



**Better
at Home**

United Way helping seniors remain independent.



QUADRA CIRCLE Senior Activity Centre Sept 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
31	01	02	03	04	05	06
			10:00 am Games and Coffee LEGION		10:00 am Games and Coffee LEGION	
			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	
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 Legion	10:30-Noon Core Strength Sheelagh CC Room 3	11:00-NOON Chair Exercises Nicky Legion	10:00-11:00 Tai Chi CC Room 3 (RR)	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		2:30-4:00 PM Ping Pong CC Main Hall			
	1:00-3:00 PM Jewelry CC Room 1 Adrienne					

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 Legion		11:00-NOON Chair Exercises Nicky Legion	10:00-11:00 Tai Chi CC Room 3 (RR)	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 Talk – Estate Planning		1:00-2:30 PM CPR Sabrina Legion			
	1:00-3:00 PM Jewelry CC Room 1 Adrienne		2:30-4:00 PM Ping Pong CC Main Hall			
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 Legion	10:30-Noon Core Strength Sheelagh CC Room 3	11:00-NOON Chair Exercises Nicky Legion	10:00-11:00 Tai Chi CC Room 3 (RR)	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 Talk – Financial Planning Lower Income		2:30-4:00 PM Ping Pong CC Main Hall			
	1:00-3:00 PM Jewelry CC Room 1					
	2:30 – 4:00 PM Caregivers Meeting CC rm 1					
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 Legion		11:00-NOON Chair Exercises Nicky Legion	10:00-11:00 Tai Chi CC Room 3 (RR)	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 CC Room 1 Adrienne		2:30-4:00 PM Ping Pong CC Main Hall			