







United Way helping seniors remain independent.






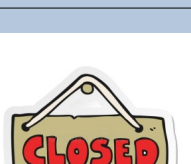


QUADRA CIRCLE Senior Activity Centre March 2022 Calendar

All programs are FREE (BY DONATION PLEASE!)
hkquadracircle@gmail.com or 250-285-3738

SCWW is the Senior Centre Without Walls
(group telephone calls)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	01	02	03	04	05
	10:00 Games, Mah Jong and coffee Legion	10:00 AM – Noon You Be the Judge (SCWW)	10:00 am Games and coffee LEGION	10:30 am Brain Teasers (SCWW)	10:00 am and Games and Coffee LEGION	
	11-Noon Chair Exercises LEGION	10:00 AM Book Club LEGION	11-Noon Chair Exercises LEGION	1:00 pm Chair/Yoga Exercises with Kate	11:00-Noon Chair Yoga/Qi Gong Legion or Zoom	
	Noon-1:00 pm Light Lunch LEGION	10:45-11:45 AM Chair Ex ZOOM Jane	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION	
	1:00-3:00 pm Ping Pong QCC	1:00-3:00 pm Mosaics QCC	Detoxing your Home Legion or Zoom		1:00-2:30 PM Paper Crafts LEGION	
	1:00 pm Knitting Club Legion or ZOOM					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06	07	08	09	10	11	12
	10:00 Games, Mah jong and coffee Legion	10:00 AM – Noon You Be the Judge (SCWW)	10:00 am Games and coffee LEGION	10:30 am Brain Teasers (SCWW)	10:00 am and Games and Coffee LEGION	
	11-Noon Chair Exercises LEGION	11:45-11:45 AM Chair Exercises Zoom Jane West	11-Noon Chair Exercises LEGION	1:00 pm Chair/Yoga Exercises with Kate	11:00-Noon Chair Yoga/Qi Gong LEGION or ZOOM	
	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 Ping Pong QCC		1:00 pm Talk Dementia and Communication Legion or Zoom		1:00-2:30 PM Paper Crafts LEGION	
	1:00 pm Knitting Club Legion or ZOOM		1:00-3:00 pm Mosaics QCC			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13	14	15	16	17	18	19
	10:00 Games, Mah Jong and coffee Legion	10:00 AM – Noon You Be the Judge (SCWW)	10:00 am Games and coffee LEGION	10:30 am Brain Teasers (SCWW)	10:00 am and Games and Coffee LEGION	
	11-Noon Chair Exercises LEGION	10:45-11:45 AM Chair Ex Zoom Jane West	11-Noon Chair Exercises LEGION	1:00 pm Chair/Yoga Exercises with Kate	11:00-Noon Chair Yoga/Qi Gong	
	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 Ping Pong QCC		1:00 pm Health Talk – Natural Remedies Legion or ZOOM		1:00-2:30 PM Paper Crafts LEGION	
	1:00 pm Knitting Club Legion or ZOOM		1:00-3:00 pm Mosaics QCC			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24	25	26
	10:00 Games, Mah Jong and coffee Legion	10:00 AM – Noon You Be the Judge (SCWW)	10:00 am Games and coffee LEGION	10:30 am Brain Teasers (SCWW)	10:00 am and Games and Coffee LEGION	
	11-Noon Chair Exercises LEGION	10:30 – Noon BookClub LEGION	11-Noon Chair Exercises LEGION	1:00 pm Chair/Yoga Exercises with Kate	11:00-Noon Chair Yoga/Qi Gong Leg/Z	
	Noon-1:00 pm Light Lunch LEGION	10:45-11:45 AM Chair Ex Zoom Jane	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION	
	1:00-3:00 pm Ping Pong QCC		1:00 pm Dementia Strategies and Tips Legion or Zoom		1:00-2:30 PM Paper Crafts LEGION	
	1:00 pm Knitting Club Legion or ZOOM		1:00-3:00 pm Mosaics QCC			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	01	02
	10:00 Games, Mah Jong and coffee Legion	10:00 AM – Noon You Be the Judge	10:00 am Games and coffee LEGION	10:30 am Brain Teasers (SCWW)	10:00 am and Games and Coffee LEGION	
	11-Noon Chair Exercises LEGION	10:45-11:45 AM Chair Ex Zoom Jane	11-Noon Chair Exercises LEGION	1:00 pm Chair/Yoga Exercises with Kate	11:00-Noon Chair Yoga/Qi Gong Leg/Z	
	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 Ping Pong QCC		1:00 pm Health Talk - Longevity Legion or Zoom		1:00-2:30 PM Paper Crafts LEGION	
	1:00 pm Knitting Club Legion or ZOOM		1:00-3:00 pm Mosaics QCC			