



**Better  
at Home**

United Way helping seniors remain independent.







# QUADRA CIRCLE Senior Activity Centre March 2025 Calendar



All programs are FREE (BY DONATION PLEASE!)


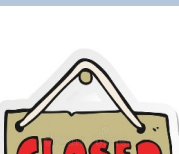
hkquadracircle@gmail.com or 250-285-3738


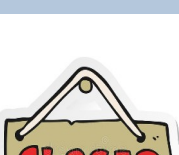
Some Classes

Require Registration (RR)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
02	03	04	05	06	07	08
	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	10:15-11:45 am Balance, Core Strength QCC (RR)	11:00-NOON Chair Exercises Nicky	10 am – 11:00 am Pelvic Core Connection (RR) QCC	11:00-NOON Chair Yoga/Qi Gong Trinity Legion	
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION	1:00-3:00 PM Book Study QCC (RR)	Noon-1:00 pm Light Lunch LEGION	
	1:00-3:00 PM Jewelry Making Adrienne QCC Room 3					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09	10	11	12	13	14	15
	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	10:15-11:45 am Balance, Core Strength QCC (RR)	11:00-NOON Chair Exercises Nicky	10:30 am – NOON Book Club, Legion (RR)	11:00-NOON Chair Yoga/Qi Gong Sara 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 Making Adrienne QCC Room 3		1:00-3:00pm Mosaics QCC room 1 (RR)			
	2:30 – 4:00 PM Caregivers Meeting QCC		3:00-4:30 pm Ping Pong QCC Main Hall			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16	17	18	19	20	21	22
	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	10:15-11:45 am Balance, Core Strength QCC (RR)	11:00-NOON Chair Exercises Nicky	10 am – 11:30 am Somatics (RR) QCC Sheelash	11:00-NOON Chair Yoga/Qi Gong Sara 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 Making Adrienne QCC Room 3		1:00-3:00pm Mosaics QCC room 1 (RR)			
			3:00-4:30 pm Ping Pong QCC Main Hall			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	29
	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	10:15-11:45 am Balance, Core Strength QCC (RR)	11:00-NOON Chair Exercises Nicky	10 am – 11:30 am Somatics (RR) QCC Sheelash	11:00-NOON Chair Yoga/Qi Gong Sara 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 Making Adrienne QCC Room 3		1:00-3:00pm Mosaics QCC room 1 (RR)			
	2:30 – 4:00 PM Caregivers Meeting QCC		3:00-4:30 pm Ping Pong QCC Main Hall			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	01	02	03	04	05
	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	10:15-11:45 am Balance, Core Strength QCC (RR)	11:00-NOON Chair Exercises Nicky	10 am – 11:30 am Somatics (RR) QCC Sheelash	11:00-NOON Chair Yoga/Qi Gong Sara 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 Making Adrienne QCC Room 3		1:00-3:00pm Mosaics QCC room 1 (RR)			
			3:00-4:30 pm Ping Pong QCC Main Hall			