
















November 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>I must say that "Give Peace a Chance" has always seemed to me to be sensible advice.</i> - Pierre E. Trudeau</p> <p>November is: CPR Awareness Month; Crohn's and Colitis Awareness Month; Diabetes Awareness Month; Huntington's Awareness Month; Osteoporosis Month; and Pancreatic Cancer Awareness month!</p>			<p>1 All Saint's Day †</p> <p>Free Legal Clinic Quadra Village Centre 901 Kings Rd 2pm-3pm</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>2 All Soul's Day †</p> <p> Happy Birthday Helen</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>3</p> <p>National Jersey Day Wear a jersey and skate for FREE at Pearkes 5:45-6:55pm</p> <p>○ Full Moon</p>	<p>4</p> <p>Special Olympics BC Healthy Athletes Screening 10am-3pm @ Coal Tye Elementary School (Nanaimo) Fun FREE day incl. free health screenings. Must pre-register.</p> <p>Integrated Swim  Oak Bay FREE - 11:30am-1pm</p>
<p>5</p> <p>Daylight Savings Ends Turn clocks back!</p> <p></p>	<p>6 Adapted Fitness \$2 @Vic West Community Centre 11:15am-12:00pm</p> <p>Art Therapy #1 of 6 Head Office 6:00pm-7:30pm \$5 – email Justina to register jkiesman@beconsupport.ca</p>	<p>7</p> <p>TOBACCO FREE TUESDAYS</p> <p>Free Legal Clinic Burnside Gorge Centre 471 Cecelia Rd 2pm-3pm</p>	<p>8</p> <p>Free Legal Clinic Quadra Village Centre 2-3pm</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>9</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>10</p>	<p>11 Remembrance Day</p> <p> WE REMEMBER</p> <p>Integrated Swim  Oak Bay FREE - 11:30am-1pm</p>
<p>12</p> <p>Langford Christmas Market Langford Fire Station #2 9am-3pm FREE</p>	<p>13</p>	<p>14 World Diabetes Day</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>15 Free Legal Clinic Quadra Village Centre 2-3pm</p> <p> Happy Birthday Stuart</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>16</p> <p> Women's Club Social Hour Six Mile Pub 5:30-7:00 \$25</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>17</p> <p>● New Moon</p>	<p>18</p> <p>Craft Fair North Douglas Church 10am-2pm FREE</p> <p>Integrated Swim  Oak Bay FREE - 11:30am-1pm</p>
<p>19</p> <p>Highlands Winter Craft Fair Caleb Pike Heritage Park and Highlands Community Hall 10am-4pm FREE</p>	<p>20 Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p> <p>Art Therapy #2 of 6 Head Office 5:30pm-6:45pm \$5 – email Justina to register jkiesman@beconsupport.ca</p>	<p>21 Free Legal Clinic Burnside Gorge Centre 2-3pm</p> <p>SABF St. Aiden's Church 11:30 – 1:00</p> <p>Cowichan Valley SABF Duncan Library 12:00 – 1:30</p>	<p>22</p> <p>Free Legal Clinic Quadra Village Centre 2-3pm</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>23 GERD Awareness Week Nov 23-29</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>24</p> <p>Non Instructional Day </p>	<p>25 Integrated Swim  Oak Bay FREE - 11:30am-1pm</p> <p> Happy Birthday Bernice</p> <p>Peninsula Co-op Free Swim JDF Pool 2:45-3:45pm</p> <p>Doncaster's Holiday Craft Fair Doncaster School 10am-3pm FREE</p>
<p>26</p> <p>4th Annual JCCV Craft Fair Victoria Jewish Community Centre 8:15am-4pm FREE</p> <p>Holiday Craft Market South Park Family School 11am-4pm FREE</p>	<p>27</p> <p>Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm</p>	<p>28</p> <p>BeConnected Annual Nog and Cheer 4– 5pm @ Head Office RSVP to kkay@beconsupport.ca</p> <p>Free Legal Clinic Burnside Gorge Centre 2-3pm</p>	<p>29 Free L.I.F.E Swim Crystal Pool 7-9pm</p> <p>Movie Night at the Market "The Holiday" @ The Hudson - 7pm Admission by donation</p> <p>JDF Social Club Dance 7:00-8:30</p>	<p>30 One Ability ProMotion Week Nov 30-Dec 6 Nov 30th @Uvic Education Day 9-1130am Open House 12-3pm</p> <p>Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm</p>	<p>Saturday December 2nd BeConnected Family and Friends Holiday Lunch 12-2:30pm @ the Victoria Edelweiss Club RSVP to cmymra@beconsupport.ca</p> 	

