



**Better
at Home**






United Way helping seniors remain independent.



QUADRA CIRCLE Senior Activity Centre October 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
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 Leask		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
08	09	10	11	12	13	14
			10:00 am Games and Coffee LEGION		10:00 am Games and Coffee LEGION	
		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 Exercises Sara Sound Seed Yoga	
			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
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	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 Trinity	
			Noon-1:00 pm Light Lunch LEGION			
			1:00-3:00 pm RR Mosaics QCC room 1			
		Talk Elder Abuse 7:00-8:30 PM QCC Rm 3	3:00-4:30 pm Ping Pong QCC			
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	10:00-11:30 am Bone Balance RR QCC	11:00-NOON Chair Exercises Nicky	11-12:30 pm Somatics RR QCC Room 3	11:00-NOON Chair Exercises Trinity	
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION			
Dementia Talk – Flipping Stigma 1:30-2:30 PM QCC Rm 3	Caregivers Meeting 2:30-4:00 PM QCC		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
29	30	31	01	02	03	04
	10:00 am Games and Coffee LEGION		10:00 am Games and Coffee LEGION	Book Club RR 10:30-Noon 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	11-12:30 pm Somatics RR QCC	11:00-NOON Chair Exercises Trinity	
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION			
			Talk - Advanced Care Planning 12:45-2:00 PM Legion			
			1:00-3:00 pm RR Mosaics QCC room 1			
		3:00-4:30 pm Ping Pong QCC				