

As the days get shorter and cooler, and as many return to work or school, the transition of the season allows one to consider recreation as an opportunity for “re-creation.” Recreation allows us to improve ourselves through physical, creative, or social activities, and many opportunities abound in the fall season.

A hike or bird-watching amble through a Garry Oak meadow in one of Oak Bay’s natural parks. A stroll along the waterfront, viewing the natural beauty, wildlife, architecture, and public art works. A kayak or paddleboard among the sea lions, birds, and other pelagic fauna adjacent to our shores. These acts of recreation reduce stress, improve one’s health, and provide space to imagine and contemplate; space that is less and less common in modern life. Allow your mind to wander and wonder as you explore our community and natural surrounds.

Take up a sport (or start again) in one of the many leagues and drop-in opportunities at Recreation Oak Bay. Available for all skill levels, you can play hockey, soccer, tennis, pickleball, table-tennis, swimming, running, aerobics... all great ways to meet new people, feel energized and develop skills. Or if you want to pick up your game or have your child compete at a higher level, there are qualified coaches available for all ages.

Create social connections through the many clubs and activities available. Play a game of billiards, learn to dance, or take a computer course at the Monterey Recreation Center. Join hundreds of your neighbours to enjoy amazing music at a Concert in the Park or be transformed by an intimate music evening with world-class musicians in the Oak Bay Recreation Centre’s upstairs lounge.

Oak Bay’s many opportunities to gather, learn, exercise, and grow together as a community make it one of the most desirable places in the world to live. I encourage you to take a chance this fall and “re-create” yourself in some small way – and let the many friendly faces at Recreation Oak Bay help you as well.



Kevin Murdoch, Mayor, District of Oak Bay

Yours truly,

Kevin Murdoch

Mayor, District of Oak Bay

Oak Bay Parks, Recreation, and Culture Mission Statement:

**To enhance life in our community
through the provision of quality services.**

