



**Better
at Home**

United Way helping seniors remain independent.



QUADRA CIRCLE Senior Activity Centre Oct 2025 Calendar

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

Some Classes
Require Registration (RR)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01	02	03	04
	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-NOON Chair Exercises Nicky Legion	10:00-11:00 Tai Chi CC Room 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 PM Jewelry CC Room 1 Adrienne		1:00-3:00 PM Mosaics QCC Rm 1			
			2:30-4:00 PM Ping Pong QCC Main Hall			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
05	06	07	08	09	10	11
	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	10:30-Noon Core Strength Sheelagh QCC Room 3	11:00-NOON Chair Exercises Nicky Legion	10:00-11:00 Tai Chi CC Room 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	10:30-Noon Book Club Legion (RR)	Noon-1:00 pm Light Lunch Legion	
	2:30 – 4:00 PM Caregivers Meeting		1:00-3:00 PM Mosaics QCC Rm 1			
	1:00-3:00 PM Jewelry QCC Room 1 Adrienne		2:30-4:00 PM Ping Pong QCC Main Hall			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14	15	16	17	18
			10:00 am Games and Coffee Legion		10:00 am Games and Coffee Legion	
		10:30-Noon Core Strength Sheelagh QCC Room 3	11:00-NOON Chair Exercises Nicky Legion	10:30am-Noon Somatics 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	
			1:00-2:00pm Talk Healthy Futures Diabetes- Legion			
			1:00-3:00 PM Mosaics QCC Rm 1			
			2:30-4:00 PM Ping Pong QCC Main Hall			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19	20	21	22	23	24	25
	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 Legion	10:30-Noon Core Strength QCC Rm 3	11:00-NOON Chair Exercises Legion	10:30am-Noon Somatics CC Rm3	11:00-NOON Chair Yoga/QiGong Legion	
	Noon-1:00 pm Light Lunch Legion		Noon-1:00 pm Light Lunch Legion	1:00-2:00 PM Heart Healthy Meals Sabrina QCC Kitchen	Noon-1:00 pm Light Lunch Legion	
	1:00-3:00 PM Jewelry QCC Room 1 Adrienne		1:00-3:00 PM Mosaics QCC Rm 1			
	2:30 – 4:00 PM Caregivers Meeting		2:30-4:00 PM Ping Pong QCC Main Hall			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	01
	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	10:30-Noon Core Strength Sheelagh QCC Room 3	11:00-NOON Chair Exercises Nicky Legion	10:30am-Noon Somatics CC Room 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	10:30-Noon Book Club Legion (RR)	Noon-1:00 pm Light Lunch Legion	
	1:00-3:00 PM Jewelry QCC Room 1		2:30-4:00 PM Ping Pong QCC Main Hall			
			1:00-3:00 PM Mosaics QCC Rm 1			