



**Better
at Home**








United Way helping seniors remain independent.





QUADRA CIRCLE Senior Activity Centre Jan 2026 Calendar

All programs are **FREE (BY DONATION PLEASE!)**
hkquadracircle@gmail.com or 250-285-2255

Some Classes
Require Registration (RR)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02	03
	10:00 am Games and Coffee Legion				10:00 am Games and Coffee Legion	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
04	05	06	07	08	09	10
	10:00 am Games and Coffee Legion		10:00 am Games and Coffee Legion		10:00 am Games and Coffee Legion	
	11:00-NOON Chair Exercises Jeannie Legion	NOON -1:00 pm Zoom Talk – Elder Abuse Legion	11:00-NOON Chair Exercises Nicky Legion		11:00-NOON Chair Yoga/Qi Gong Sarah Legion	
	Noon-1:00 pm Light Lunch Legion		Noon-1:00 pm Light Lunch Legion		Noon-1:00 pm Light Lunch Legion	
	2:30 – 4:00 PM Caregivers Meeting CC Room #1					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12	13	14	15	16	17
	10:00 am Games and Coffee Legion		10:00 am Games and Coffee Legion		10:00 am Games and Coffee Legion	
	11:00-NOON Chair Exercises Jeannie Legion	11:00-12:30 pm Core Strength Sheelagh QCC Room 3	11:00-NOON Chair Exercises Jeannie Legion		11:00-NOON Chair Yoga/Qi Gong Trinity Legion	
	Noon-1:00 pm Light Lunch Legion		Noon-1:00 pm Light Lunch Legion		Noon-1:00 pm Light Lunch Legion	
	1:00-3:00 PM Jewelry QCC Room 1		1:00-3:00 Mosaics QCC Room #1		1:00-3:00 Xmas Gift Making Legion	
			2:30-4:00 PM Ping Pong QCC Main Hall			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18	19	20	21	22	23	24
	10:00 am Games and Coffee Legion		10:00 am Games and Coffee Legion		10:00 am Games and Coffee Legion	
	11:00-NOON Chair Exercises Jeannie Legion	11:00-12:30 pm Core Strength Sheelagh QCC Room 3	11:00-NOON Chair Exercises Nicki Legion		11:00-NOON Chair Yoga/Qi Gong Trinity Legion	
	Noon-1:00 pm Light Lunch Legion	10:30-Noon ZM Talk Dementia Legion	Noon-1:00 pm Light Lunch Legion		Noon-1:00 pm Light Lunch Legion	
	2:30 – 4:00 PM Carers Meeting CC Room #1		1:00-3:00 Mosaics QCC Room #1			
			2:30-4:00 PM Ping Pong QCC Main Hall			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	31
	10:00 – Noon Games and Coffee Legion		10:00 – Noon Games and Coffee Legion		10:00 am Games and Coffee Legion	
	11:00-NOON Chair Exercises Jeannie Legion	11:00-12:30 pm Core Strength Sheelagh QCC Room 3	11:00-NOON Chair Exercises Nicki Legion	11:00-12:30 pm Fall Proof CC Rm 3 (RR)	11:00-NOON Chair Yoga/Qi Gong Trinity Legion	
	Noon-1:00 pm Light Lunch Legion		Noon-1:00 pm Light Lunch Legion		Noon-1:00 pm Light Lunch Legion	
			1:00-3:00 Mosaics QCC Room #1			
			2:30-4:00 PM Ping Pong QCC Main Hall			