

FLC SENIORS CLUB

Operating out of the Trico Centre
www.flcseniors.ca

SPRING NEWSLETTER 2011

Published February 2011



March Into Spring



FLC Seniors Club Fun Casino!

Friday March 4, 2011

Acadia Recreation Centre (ARC) - Rose Hall
240 ~ 90 Avenue SE

Cocktails: 4:30 pm (Cash Bar ~ \$4.00 per drink)

Dinner: 6:00 pm ~ Roast Beef

Cost: \$20.00 per person



Casino Fun: 7:00 pm ~ 9:30 pm (Play money provided)

Bidding for prizes with your winnings during the evening!

Tickets will be sold at the Trico Centre by the Seniors Lounge on Tuesday February 15, 2011 from 10:00 am ~ 12:00 pm and Thursday February 17, 2011 from 1:00 pm ~ 3:00 pm.

For further information regarding this event please contact Gloria Hulbert at 403-255-5604.



FLC Seniors Club 2010 ~ 2011 Board of Directors

President Hugh Phelan	403-271-8389	Social Gloria Hulbert	403-255-5604
Past President Ralph Lefteruk	403-256-3710	Newsletter Linda Lefteruk	403-256-3710
Vice President Rick Babcock	403-271-1639	Casino Activities Al Brissette	403-271-1903
Secretary Dot Ullman	403-271-7728	Fitness Rebate Program -	
Treasurer Linda Hughes	403-278-3669	Maureen Bracken	403-271-2796

Emergency Protocol At The Trico Centre!



There have been a few incidents where participants of our activities have been faint or dizzy during their workout. Consequently we have been asked to clarify emergency procedures at the Trico Centre.

Management has provided the following guidelines:

Trico Centre always has two individuals on site who are trained and accredited in first aid, including CPR and how to fibrillate. When an emergency situation arises they recommend that Guest Services be notified. They will ensure a trained first aid attendant is summoned who will provide support and an initial assessment. They will determine if ambulatory services are needed and Guest Services will control calling 911.

The Trico Centre is a large complex therefore it is best for Guest Services to control and properly direct paramedics to the patient upon their arrival.

Welcome!



Join our FLC Seniors Club and meet new friends!

If you are interested:

The FLC Seniors Club (55+) Membership runs every year from September 1st to August 31st of the following year at a cost of \$10.00. There are additional costs for certain activities to cover the fees of instructors or the rental of facilities. Most of these costs are subsidized by the club for the benefit of the members. Visit our website at www.flcseniors.ca to read about all of our many activities.

**** Please be reminded that you must have a current FLC Seniors Club Membership card to partake in any of our activities. This can be obtained anytime in the lower level at the Guest Services desk of the Fitness Centre at the Trico Centre (Home of the FLC Seniors) - 11150 Bonaventure Drive SE - Calgary AB, T2J 6R9. ****

**** We are excited to announce a website redesign will be made in the coming months. This will significantly enhance our communication abilities, especially regarding the distribution of our newsletter. We will be actively promoting the website access option due to rising costs for postage and printing. ****



Volunteers are an integral part of our FLC Seniors Club!
Let us know if you are interested as we are always looking for new helping hands!

*National Volunteer Week 2011
April 17 ~ April 23
To our Dedicated Volunteers!*

Thank you for your helping hands.....



This tribute is to the many people who give of their time to our FLC Seniors Club.
Their contribution and hard work is fundamental to our success.

Board of Directors

Hugh Phelan - President
Dot Ullman - Secretary
Fitness Rebate Program
- Maureen Bracken

Ralph Lefteruk - Past President
Linda Hughes - Treasurer
Linda Lefteruk - Newsletter

Rick Babcock - Vice President
Gloria Hulbert - Social
Al Brissette - Casino Activities

Trico Board Rep

Ralph Lefteruk

Website Administrators

Lowell & Audrey Frank

Newsletter

Linda Lefteruk
Diana Sly
Maxine Overacker

Membership

Mary Phelan



Annual Membership Registration

Hugh & Mary Phelan
Jim & Gladys Drake
Gloria Hulbert
Beth Wilson
Irma Karsten (coffee)

Ralph & Linda Lefteruk
Glen & Brenda Newberry
Diana Sly
Narin Cruikshank

Lowell & Audrey Frank
Gordon & Marlene Finstad
Maxine Overacker
Rosemary Crawford

Brushstrokes

Rod Helm
Ann Clark
Doris Lanuke
Marion McWilliams

Ellen Reid
Shirley Kowalchuk
Lois Panasiuk
June Dunbar

Don Vernon
Sharon Stangl
Jean Burgess
Mike Lanuke

Calligraphy

Jean Oishi

Social Duplicate Bridge

Louise Drouin
John Clark
Doug Mead
Marnie Desnoyers
Varoujan Arslanian

Norma St. Clair
Bob Watterberg
Bob & Sharon Crowle
Pat Halvorsen
Bill Boulding

Bridge Lessons

Lynn Lester-Lee

*Thursday Afternoon
Drop-In Bridge*

Neil & Louise Ferguson
Garry Perks
Jim McHarg
Johanna Eerbeek

Cribbage

Roy & Jean Berg
Garry Perks
Irene Dekowny
Alvin & Myrna Gottfried

Whist

Irma Karsten
Carol Morey

Jeannette Sutherland
Otto Holtorf

Thursday Evening Intermediate Drop-In Bridge

Johanna Eerbeek



Coffee Group

Roxy Thomson
Marion Halpen
Jo Harvey

Gloria Hulbert
Hugh & Mary Phelan
Jim & Gladys Drake
Al & Vivian Brissette
Mike & Linda Hughes
Glen & Brenda Newberry
Wayne & Janice Lawson
Greg & Shirley King
Walter & Joyce Woron
Bill Peters
Beryl Spear
Tom Foster

