



**Better  
at Home**




United Way helping seniors remain independent.







# QUADRA CIRCLE Senior Activity Centre Sept 2024 Calendar

All programs are **FREE (BY DONATION PLEASE!)**  
[hkquadracircle@gmail.com](mailto:hkquadracircle@gmail.com) or 250-285-3738

Some Classes  
Require Registration (RR)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
			10:00 am Games and Coffee LEGION		10:00 am Games and Coffee LEGION	
			11:00-NOON Chair Exercises Jeanne	10am-11:30am Iphone Digital Skills QCC (RR)	11:00-NOON Chair Yoga/Qi Gong Trinity Legion	
			Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08	09	10	11	12	13	14
	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 Jeanne		11:00-NOON Chair Exercises Nicky Leask	9:45 am – 11:00 am Chair Cardio Drumming Nicky QCC	11:00-NOON Chair Yoga/Qi Gong Trinity Legion	
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION	10am-11:30am Iphone Digital Skills QCC (RR)	Noon-1:00 pm Light Lunch LEGION	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
15	16	17	18	19	20	21	
	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 Jeanne	10:15-11:15 am Balance, Core Strength QCC (RR)	11:00-NOON Chair Exercises Nicky Leask	9:45 am – 11:00 am Chair Cardio Drumming Nicky QCC	11:00-NOON Chair Yoga/Qi Gong Sara Legion		
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION	10am-11:30am Iphone Digital Skills QCC (RR)	Noon-1:00 pm Light Lunch LEGION		
			1:00-3:00pm Mosaics QCC room 1 (RR)	10:30 am - Noon Bookclub Legion (RR)			
			3:00-4:30 pm Ping Pong QCC Main Hall				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
22	23	24	25	26	27	28	
	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 Jeanne	10:15-11:15 am Balance, Core Strength QCC (RR)	11:00-NOON Chair Exercises Nicky Leask	9:45 am – 11:00 am Chair Cardio Drumming Nicky QCC	11:00-NOON Chair Yoga/Qi Gong Trinity Legion		
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION	10am-11:30am Iphone Digital Skills QCC (RR)	Noon-1:00 pm Light Lunch LEGION		
	Caregivers Meeting 2:20-4:00 PM QCC		1:00-3:00pm Mosaics QCC room 1 (RR)				
	1:00-3:00 pm Book Study QCC (RR)		3:00-4:30 pm Ping Pong QCC Main Hall				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
29	30	01	02	03	04	05	
			10:00 am Games and Coffee LEGION		10:00 am Games and Coffee LEGION		
			10:15-11:15 am Balance, Core Strength QCC (RR)	11:00-NOON Chair Exercises Nicky Leask	9:45 am – 11:00 am Chair Cardio Drumming Nicky QCC		11:00-NOON Chair Yoga/Qi Gong Trinity Legion
				Noon-1:00 pm Light Lunch LEGION			Noon-1:00 pm Light Lunch LEGION
				1:00-3:00pm Mosaics QCC room 1 (RR)			
				3:00-4:30 pm Ping Pong QCC Main Hall			