














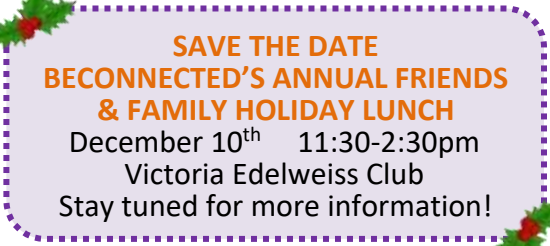




# November 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
November is: Indigenous Disability Awareness Month, CPR Awareness Month; Crohn's and Colitis Awareness Month; Diabetes Awareness Month; Huntington's Awareness Month; Osteoporosis Month; Pancreatic Cancer Awareness Month; Lung Cancer Awareness Month. Fall Prevention Month, National Domestic Violence Awareness Month, and Movember!		1 † All Saints' Day  FREE Legal Clinic Burnside Gorge 2-3pm 15 min phone appt. book @ 250.388.5251 *Every Tuesday*	2 † All Souls' Day   Happy Birthday Helen	3	4   BSS ANNUAL EMPLOYEE & SERVICE PROVIDER APPRECIATION GALA RSVP Required 6PM @ The Beach House	5  FREE Integrated Swim 11:30am-1:00pm @ Oak Bay Recreation  Muslim Women's Only Swim \$3 8:45-10:00pm @ Gordon Head Rec
6 Daylight Saving Time  	7	8 ○ Full Moon & Total Lunar Eclipse  National Indigenous Veterans Day  	9	10	11 Remembrance Day  Remembrance Day Ceremonies across all municipalities  	12  FREE Integrated Swim 11:30am-1:00pm @ Oak Bay Recreation  2SLGBTQ+ Swim \$3 8:45-10:00pm @ Gordon Head Rec
13   \$3 Late Night Swim 11:00pm-12:30am @ Oak Bay Recreation *Sunday through Saturday	14 World Diabetes Day  SD61 & SD63 pro-d day  	15   SABF 11am-12pm Microsoft Teams Cowichan Valley Members can meet at the Duncan Library	16	17	18	19   FREE Integrated Swim 11:30am-1:00pm @ Oak Bay Recreation
20 National Addictions Awareness Week   \$3 Late Night Swim 11:00pm-12:30am @ Oak Bay Recreation *Sunday through Saturday	21	22  \$3 Fun Skate 6:30pm-7:45pm @ Oak Bay Recreation *every Tuesday  	23 New Moon  GERD Awareness Week	24	25 SD62 Pro-D Day  International Day for the Elimination of Violence Against Women   Happy Birthday Bernice	26   FREE Integrated Swim 11:30am-1:00pm @ Oak Bay Recreation
27 First Sunday of Advent   \$3 Late Night Swim 11:00pm-12:30am @ Oak Bay Recreation *Sunday through Saturday	28	29 Digital Health Week  \$3 Fun Skate 6:30pm-7:45pm @ Oak Bay Recreation *every Tuesday  	30	 SAVE THE DATE BECONNECTED'S ANNUAL FRIENDS & FAMILY HOLIDAY LUNCH December 10 <sup>th</sup> 11:30-2:30pm Victoria Edelweiss Club Stay tuned for more information!		

