



**Better
at Home**





United Way helping seniors remain independent.






**QUADRA CIRCLE
Senior Activity Centre
Nov 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
29	30	31	01	02	03	04
	10:00 am Games and Coffee LEGION		10:00 am Games and Coffee LEGION	10:00-11:30 IPAD Training RR QCC	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	11-12:30 pm Somatics RR QCC Room 3		
	1:00-3:00PM Jewelry Making Legion		12:45-2:00 PM Talk - Advanced Care Planning 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
05	06	07	08	09	10	11
	10:00 am Games and Coffee LEGION		10:00 am Games and Coffee LEGION	10:00-11:30 IPAD Training RR QCC	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	11-12:30 pm Somatics RR 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			
	1:00-3:00PM 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
12	13	14	15	16	17	18
	10:00 am Games and Coffee LEGION		10:00 am Games and Coffee LEGION	10:00-11:30 IPAD Training RR QCC	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	11-12:30 pm Somatics RR QCC Room 3 (upstairs)	11:00-NOON Chair Yoga/Qi Gong Trinity Legion	
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION			
	1:00-3:00PM Jewelery Making Legion		1:00-3:00 pm RR Mosaics QCC room 1			
	1:00-2:00 PM Talk Frauds and Scams local RCMP Legion		3:00-4:30 pm Ping Pong QCC			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19	20	21	22	23	24	25
	10:00 am Games and Coffee LEGION		10:00 am Games and Coffee LEGION	10:00-11:30 IPAD Training RR QCC	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	11-12:30 pm Somatics RR QCC Room 3		
	1:00-3:00PM Jewelery Making Legion		1:00-3:00 pm RR Mosaics QCC room 1			
	Caregivers Meeting 2:30-4:00 PM QCC		3:00-4:30 pm Ping Pong QCC			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	01	02
	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	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	11-12:30 pm Somatics RR QCC		
	1:00-3:00PM Jewelery Making Legion		1:00-3:00 pm RR Mosaics QCC room 1			
			3:00-4:30 pm Ping Pong QCC			