Low Cost Drop In Recreation Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Skate 		<u>West Shore - \$2</u> 10:30-11:20am <u>Pearkes - \$3</u> 3:15-4:15pm	<u>SEAPARC Leisure Complex - \$2</u> 11:30am-12:45pm <u>Save on Foods - \$2</u> 3:00-4:15pm	<u>Pearkes - \$3</u> 3:15-4:15pm	<u>West Shore - \$2</u> 12:00-12:50	<u>West Shore - \$2</u> 1:30-2:30	
Swim  *= adults only	<u>Gordon Head - \$3</u> 10:00am-12:00pm <u>Esquimalt - \$2*</u> 9:00pm-10:30pm <u>Oak Bay - \$3</u> 11:00pm-12:30am <u>SEAPARC Leisure Complex - \$2</u> 11:00am-12:30pm	<u>Commonwealth - \$3*</u> 5:30-7:15am 9:00pm-10:00pm <u>SEAPARC Leisure Complex - \$3</u> 8:00-9:00pm <u>Crystal Pool - \$2*</u> 9:00-11:00pm <u>Gordon Head - \$3</u> 12:00-2:30pm 9:30-10:30pm* <u>Esquimalt - \$2*</u> 9:00pm-10:30pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Commonwealth - \$3*</u> 5:30-7:15am 9:00pm-10:00pm <u>SEAPARC Leisure Complex - \$3</u> 8:00-9:00pm <u>Esquimalt - \$2*</u> 9:00pm-10:30pm <u>Gordon Head - \$3*</u> 9:30-10:30pm <u>Crystal Pool - \$2*</u> 9:30pm-11:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Commonwealth - \$3*</u> 5:30-7:15am 9:00pm-10:00pm <u>SEAPARC Leisure Complex</u> 11:30am-1:00pm - \$2 8:00-9:00pm - \$3 <u>Gordon Head - \$3</u> 12:00-2:30pm 9:30-10:30pm* <u>Esquimalt - \$2*</u> 9:00pm-10:30pm <u>Crystal Pool - \$2*</u> 9:00pm-11:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Commonwealth - \$3*</u> 5:30-7:15am 9:00pm-10:00pm <u>SEAPARC Leisure Complex - \$2</u> 7:00-9:00pm <u>Esquimalt - \$2*</u> 9:00pm-10:30pm <u>Gordon Head - \$3*</u> 9:30-10:30pm <u>Crystal Pool - \$2*</u> 9:30pm-11:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Commonwealth - \$3*</u> 5:30-7:15am 9:00pm-10:00pm <u>Gordon Head - \$3</u> 12:00-2:30pm <u>Esquimalt - \$2/\$3</u> 7:00pm-9:00pm (\$3) 9:00pm-10:30pm (\$2)* <u>Commonwealth - \$3</u> 9:00-10:00pm (13+) <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Gordon Head - \$3</u> 11:00am-12:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am <u>Commonwealth - \$3</u> 4:00-6:00pm
Weight Room 		<u>Pearkes - \$3</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3</u> 12:00-12:30pm 9:30-10:30pm	<u>Pearkes - \$3</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3</u> 9:30-10:30pm	<u>Pearkes - \$3</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3</u> 12:00-12:30pm 9:30-10:30pm	<u>Pearkes - \$3</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3</u> 9:30-10:30pm	<u>Pearkes - \$3</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3</u> 12:00-12:30pm	

All efforts are made to ensure this calendar is up to date however recreation centres are subject to change and may cancel drop in's for special events.