



**Better
at Home**







United Way helping seniors remain independent.






QUADRA CIRCLE Senior Activity Centre April 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	
29	30	31	01	02	03	04	
	10:00 am Games and Coffee Legion		10:00 am Games and Coffee Legion				
	11:00-NOON Chair Exercises Jeannie Legion	11:00-12:30 pm Core Strength Sheelagh QCC Room 3	11:00-NOON Chair Exercises Jeannie Legion	10:30-Noon Book Club Legion			
	Noon-1:00 pm Light Lunch Legion		Noon-1:00 pm Light Lunch Legion				
			1:00-3:00 Mosaics QCC Room #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 CC Room #1						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
05	06	07	08	09	10	11	
			10:00 am Games and Coffee Legion		10:00 am Games and Coffee Legion		
			11:00-12:30 pm Core Strength Sheelagh QCC Room 3	11:00-NOON Chair Exercises Nicky Legion			11:00-NOON Chair Yoga/Qi Gong Sarah Legion
			Noon-1:00 PM Caregiver Talk Legion	Noon-1:00 pm Light Lunch Legion			Noon-1:00 pm Light Lunch Legion
				1:00-3:00 Mosaics QCC Room #1			
				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		10:00 am Games and Coffee Legion	
	11:00-NOON Chair Exercises Jeannie Legion	11:00-12:30 pm Core Strength Sheelagh QCC Room 3	11:00-NOON Chair Exercises Nicky Legion		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 Mosaics QCC Room #1			
	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
19	20	21	22	23	24	25
	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	11:00-12:30 pm Core Strength Sheelagh QCC Room 3	11:00-NOON Chair Exercises Nicki Legion	10:30-Noon Book Club Legion	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 Mosaics QCC Room #1			
			2:30-4:00 PM Ping Pong QCC Main Hall			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	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 Jeannie Legion	11:00-12:30 pm Core Strength Sheelagh QCC Room 3	11:00-NOON Chair Exercises Nicki Legion		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 Mosaics QCC Room #1			
	2:30 – 4:00 PM Caregivers Meeting		2:30-4:00 PM Ping Pong QCC Main Hall			