



**Better
at Home**

United Way helping seniors remain independent.



**QUADRA CIRCLE
Senior Activity Centre
March 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
01	02	03	04	05	06	07
	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 Jeannie Legion	Fall Proof 11-12:30 PM Sheelagh and Nicky QCC RM 3	11:00-NOON Chair Yoga/Qi Gong Sarah 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 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
08	09	10	11	12	13	14
	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	10:30-Noon Book Club Legion	11:00-NOON Chair Yoga/Qi Gong Sarah Legion	
	Noon-1:00 pm Light Lunch Legion	Noon-1:00 PM Caregiver Talk Legion	Noon-1:00 pm Light Lunch Legion	Fall Proof 11-12:30 PM Sheelagh and Nicky QCC RM 3	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
15	16	17	18	19	20	21
	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	Fall Proof 11-12:30 PM Sheelagh and Nicky QCC RM 3	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
22	23	24	25	26	27	28
	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 Ping Pong QCC Main Hall			

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		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			