

Friendships - Opportunities - Community Involvement - Unity - Synergy



2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1  Seniors Breakfast (Members only)	2 Healthy/Active Living 9-12 at Genesis	3 Healthy/Active Living 9-12 at Genesis	4 Healthy/Active Living 9-12 at Genesis	5 Healthy/Active Living 9-12 at Genesis	6 Ismail Stampede Breakfast Rsvp: FOS
7 Free Clothing Give away 12-3pm 1000Voices Genesis	8 Wellness and SPA DAY \$\$ 403-816-8145	9 Healthy/Active Living 9-12 at Genesis	10 Healthy/Active Living 9-12 at Genesis	11 Healthy/Active Living 9-12 at Genesis	12 Healthy/Active Living 9-12 at Genesis Centre	13
14 FOS Summer Break	15 Healthy/Active Living 9-12 at Genesis Centre	16 Healthy/Active Living 9-12 at Genesis	17 Healthy/Active Living 9-12 at Genesis Centre	18 Healthy/Active Living 9-12 at Genesis Centre	19 Healthy/Active Living 9-12 at Genesis Centre	20
21 FOS Summer Break	22 Healthy/Active Living 9-12 at Genesis Centre	23 Healthy/Active Living 9-12 at Genesis	24 Healthy/Active Living 9-12 at Genesis Centre	25 Healthy/Active Living 9-12 at Genesis Centre	26 Healthy/Active Living 9-12 at Genesis Centre	27
28 FOS Summer Break	29 Aquacize Mon & Thurs 7 sessions \$\$	30 Healthy/Active Living 9-12 at Genesis	31 Healthy/Active Living 9-12 at Genesis Centre			
Aquacize	August	Dates: 1, 8, 12, 15, 19, 22				

- FOS: Tel 403-816-8145 email: info@focuseniors.ca
- 1000 Voices: Genesis Centre , #10, 7555 Falconridge Blvd. NE
- VSL Village Square Library: 2623 56 St NE, Calgary, AB T1Y 6E7

- Falconridge/Castleridge Community Association FCCA: 95 Falshire Dr NE, Calgary, AB T3J 1P7
- **Most events FREE unless marked \$\$**