



**Better  
at Home**






United Way helping seniors remain independent.







**QUADRA CIRCLE  
Senior Activity Centre  
Sept 2023 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
27	28	29	30	31	01	02
	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			
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
03	04	05	06	07	08	09
			10:00 am Games and Coffee LEGION			
			11:00-NOON Chair Exercises Nicky Leask			
			Noon-1:00 pm Light Lunch LEGION			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10	11	12	13	14	15	16
	10:00 am Games and Coffee LEGION		10:00 am Games and Coffee LEGION			
	11:00-NOON Chair Exercises Nicky Leask	10:00-11:30 am Bone Balance RR QCC Room 3 (upstairs)	11:00-NOON Chair Exercises Nicky Leask			
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION			
		Caregivers Meeting 2:20-4:00 PM QCC Room 2	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
17	18	19	20	21	22	23
	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 Schweitzer	10:00-11:30 am Bone Balance RR QCC Room 3 (upstairs)	11:00-NOON Chair Exercises Nicky Leask	11-12:30 pm Somatics RR QCC Room 3 (upstairs)	11:00-NOON Chair Exercises Sara Sound Seed Yoga	
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch 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
24	25	26	27	28	29	30
	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 Schweitzer	10:00-11:30 am Bone Balance RR QCC Room 3 (upstairs)	11:00-NOON Chair Exercises Nicky Leask	11-12:30 pm Somatics RR QCC Room 3 (upstairs)	11:00-NOON Chair Exercises Sara Sound Seed Yoga	
	Noon-1:00 pm Light Lunch LEGION	Caregivers Meeting 2:20-4:00 PM QCC Room 2	Noon-1:00 pm Light Lunch LEGION			
			1:00-3:00 pm RR Mosaics QCC room 1			
			3:00-4:30 pm Ping Pong QCC			