

REVISED 2/5/2010

Special Winter Offerings

Catholic Outreach Center

Offerings will be held at The Catholic Outreach Center (unless noted)

12301 W. Bell Road, Suite A103, Surprise, AZ

To Register for any of these call 602-532-2981 or email TCOC@fsl.org.

- Feb. 4** **Education Series – Lessons for Life:** Topic: “A comprehensive, detailed look at Anxiety and Fear, based on the latest Medical Research” - 10:00-11:00 am with Dianne Vance, M.S.B., L.P.C.
- Feb. 9** **A Gathering for Guys (only):** This is a casual group that meets to discuss relevant topics – 1:30-2:30 pm.
- Feb. 15** **Peace and Purpose in Retirement:** A six-session seminar facilitated by Merlin Manley, PhD, from 9:00 – 11:30 am at Prince of Peace, rooms 1 & 2.
- Feb. 16** **A Gathering for Guys (only):** This is a casual group that meets to discuss relevant topics – 1:30-2:30 pm.
- Feb. 17** **Cinema Circle:** We will be showing visionary films about life, purpose, love and Then engage in a discussion facilitated by one of our professional staff – 12:30–1:30 pm
- Feb. 18** **Education Series – Lessons for Life:** Topic: “Loneliness and Disconnection – How these Emotions affect our Physical and Mental Health” - 10:00-11:00 am with Kim Sadegi, LAC
- Feb. 22** **Peace and Purpose in Retirement:** Class #2 with Merlin Manley, PhD, from 9:00 – 11:30 am at Prince of Peace, rooms 1 & 2.
- Feb. 23** **A Gathering for Guys (only):** This is a casual group that meets to discuss relevant topics – 1:30-2:30 pm.
- Feb. 26** **Brown Bag with the Nurse:** – “Fibromyalgia” – facilitated by Rob Kronenberg, Pharmacist – 11:30 am - 12:30 pm
- Mar. 1** **Peace and Purpose in Retirement:** Class #3 with Merlin Manley, PhD, from 9:00 – 11:30 am at The Catholic Outreach Center.
- Mar. 3** **Bereavement Group:** First of 7 sessions offered throughout the year, facilitated by Sr. Janet Doyle at 10:00-11:00 am
- Mar. 4** **Education Series – Lessons for Life:** Topic: “Understanding Ourselves and our relationships, and how human temperament plays a role” - 10:00-11:00 am with Kim Sadegi, LAC
- Mar. 5** **Enhancing your Memory:** First of 6 sessions offered throughout the year, facilitated by Sr. Janet at 1:00 – 3:00 pm.

- Mar. 8** **Peace and Purpose in Retirement:** Class #4 with Merlin Manley, PhD, from 9:00 – 11:30 am at Prince of Peace, rooms 1 & 2.
- Mar. 9** **A Gathering for Guys (only):** This is a casual group that meets to discuss relevant topics – 1:30-2:30 pm.
- Mar. 10** **Brown Bag with the Nurse:** – “Living Life to the Fullest” - facilitated by Art Heinze, Occupational Therapist – 11:30 am - 12:30 pm
- Mar. 11** **Cinema Circle:** We will be showing visionary films about life, purpose, love and then engage in a discussion facilitated by one of our professional staff – 12:30 – 1:30 pm
- Mar. 15** **Peace and Purpose in Retirement:** Class #5 with Merlin Manley, PhD, from 9:00 – 11:30 am at Prince of Peace, rooms 1 & 2.
- Mar. 18** **Education Series – Lessons for Life:** Topic: “Decisions, decisions, decisions! How to stew less and feel better about them.” - 10:00-11:00 am with Shirley Cunningham, M.S.W., L.C.S.W.
- Mar. 22** **Peace and Purpose in Retirement:** Class #6 with Merlin Manley, PhD, from 9:00 – 11:30 am at Prince of Peace, rooms 1 & 2.
- Mar. 23** **A Gathering for Guys (only):** This is a casual group that meets to discuss relevant topics – 1:30-2:30 pm.
- Apr. 1** **Education Series – Lessons for Life:** Topic: “A deeper understanding of happiness, depression and self-concept” - 10:00-11:00 am with Kim Sadegi, L.A.C.
- Apr. 7** **Cinema Circle:** We will be showing visionary films about life, purpose, love and then engage in a discussion facilitated by one of our professional staff – 12:30 – 1:30 pm
- Apr. 15** **Education Series – Lessons for Life:** Topic: “Family Roles – How did I get there? Understanding the Family of Origin” - 10:00-11:00 am with Shirley Cunningham, M.S.W., L.C.S.W.

Special Ongoing Offerings

Alzheimer’s Support Group - 2nd & 4th Mondays at 10:30-11:30 am at TCOC
Low Vision – 1st & 3rd Mondays at 1-2 PM at TCOC
Morning Caregiver Support Group – *every* Tuesday at 9-10 AM at TCOC
Balance & Fitness – *every* Thursday at 11:00 AM at St. Joachim/Anne (\$2 Donation)
Chronic Pain – 2nd & 4th Fridays at 1-2:30 pm at TCOC

Blood Pressure Screenings

First Wednesday at 8:00 A.M. at St. Elizabeth Seton
 First Thursday at 9:00 A.M. at Prince of Peace
 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

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

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