

Victoria and Area Schedule				
Community Area	Location	Session	Date	Time
Esquimalt	Esquimalt Recreation Centre – Pioneer Hall A	Nutrition Seminar	Sept 25, 2010	9:30 – 11:00 AM
Esquimalt	Esquimalt Recreation Centre – Senior's Centre	Nutrition Seminar	Nov 16, 2010	6:00 – 7:30 PM
Esquimalt	Admirals Walk	Grocery Store Tour	Nov 22, 2010	7:00 – 8:00 PM
Oak Bay	Oak Bay Recreation Centre – Lounge	Nutrition Seminar	Sept 20, 2010	6:30 – 8:00 PM
Oak Bay	Hillside	Grocery Store Tour	Sept 27, 2010	7:00 – 8:00 PM
Oak Bay	Monterey Centre – Cedar Room	Nutrition Seminar	Dec 6, 2010	10:00 – 11:30 AM
Oak Bay	Fairfield	Grocery Store Tour	Dec 9, 2010	7:00 – 8:00 PM
Saanich	Commonwealth Place – Arbutus Room	Nutrition Seminar	Oct 4, 2010	9:30 – 11:00 AM
Saanich	Gordon Head Recreation Centre	Nutrition Seminar	Oct 18, 2010	7:00 – 8:30 PM
Saanich	Quadra	Grocery Store Tour	Oct 25, 2010	7:00 – 8:00 PM
Saanich	Tuscany	Grocery Store Tour	Nov 16, 2010	7:00 – 8:00 PM
Saanich	Broadmead	Grocery Store Tour	Dec 6, 2010	7:00 – 8:00 PM
Saanich Peninsula	Panorama Recreation Centre	Nutrition Seminar	Sept 22, 2010	7:00 – 8:30 PM
Saanich Peninsula	Central Saanich	Grocery Store Tour	Oct 4, 2010	7:00 – 8:00 PM
Saanich Peninsula	SHOAL Centre	Nutrition Seminar	Nov 5, 2010	10:00 – 11:30 AM
Saanich Peninsula	Sidney	Grocery Store Tour	Nov 15, 2010	7:00 – 8:00 PM
Sooke	Sooke Senior Centre	Nutrition Seminar	Sept 22, 2010	6:00 – 7:30 PM
Sooke	SEAPARC Leisure Complex	Nutrition Seminar	Oct 1, 2010	10:30 – 12:00 PM
Victoria	Victoria YMCA/YWCA	Nutrition Seminar	Oct 12, 2010	7:00 – 8:30 PM
Victoria	Crystal Pool and Fitness Centre	Nutrition Seminar	Oct 25, 2010	6:00 – 7:30 PM
Victoria	Cloverdale	Grocery Store Tour	Nov 1, 2010	7:00 – 8:00 PM
Victoria	Victoria YMCA/YWCA	Nutrition Seminar	Nov 9, 2010	7:00 – 8:30 PM
Victoria	Crystal Pool and Fitness Centre	Nutrition Seminar	Dec 6, 2010	10:00 – 11:30 AM
Victoria	James Bay	Grocery Store Tour	Dec 13, 2010	7:00 – 8:00 PM
West Shore	JDF Recreation Centre – Gillangcolme Room	Nutrition Seminar	Sept 27, 2010	7:00 – 8:30 PM
West Shore	JDF Recreation Centre – Gillangcolme Room	Nutrition Seminar	Oct 25, 2010	7:00 – 8:30 PM
West Shore	Colwood	Grocery Store Tour	Nov 1, 2010	7:00 – 8:00 PM