



**Better
at Home**





United Way helping seniors remain independent.










QUADRA CIRCLE Senior Activity Centre June 2025 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
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		11:00-NOON Chair Exercises Nicky		11:00-NOON Chair Yoga/Qi Gong Sara 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
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		11:00-NOON Chair Exercises Nicky		11:00-NOON Chair Yoga/Qi Gong Sara Legion	
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION	
	2:30 – 4:00 PM Caregivers Meeting QCC		1:00-3:00pm Mosaics QCC room 1 (RR)			
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		11:00-NOON Chair Exercises Nicky		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 PM-2:00 PM Financial Advanced Care Planning Fairleigh Taylor					
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		11:00-NOON Chair Exercises Nicky		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	
	2:30 – 4:00 PM Caregivers Meeting					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	01	02	03	04	05
	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-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	