



May 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BECONECTED'S FIT IN FITNESS MONTH STEP CHALLENGE May is Fit in Fitness month at BeConnected! Join us for our second annual step challenge for the chance to win! 	May is: <ul style="list-style-type: none"> Asian Heritage Month Canadian Jewish Heritage Month National Speech & Hearing Month Vision Health Month Cystic Fibrosis Month Multiple Sclerosis Month National Physiotherapy Month 	 Free Legal Clinic Burnside Gorge Centre Every Tuesday 2-3pm 15 min. phone apt. Call 250.388.5251	1 Twelfth Day of Ridván Outreach Soup & Suda Launchpad 12pm-4pm Drop in Floor Hockey 2:30-4:00pm Vic West Community Centre	2 Community Soup Lunch Victoria Native Friendship Centre Every Friday 12pm-1pm FREE	3 Orthodox Good Friday Music Therapy @ Tamarack Every Friday 11:00-12:00 	4 Challenger Baseball FREE Integrated Swim 11:30am-1:00pm @ Oak Bay Recreation
			5 Orthodox Easter †	6 Yom HaShoah ✡	7 World Asthma Day Art Therapy 6:00-8:00pm @ the Launchpad Please RSVP New Moon	8 World Red Cross & Red Crescent Day Outreach Drop In 12pm-4pm @ the Launchpad Drop in Floor Hockey 2:30-4:00pm Vic West Community Centre
12 Mother's Day International ME/CFS Day Mother's Day Concert in the Park – Reynolds School Band 2-4pm Playfair Park Cinco de Mayo	13 SPG Society Monthly Movie: Valerian & the City of a Thousand Planets Free 6-9pm Pizza, Coffee, & Tea Eric Martin Pavilion Theatre	14 Yom HaAtzmaut ✡ SIVA @ the Launchpad SABF 11:30am-1pm Esquimalt Gorge Pavilion 	15 Drop in Floor Hockey SIVA @ the Launchpad Happy Birthday Brendon Outreach Drop In 12pm-4pm @ the Launchpad	16 Moose Hide Campaign Day Victoria Events: <ul style="list-style-type: none"> Fast from sunrise to sunset 7am Sunrise Ceremony (also available online) 12-1:15pm Walk to End Violence against Women & Children Workshops & Sharing Circles 	17 International Day Against Homophobia Transphobia & Biphobia pro-d day Happy Birthday Michael & Gloria	18 FREE Integrated Swim 11:30am-1:00pm @ Oak Bay Recreation Luxton Spring Fair May 18-19 Luxton Fair Grounds Free Grounds Admission Midway Rides May 16-19
19 Pentecost † Victoria Highland Games & Celtic Festival May 18-19 Topaz Park	20 Victoria Day BSS Offices Closed Victoria Day Parade 	21 Central Orientation BSS Head Office 	22 Outreach Drop In 12pm-4pm @ the Launchpad Drop in Floor Hockey 2:30-4:00pm Vic West Community Centre	23 Vesak Day 🌸 Full Moon	24 	25 Challenger Baseball FREE Integrated Swim 11:30am-1:00pm @ Oak Bay Recreation
26 Trinity Sunday † Lag B'Omer ✡ National AccessAbility Week (May 26-June 1) AccessAbility is Within Reach Free Drop in Admission Panorama Rec & Greenglade Community Centre	27	28 	29 Drop in Floor Hockey Red Shirt Day™ Wear red for accessibility and inclusion Outreach Drop In 12pm-4pm @ the Launchpad	30 Corpus Christi Inclusion BC Conference May 30-Jun 1 Nanaimo Conference Centre everyBODY BELONGS!	31 World No Tobacco Day Oak Bay Tea Party May 31-June 2 Willows Beach Happy Birthday David	 MOOSE HIDE CAMPAIGN CAMPAGNE MOOSE HIDE Moose Hide Campaign Day is a nationwide movement to end violence towards women & children which started here in BC. Find more information online.