



# May 2024



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