



**Better
at Home**

United Way helping seniors remain independent.



QUADRA CIRCLE Senior Activity Centre Sept 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
30	31	01	02	03	04	05
						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06	07	08	09	10	11	12
		3:00 – 4:30 PM Good Grief Support Group QCC RM 2	10:00 am Games and Coffee Legion 11:00-NOON Chair Exercises Nicky Legion Noon-1:00 pm Light Lunch Legion		10:00 am Games and Coffee Legion 11:00-NOON Chair Yoga/Qi Gong Trinity Legion Noon-1:00 pm Light Lunch Legion	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13	14	15	16	17	18	19
	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	11-12:30 PM Core Strength (RR) QCC	10:00- Noon Maj Jong Lessons Adrienne Legion		11:00-NOON Chair Yoga/Qi Gong Trinity Legion	
	Noon-1:00 pm Light Lunch Legion		11:00-NOON Chair Exercises Nicky Legion		Noon-1:00 pm Light Lunch	
	1:00-3:00 Jewelry (RR) QCC		Noon-1:00 pm Light Lunch Legion			
			1:00-3:00 Mosaics (RR) QCC Rm 1			
			3:00-4:30 PM Ping Pong QCC Main Hall			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24	25	26
	10:00 am Games and Coffee Legion		10:00 am Games and Coffee Legion		10:00 am Games and Coffee Legion	
		11-12:30 PM Core Strength (RR) QCC	10:00- Noon Maj Jong Lessons Legion	9:00 am – 3:00 pm Cortes Trip	11:00-NOON Chair Yoga/Qi Gong Trinity	
	11:00-NOON Chair Exercises Jeannie	3:00 – 4:30 PM Good Grief QCC RM 2	11:00-NOON Chair Exercises Nicky Legion	10:30 am Book Club (RR) 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 Jewelry QCC		1:00-3:00 Mosaics (RR) QCC Rm 1			
			3:00-4:30 PM Ping Pong QCC Main Hall			
			12:45 PM Flower Arranging (RR) Legion			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	01	02	03
	10:00 am Games and Coffee Legion	9:00 AM- 4:00 PM Cortes Trip			10:00 am Games and Coffee Legion	
	11:00-NOON Chair Exercises Jeannie	11-12:30 PM Core Strength (RR) QCC			11:00-NOON Chair Yoga/Qi Gong Trinity	
	Noon-1:00 pm Light Lunch Legion				Noon-1:00 pm Light Lunch	
	1:00-3:00 Jewelry (RR) QCC					