

Date and Time	Event	Location	Registration etc.
Friday, September 29, 2023 9am - 10:30 am	<b>Pancake Breakfast</b> Start off your special day with a friendly breakfast	SHOAL Centre 10030 Resthaven Dr. Sidney	Free to attend! Contact SHOAL Centre (250) 656-5537 to save your space!
Sunday, October 1, 2023 9:30 - 11:30 am	<b>Bird Magic</b> Bring your binoculars for an easy walk and talk about the fascinating habits of birds, led by a skilled Rocky Point Bird Observatory senior volunteer.	Outerbridge Park 1181 Royal Oak Dr. Saanich	Free to attend! No registration or tickets required. Seniors and their families welcome! Beginner birders welcome!
Sunday, October 1, 2023 1:00 pm - 3:00 pm	<b>Jazz Matinee</b> performance see <b>CanUS Red Hot</b> A Traditional Jazz Band at Hermann's Jazz Club	Arts on View Society dba Hermann's Jazz Club 753 Yates St., Victoria 250-388-9166	Tickets available at <a href="http://www.hermannsjazz.com">www.hermannsjazz.com</a> - \$20
Monday, October 2, 2023 2 pm - 4 pm	<b>A Movie for the Heart!</b> Romance and comedy flourish at any age! Enjoy an afternoon matinee with <b>Quartet</b> , starring the wonderful Maggie Smith! "It's sweet, gentle, and predictable to a fault, but Dustin Hoffman's affectionate direction and the talented cast's amiable charm make Quartet too difficult to resist."	Vic Theatre 808 Douglas St, Victoria	Free to attend! No registration required. Free refreshments offered.
Monday, October 2, 2023 6:30pm - 8:30 pm	<b>Films Create Awareness:</b> <b>Still Working Nine to Five.</b> A screening and presentation on 'Across Generations' in collaboration with the Salt Spring Film Festival. This film features Dolly Parton, Jane Fonda and Lily Tomlin modeling their age defying activism.	ArtSpring Theatre 100 Jackson Ave Salt Spring Island	No registration or advance tickets required. Admission is FREE!
Tuesday, October 3, 2023 12pm - 1 pm	<b>See Something Say Something</b> Take this opportunity to learn more about how to create safe communities for seniors	Online	Free event! Please register at: <a href="https://us06web.zoom.us/join/https://us06web.zoom.us/meeting/register/tZ0rf-2hqoiHt1GYWszqj1s2Y9SXFjUnl8Q#/registration">https://us06web.zoom.us/meeting/register/tZ0rf-2hqoiHt1GYWszqj1s2Y9SXFjUnl8Q#/registration</a>
Tuesday, October 3 10am - 12 pm	<b>Celebrating Aging through Art</b> Whether you have artistic talent or not, you and your friends and family are welcome to join in for a chance to stretch your creative muscles and play with art! Absolutely no experience necessary. It will be a fun time led by an art student. Refreshments will be served.	Esquimalt Rec Centre 527 Fraser Street Esquimalt	Free event! No registration required.
Thursday, October 5 1 pm - 2:30 pm	<b>Ageism</b> For seniors on the Westshore, the Metchosin Senior's Resource Center and Westshore CRN are pleased to host the BC CRN presentation on Ageism. Learn what ageism is and how it impacts all of us - fear ageism, not aging!	Metchosin Senior's Resource Center 4495 Happy Valley Road	Free event! No registration necessary - please drop in!