



**Better
at Home**

United Way helping seniors remain independent.



QUADRA CIRCLE Senior Activity Centre July 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
28	29	30	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-NOON Chair Yoga/Qi Gong Legion Trinity	
	Noon-1:00 pm Light Lunch Legion				Noon-1:00 pm Light Lunch Legion	
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		10:00 am Games and Coffee Legion	
	11:00-NOON Chair Exercises Jeannie Legion		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	

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 CANCELLED	3:00 – 4:30 PM Good Grief Support Group QCC RM 2	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 CANCELLED	
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-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	
	12:45 -3:00 PM BC Services App Workshop Legion					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	01
	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- 1:00 PM Annual Rebecca Spit Picnic Rebecca Spit	11:00-NOON Chair Exercises Nicki Legion CANCELLED		11:00-NOON Chair Yoga/Qi Gong Trinity Legion	
	Noon-1:00 pm Light Lunch Legion	3:00 – 4:30 PM Good Grief Support Group QCC RM 2	Noon-1:00 pm Light Lunch Legion		Noon-1:00 pm Light Lunch Legion	