



**Better
at Home**

United Way helping seniors remain independent.



QUADRA CIRCLE Senior Activity Centre August 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
02	03	04	05	06	07	08
			10:00 am Games and Coffee Legion		10:00 am Games and Coffee Legion	
			11:00-NOON Chair Exercises Legion CANCELLED		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
09	10	11	12	13	14	15
	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	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 Legion	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16	17	18	19	20	21	22
	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	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 CANCELLED	
	Noon-1:00 pm Light Lunch Legion		Noon-1:00 pm Light Lunch Legion		Noon-1:00 pm Light Lunch	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	29
						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	01	02	03	04
						