



**Better
at Home**



United Way helping seniors remain independent.





QUADRA CIRCLE Senior Activity Centre March 2024 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
25	26	27	28	29	01	02
	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 Nicky	10:00-11:30 am Bone Balance RR QCC Room 3 (upstairs)	11:00-NOON Chair Exercises Nicky Leask	11:00-12:30 PM Ball Drumming Nicky QCC Room 3	11:00-NOON Chair Yoga/Qi Gong Mike Brisbois Legion	
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION			
	1:00-3:00 PM Jewelry Making Legion		1:00-3:00 pm RR Mosaics QCC room 1			
			3:00-4:30 pm Ping Pong QCC			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
03	04	05	06	07	08	09
	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 Nicky	10:00-11:30 am Bone Balance RR QCC Room 3 (upstairs)	11:00-NOON Chair Exercises Nicky Leask	Book Club RR 10:30-Noon Legion	11:00-NOON Chair Yoga/Qi Gong Mike Brisbois Legion	
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION			
	1:00-3:00 PM Jewelry Making Legion		1:00-3:00 pm RR Mosaics QCC room 1			
			3:00-4:30 pm Ping Pong QCC			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10	11	12	13	14	15	16
	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	10:00-11:30 am Bone Balance RR QCC Room 3 (upstairs)	11:00-NOON Chair Exercises Nicky Leask		11:00-NOON Chair Yoga/Qi Gong Mike Brisboi Legion	
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION			
	1:00-3:00 PM Jewelry Making Legion		1:00-3:00 pm RR Mosaics QCC room 1			
	Caregivers Meeting 2:20-4:00 PM QCC Room 2		3:00-4:30 pm Ping Pong QCC			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18	19	20	21	22	23
	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	10:00-11:30 am Bone Balance RR QCC Room 3 (upstairs)	11:00-NOON Chair Exercises Nicky	11:00-12:30 PM Ball Drumming Nicky QCC Room 3	11:00-NOON Chair Yoga/Qi Gong TBA Legion	1:30-4:00 PM Dementia Talk – Celebrate Life! QCC Main Hall, Jude McCormick
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION			
	1:00-3:00 PM Jewelry Making Legion		1:00-3:00 pm RR Mosaics QCC room 1			
			3:00-4:30 pm Ping Pong QCC			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24	25	26	27	28	29	30
	10:00 am Games and Coffee LEGION		10:00 am Games and Coffee LEGION	Book Club RR 10:30-Noon Legion	10:00 am Games and Coffee LEGION	
	11:00-NOON Chair Exercises Jeannie	10:00-11:30 am Bone Balance RR QCC Room 3 (upstairs)	11:00-NOON Chair Exercises Nicky	11:00-12:30 PM Ball Drumming Nicky QCC Room 3	11:00-NOON Chair Yoga/Qi Gong TBA Legion	
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION			
	1:00-3:00 PM Jewelry Making Legion		1:00-3:00 pm RR Mosaics QCC room 1			
	Caregivers Meeting 2:20-4:00 PM QCC Room 2		3:00-4:30 pm Ping Pong QCC			