





United Way helping seniors remain independent.





# QUADRA CIRCLE Senior Activity Centre April 2024 Calendar

All programs are FREE (BY DONATION PLEASE!)  
hkquadracircle@gmail.com or 250-285-3738

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	10:00-11:30 am Bone Balance RR QCC Room 3 (upstairs)	11:00-NOON Chair Exercises Nicky Leask	Book Club RR 10:30-Noon Legion	11:00-NOON Chair Yoga/Qi Gong Trinity Legion	
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION	11:00-12:00 PM Ball Drumming Nicky QCC Room 3		
			1:00-3:00 pm RR Mosaics QCC room 1			
			3:00-4:30 pm Ping Pong QCC			

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	10:00-11:30 am Bone Balance RR QCC Room 3 (upstairs)	11:00-NOON Chair Exercises Nicky Leask	11:00-12:00 PM Ball Drumming Nicky QCC Room 3	11:00-NOON Chair Yoga/Qi Gong Trinity Legion	
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION			
	1:00-3:00 PM Jewelry Making Legion		1:00-3:00 pm RR Mosaics QCC room 1			
	Caregivers Meeting 2:20-4:00 PM QCC Room 2		3:00-4:30 pm Ping Pong QCC			

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	10:00-11:30 am Bone Balance RR QCC Room 3 (upstairs)	11:00-NOON Chair Exercises Nicky Leask		11:00-NOON Chair Yoga/Qi Gong Trinity Legion	
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION			
	1:00-3:00 PM Jewelry Making Legion		1:00-3:00 pm RR Mosaics QCC room 1			
			3:00-4:30 pm Ping Pong QCC			
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	10:00-11:30 am Bone Balance RR QCC Room 3 (upstairs)	11:00-NOON Chair Exercises Nicky	Book Club RR 10:30-Noon Legion	11:00-NOON Chair Yoga/Qi Gong Trinity Legion	
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION	11:00-12:30 PM Ball Drumming Nicky QCC Room 3		
	1:00-3:00 PM Jewelry Making Legion		12:45-2:00 PM TALK Advanced Care Plan MAID Legion			
	Caregivers Meeting 2:20-4:00 PM QCC		1:00-3:00 pm RR Mosaics QCC room 1			
			3:00-4:30 pm Ping Pong QCC			
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		10:00 am Games and Coffee LEGION	
	11:00-NOON Chair Exercises Jeannie		11:00-NOON Chair Exercises Nicky	11:00-12:30 PM Ball Drumming Nicky QCC Room 3	11:00-NOON Chair Yoga/Qi Gong Trinity Legion	
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION			
	1:00-3:00 PM Jewelry Making Legion		1:00-3:00 pm RR Mosaics QCC room 1			
			3:00-4:30 pm Ping Pong QCC			