



**Better
at Home**






United Way helping seniors remain independent.









**QUADRA CIRCLE
Senior Activity Centre
Nov 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
02	03	04	05	06	07	08
	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 Rm 3 (RR)	11:00-NOON Chair Yoga/Qi Gong Trinity 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		Noon-1:00 pm Light Lunch Legion	
	1:00-3:00 PM Jewelry CC CANCELLED		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
09	10	11	12	13	14	15
	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	10:30am-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		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 Ping Pong QCC Main Hall			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16	17	18	19	20	21	22
	10:00 am Games and Coffee Legion		10:00 am Games and Coffee Legion	10:00 – 11:30 am Fall Proof CC Rm 3 (RR)	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	10:30-Noon Book Club Legion (RR)	11:00-NOON Chair Yoga/Qi Gong Trinity Legion	
	Noon-1:00 pm Light Lunch Legion		Noon-1:00 pm Light Lunch Legion	1:00-2:00 PM Heart Healthy Meals QCC	Noon-1:00 pm Light Lunch Legion	
	1:00-2:00 PM Talk – Gov Benefits Legion		1:00-3:00 PM Mosaics QCC Rm 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					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	29
	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 Jeannie	10:30-Noon Core Strength QCC Rm 3	11:00-NOON Chair Exercises Legion Nicky	10:00 – 11:30 am Fall Proof CC Rm 3 (RR)	11:00-NOON Chair Yoga/QiGong Legion Trinity	
	Noon-1:00 pm Light Lunch Legion		Noon-1:00 pm Light Lunch Legion		Noon-1:00 pm Light Lunch Legion	
			1:00-2:00 PM TALK – COPD Sabrina 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 Ping Pong QCC Main Hall			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	01	02	03	04	05	06
	10:00 am Games and Coffee Legion		10:00 am Games and Coffee Legion	10:00 – 11:30 am Fall Proof CC Rm 3	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	1:00-2:00 PM Heart Healthy Meals QCC	11:00-NOON Chair Yoga 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		2:30-4:00 PM Ping Pong QCC Main Hall			
			1:00-3:00 PM Mosaics QCC Rm 1			