

Seniors' Week Celebration

June 3-6, 2019

1000 Voices At the Genesis Centre

7555 Falconridge Blvd NE

Free Event!

Free Workshops on June 3, 4, 5 from 10am -2pm

For more information and to register for workshops, please call 403-930-3370

Monday, June 3, 2019

Topics: Nutrition, Stress Management, Zumba, Light Exercise

Tuesday, June 4, 2019

Topics: The Way In presentation & housing resources, Nutrition

Wednesday, June 5, 2019

Topics: Meditation, Art Expression, AB Seniors Benefits, Yoga



Seniors' Multicultural Festival

Thursday, June 6, 2019 from 12:00pm-3:00pm

* Info booths * Senior Talent Showcase * Door Prizes * Snacks *

community hubs
initiative
WHERE COMMUNITY HAPPENS



PEOPLE FIRST,
COMMUNITY ALWAYS



1000voices



F.O.C.U.S.
on seniors

