



**Better
at Home**



United Way helping seniors remain independent.





QUADRA CIRCLE Senior Activity Centre June 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
31	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		11:00-NOON Chair Exercises Nicky Legion		11:00-NOON Chair Yoga/Qi Gong Legion CANCELLED	
	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 Movie Silver Screammers					

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		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	
		3:00 – 4:30 PM Good Grief Support Group QCC RM 2				

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		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
21	22	23	24	25	26	27
	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	
		3:00 – 4:30 PM Good Grief Support Group QCC RM 2				
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 Trinity Legion	
	Noon-1:00 pm Light Lunch Legion				Noon-1:00 pm Light Lunch Legion	