



**Better  
at Home**





United Way helping seniors remain independent.



## QUADRA CIRCLE Senior Activity Centre April 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
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 Sheelagh	11:00-NOON Chair Yoga/Qi Gong Sara Legion	
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION	10:30-Noon PM Book Club Legion(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
06	07	08	09	10	11	12
	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	10 am – 11:30 am Somatics (RR) QCC Sheelagh	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
13	14	15	16	17	18	19
	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		
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION	10 am – 11:30 am Somatics (RR) QCC Sheelagh		
	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
20	21	22	23	24	25	26
			10:00 am Games and Coffee LEGION		10:00 am Games and Coffee LEGION	
		10:15-11:45 am Balance, Core Strength QCC (RR)	11:00-NOON Chair Exercises Nicky	10 am – 11:00 am Tai Chi (RR) QCC Nicky	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 Mosaics QCC room 1			
			3:00-4:30 pm Ping Pong QCC Main Hall			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	01	02	03
	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 Tai Chi (RR) QCC Nicky	11:00-NOON Chair Yoga/Qi Gong Trinity Legion	
	Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION		Noon-1:00 pm Light Lunch LEGION	
			1:00 PM Quadra Circle AGM Legion			
	1:00-3:00 PM Jewelry Making Adrienne		1:00-3:00pm Mosaics QCC room 1			
	2:30 – 4:00 PM Caregivers Meeting		3:00-4:30 pm Ping Pong QCC Main Hall			