



**Better
at Home**





United Way helping seniors remain independent.










QUADRA CIRCLE Senior Activity Centre Dec 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
30	01	02	03	04	05	06
	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 – 11:30 am Fall Proof CC Rm 3	11:00-NOON Chair Yoga/Qi Gong Trinity Legion	
	Noon-1:00 pm Light Lunch Legion	1:00 PM zoom Talk Decluttering you Home 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 CC		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
07	08	09	10	11	12	13
	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 – 11:30 am Fall Proof CC Rm 3	11:00-NOON Chair Yoga/Qi Gong Trinity Legion	
	Noon-1:00 pm Light Lunch Legion	2:00-3:30 PM Good Grief Support QCC Room #2	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 Adrienne		1:00-3:00 Xmas Card Making Legion			
	2:30 – 4:00 PM Caregivers Meeting CC Room #1		2:30-4:00 PM Ping Pong QCC Main Hall			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15	16	17	18	19	20
	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 Jeannie Legion	10:00 – 11:30 am Fall Proof 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		1:00-3:00 Xmas Gift Making Legion		1:00-3:00 Xmas Gift Making Legion	
			2:30-4:00 PM Ping Pong QCC Main Hall			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21	22	23	24	25	26	27
						
	10:00 – Noon Games and Coffee Legion					
	2:30 – 4:00 PM Caregivers Meeting CC Room #1	2:00-3:30 PM Good Grief Support QCC Room #2				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02	03
	10:00 – Noon Games and Coffee Legion		10:00 – Noon Games and Coffee Legion		10:00 – Noon Games and Coffee Legion	