



**Better  
at Home**

United Way helping seniors remain independent.



**QUADRA CIRCLE  
Senior Activity Centre  
Feb 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
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>
	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 Nicky Legion	Fall Proof 11-12:30 PM Sheelagh and Nicky QCC RM 3	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			
	1:00-3:00 PM Jewelry QCC Room 1		2:30-4:00 PM Ping Pong QCC Main Hall			
	2:30 – 4:00 PM Caregivers Meeting CC Room #1		12:45-2:00 PM Fall Prev and Mobility Sabrina Legion			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	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 Nicky Legion	Fall Proof 11-12:30 PM Sheelagh and Nicky QCC RM 3	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			
			2:30-4:00 PM Ping Pong QCC Main Hall			
			12:45-2:00 PM Fall Prev and Mobility Sabrina 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 Jeannie Legion	11:00-12:30 pm Core Strength Sheelagh QCC Room 3	11:00-NOON Chair Exercises Nicky Legion	10:30-Noon Book Club Legion	11:00-NOON Chair Yoga/Qi Gong Sarah Legion	
	Noon-1:00 pm Light Lunch Legion		Noon-1:00 pm Light Lunch Legion	Fall Proof 11-12:30 PM Sheelagh and Nicky QCC RM 3	Noon-1:00 pm Light Lunch Legion	
	2:30 – 4:00 PM Caregivers Meeting CC Room #1		1:00-3:00 Mosaics QCC Room #1			
	1:00-3:00 PM Jewelry QCC Room 1		2:30-4:00 PM Ping Pong QCC Main Hall			
			12:45-2:00 PM Fall Prev and Mobility Sabrina Legion			
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 Jeannie Legion	11:00-12:30 pm Core Strength Sheelagh QCC Room 3	11:00-NOON Chair Exercises Nicki Legion	Fall Proof 11-12:30 PM Sheelagh and Nicky QCC RM 3	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	
	1:00-3:00 PM Jewelry QCC Room 1		1:00-3:00 Mosaics QCC Room #1			
			2:30-4:00 PM Ping Pong QCC Main Hall			
			12:45-2:00 PM Fall Prev and Mobility Sabrina Legion			