









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)

Nquadraon ore@gmamoom or 200 200 0700					require registre	(1 11 1)
SUNDAY	MONDAY	TUESDAY	WEDNESDAY		FRIDAY	SATURDAY
28	10:00 am Games and Coffee Legion	30	10:00 am Games and Coffee Legion	02	10:00 am Games and Coffee Legion	
CLOSED	11:00-NOON Chair Exercises Jeannie Legion Noon-1:00 pm Light Lunch Legion	CLOSED		CC Room 3 (RR)	11:00-NOON Chair Yoga/Qi Gong Trinity Legion Noon-1:00 pm Light Lunch Legion	CLOSED
v v	1:00-3:00 PM Jewelry CC Room 1 Adrianne		1:00-3:00 PM Mosaics QCC Rm 1		Lunch Legion	
SUNDAY	MONDAY	TUESDAY	2:30-4:00 PM Ping Pong QCC Main Hall WEDNESDAY		FRIDAY	SATURDAY
05	06	07	08	09	10	,
	10:00 am Games and		10:00 am Games and		10:00 am Games and	
	Coffee Legion		Coffee Legion		Coffee Legion	
		10:30-Noon Core	11:00-NOON Chair	10:00-11:00 Tai Chi	11:00-NOON Chair	
		Strength Sheelagh QCC Room 3	Exercises Nicky Legion	CC Room 3 (RR)	Yoga/Qi Gong Trinity Legion	
CLOSED	Noon-1:00 pm Light Lunch Legion	2000	Noon-1:00 pm Light	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			CLOSED
	1:00-3:00 PM Jewelry QCC Room 1 Adrianne		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	
CLOSED	CLOSED	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	CLOSED
			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		25
	10:00 am Games and Coffee Legion		10:00 am Games and Coffee Legion		10:00 am Games and Coffee Legion	
CLOSED		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	3 . (3.	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 Adrianne		1:00-3:00 PM Mosaics QCC Rm 1			CLOSED
	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		28		30		01
	10:00 am Games and Coffee Legion		10:00 am Games and Coffee Legion		10:00 am Games and Coffee Legion	
CLOSED	Exercises Jeannie Legion		11:00-NOON Chair Exercises Nicky Legion	10:30am-Noon Somatics CC Room 3 (RR)	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	CLOSED
	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			