



Foundation for  
Senior Living  
*Thirty Years of Care by Design*

## Special Fall Offerings Catholic Outreach Center

All Offerings will be held at The Catholic Outreach Center  
12301 W. Bell Road, Suite A103, Surprise, AZ

**To Register for any of these call 602-532-2981 or email [TCOC@fsl.org](mailto:TCOC@fsl.org).**

- Sept. 3**      **Education Series – Lessons for Life:** Topic: “What would it take to be Happy – Tracing Unhappiness to its Source” - 10:00-11:30 am with Kim Sadegi, LAC
- Sept. 3**      **Say It in Spanish:** – Introduction to Spanish – 4 classes with Minnie Rahn, Thursdays, 2:00-4:00 pm. Cost is \$6.00 plus \$10 for Workbook. (9/3/09-9/24/09)
- Sept. 4**      **Enhancing your Memory:** Class #6 (Next 6-week class begins Oct 6)
- Sept. 10**     **Women Living Alone Series:** Topic: Basic Home Safety and Repairs – Routine maintenance, trouble-shooting, where to turn for help. 9:00-10:00 am
- Sept. 16**     **Brown Bag Lunch with the Nurse** – “Cancer Treatment Centers of America – Who We Are and How We Are Different” – facilitated by Tiffany Jenkins – 11:30-12:30 pm
- Sept. 17**     **Education Series – Lessons for Life:** Topic: “A day for Self-Inquiry – Four questions that can change your Life” - 10:00-11:30 am with Kim Sadegi, LAC
- Sept. 23**     **Bereavement Group:** First of 7 sessions with facilitator Susan Hawfield at 10:00-11:30 am
- Sept. 23**     **Journaling for Personal and Spiritual Growth:** First of a 6-week series with facilitator Shirley Cunningham, MA, LCSW at 2:00-4:00 pm. Cost: \$35.00
- Sept. 24**     **Women Living Alone Series:** Topic: Dealing with finances, estates, investments, etc. Facilitated by Catherine Leas, Elder Law Attorney – 9:00-10:00 am
- Sept. 25**     **A Gift of Your Life: Writing Your Memoirs** – First of a 4-week series with Nancy Rispalje – 10:00-12:00 pm
- Oct. 1**      **Education Series – Lessons for Life:** Topic: What is Hypnosis and How might it benefit Me?” - 10:00 11:00 am with Kim Sadegi, LAC
- Oct. 6**      **Enhancing your Memory:** This is a repeat of the six-week class offered throughout the year, facilitated by Sr. Janet Doyle – 1:30-3:30, Cost: \$25
- Oct. 8**      **Women Living Alone Series:** Topic: Protecting yourself and property, self defense, identity theft – 9:00-10:00 a.m. – Representative from Surprise Police Department

- Oct. 15**      **Education Series – Lessons for Life:** Topic: “Intuition and Energy – Exploring the Connection of the Physical and Emotional Self” - 10:00-11:00 am with Kim Sadegi, LAC
- Oct. 29**      **Women Living Alone Series:** Topic: “Filling the Day” – A discussion of resources, activities and opportunities for friendship, fun, social and spiritual connections. 9:00-10:00 a.m.
- Nov. 5**        **Education Series – Lessons for Life:** Topic: “How to Identify and Reach your Goals and end Self-Sabotage in the Process” – 10:00-11:00 am with Kim Sadegi, LAC
- Nov. 19**      **Education Series – Lessons for Life:** Topic: “General Topics and Discussions about Depression and Anxiety” – Kim Sadegi, LAC – 10:00–11:00 a.m.

## **Special Ongoing Offerings**

**Alzheimer’s Support Group** - 2<sup>nd</sup> & 4<sup>th</sup> Mondays at 10:30-11:30 am at TCOC

**Low Vision** – 1<sup>st</sup> & 3<sup>rd</sup> Mondays at 1-2 PM at TCOC

**Morning Caregiver Support Group** – *every* Tuesday at 9-10 AM at TCOC A103

**Sit ‘n Stretch** – *every* Tuesday at 9:00 AM at St. Clement of Rome (\$2 Donation)

**Balance & Fitness** – *every* Thursday at 11:00 AM at St. Joachim/Anne (\$2 Donation)

**Chronic Pain** – 2<sup>nd</sup> & 4<sup>th</sup> Fridays at 1-2:30 pm at TCOC

## **Blood Pressure Screenings**

First Wednesday at 8:00 A.M. at St. Elizabeth Seton

First Friday at 8:30 A.M. at St. Joachim/St. Anne

Second Thursday at 8:30 A.M. at St. Clare

Second Friday at 8:00 A.M. at St. Clement of Rome

First Thursday at 8:00 A.M. at Our Lady of Lourdes

**To Register for any of these call 602-532-2981 or email [TCOC@fsl.org](mailto:TCOC@fsl.org).**

**NOTE:** For any changes to ongoing Support Groups, Blood Pressure Screenings and Fitness Programs, watch your Parish Bulletin.