

F.O.C.U.S. ON SENIORS

**Friendships - Opportunities -
Community Involvement - Unity -
Synergy**

CALENDAR OCTOBER 2019



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1 Healthy/Active Living 9am-12pm at Genesis English chit chat classes 12-2 pm @ 1000 Voices Genesis Centre	2 Healthy/Active Living 9am-12pm at Genesis	3 Healthy/Active Living 9am-12pm at Genesis Line Dancing at FCCA 7.45-8.45pm	4 Healthy/Active Living 9am- 12pm at Genesis	5 Rummage Sale at Temple C.C. 10am- 2:00pm
6 FREE CLOTHING Give away 1000 Voices Genesis Centre 12-3pm	7 My Community my home program CIWA 11.30 AM - 1.30 PM At Genesis Library	8 English chit chat classes 12-2 pm @ 1000 Voices Genesis Centre	9 Healthy/Active Living 9am-12pm at Genesis	10 My Community my Home program CIWA 11.30am -1.30pm Country Hills Library Line Dancing at FCCA 7.45pm-8.45pm	11 Healthy/Active Living 9-12 at Genesis	
13	14 Healthy/Active Living 9am-12pm at Genesis	15 English chit chat classes 12-2 pm @ 1000 Voices Genesis Centre	16 Healthy/Active Living 9am-12pm at Genesis	17 Line Dancing at FCCA 7.45pm-8.45pm	18 Healthy/Active Living 9am- 12pm at Genesis	19
20	21 My Community my home program CIWA 11:30am- 1.30 PM At Genesis Library	22 English chit chat classes 12-2 pm @ 1000 Voices Genesis Centre	23 Healthy/Active Living 9am-12pm at Genesis	24 My Community my Home program CIWA 11.30am -1.30pm Country Hills Library Line Dancing at FCCA 7.45pm-8.45pm	25 Healthy/Active Living 9am- 12pm at Genesis	26
27	28	29 English chit chat classes 12-2 pm @ 1000 Voices Genesis Centre	30 Healthy/Active Living 9am-12pm at Genesis	31 Healthy/Active Living 9am-12pm at Genesis Line Dancing at FCCA 7.45pm-8.45pm		

- **FOS:** Tel [403-816-8145](tel:403-816-8145) email:info@focuseniors.ca
- **1000 Voices:** Genesis Centre , #10, 7555 Falconridge Blvd. NE, Calgary, AB T3J 0C9 Tel: [403-930-3370](tel:403-930-3370)
- **Healthy Living at Genesis:** [Tel:403-831-2627](tel:403-831-2627)
- **CIWA** Tel: 403- 263-4414, www.ciwa-online.com
- Line Dancing: Christine [Tel:403-474-7017](tel:403-474-7017)

Most events FREE unless marked \$\$

- 1. 7555 Falconridge Blvd., NE
- 2. 11950 Country Hills Library, NE Calgary

- 3. FCCA 95 Falshire Dr NE Calgary