>On Beaded Ground Cultural Art Exhibit</p> <p></p>	<p>31</p> <p>Saanich Food Truck Project Noon-7pm Fridays and Weekends</p> <p></p>