



**Better
at Home**



United Way helping seniors remain independent.












QUADRA CIRCLE Senior Activity Centre Aug 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
28	29	30	31	01	02	03
	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 Nicky Leask		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			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
04	05	06	07	08	09	10
			10:00 am Games and Coffee LEGION		10:00 am Games and Coffee LEGION	
			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	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12	13	14	15	16	17
	10:00 am Games and Coffee LEGION		10:00 am Games and Coffee LEGION		10:00 am -Noon Games and Coffee LEGION	
	11:00-NOON Chair Exercises Nicky Leask		11:00-NOON Chair Exercises Nicky Leask			
	Caregivers Meeting 2:20-4:00 PM QCC					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18	19	20	21	22	23	24
	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 Nicky Leask		11:00-NOON Chair Exercises Nicky Leask		11:00-NOON Chair Yoga/Qi Gong Sara Legion	
			Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	31
	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 Nicky Leask		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			
	Caregivers Meeting 2:20-4:00 PM QCC					