Social

Ken & Dot Ullman
Ralph & Linda Lefteruk
Bob & Maureen Bracken
Lowell & Audrey Frank
Rick Babcock
Ron & Barb Smith
Christina Beaulieu
Lorne Pepler
Camella Dunbar
Irma Karsten
Bob Watterberg
Tom & Angie Murray

Casino

Joanne Anson
Rick Babcock
Phil Baker
Marg Beames
Al & Vivian Brissette
Ron & Ella Brown
John Buysschaert
John Clark
Ed Cote
Narin Cruikshank
Louise Drouin
Camella Dunbar
Ron & Joan Firkus
Tom & Helen Foster
Lowell & Audrey Frank
Alex Grant
Julliette Hachey

Joan Hart
John Hazelton
George Horne
Lise Hubbard
Mike & Linda Hughes
Gloria Hulbert
Paul Hussey
Virginia Jeffries
Murray Karn
George Kealey
Greg & Shirley King
Norma Lawton
Ralph & Linda Lefteruk
John McIntosh
Marlene & Orland Nelson
Glen & Brenda Newberry
Angela Park

Lorne Pepler
Hugh Phelan
Art Raaflaub
George & Sheila Rocks
Carol Sinclair
Terry Sly
Allan Stichbury
Johann Sushelnitsky
Gene Swain
Dusan & Sandy Vendrinsky
Bob Watterberg
Olga Williams
Burke & Helena Wilson
Joyce Woron
Doug & Berla Zeck



55+ Deep Water Workout

Gloria Koznuik
Jean Graham
Harold Romness
Bernice Edwards

Tai Chi

Christel Presley

Yoga

Ollie Griffith
June Grant
Susan Bheaumik
June Poole
Clara Fluker
Phyllis Wilson
Penny Remmer
Wyn Grant

Line Dancing

Madelene Krokom
Olga Williams
Lil Bakoway

Joan Firkus
Judy Keeley
Genevieve Munroe

Kimm Shipley
Josie Spring
Paulette Willock

Curling

Lorne Peppler
Al Brissette
Wes & Joan Hartman
Lowell & Audrey Frank
Joyce Erickson

Art Raaflaub
Ralph & Linda Lefteruk
Reg Kattler
Carla Pickering
Marge Horniachek

Carlos Gomes
Jack Baran
George Kealey
Shirley Triffo

Theatre Calgary

John Buysschaert
Monique Buysschaert

Vertigo Theatre

Lynn Lester-Lee
Murray & Susan Karn

Pumphouse Theatre

Camella Dunbar
Al & Vivian Brissette
Rosemary Crawford

Cycling

Murray Karn
George Horne
Larry Patterson
Brent Thompson
Bob Anderson
Sharron Isaak
Rick Clarke
John Horan

Noreen Avey
Pauline & Ron Chambers
Anne Marie Michalchuk
Barbara Hay
Donna Millican
Eleanor Anderson
Marsha Degenhardt
Ron Schaus

Lise Hubbard
Lesley Thompson
Susan Karn
Beth Wilson
Marilyn Patterson
Pauline Schaus
Anne Pal
Jim Tilbe



Golf

Glen & Brenda Newberry
Camella Dunbar
John Lane
Doug Perlette
Helen Carpenter
John McIntosh
Rick Babcock
Gord & Marilyn McDonald
Doris Jones
Ted & Lil Arkus

Jim & Gladys Drake
Ralph & Linda Lefteruk
Hugh Phelan
Bob Dahl
Gloria Hulbert
Carlos Gomes
Helen Foster
Sharon Hindley
Alicia Shoemith
Edith Tillsley

Mike & Linda Hughes
Lowell & Audrey Frank
Lorne Peppler
Terry & Diana Sly
Greg & Shirley King
Don Holte
Bud & Velma Ronneberg
Marg Garbutt

Outdoor Club

Eleanor Anderson
Bob Anderson
Wyn Bailey
Margaret Ball
Marg Beames
Ann Belton
Laura Besant
Maureen Bracken
Bob Bracken
Joan Burn
Janice Camden
Pauline Chambers
Ron Chambers
Mary Checkley

Don Checkley
Evelyn Chesser
Monique Edwards
Fred Fawcett
Marie-Jeanne Geedts
Diana Gomes
Wyn Grant
Marion Halpen
Doreen Hardy
Jo Harvey
Helen Hebb
Mary Johnson
Roberta Jone
Deanna Jullyan

Susan Karn
Adele Lytle
Mary Ann McKitrick
Marilyn Patterson
Larry Patterson
Nancy Ragan
Stan Ragan
Libby Roth
Pauline Schaus
Ron Schaus
Roxy Thomson
Bob Watterberg
Elaine Williams

For those volunteers we may have missed we apologize!





Spring

FLC SENIORS CLUB SPRING ACTIVITY SCHEDULE 2011

A friendly reminder: If you are interested in joining any of our activities contact the coordinators listed to confirm their schedules and availability. Our spring activities are currently underway but newcomers are always welcome. Our website www.flcseniors.ca has complete up to date information on all our programs so be sure to check it often.



Brushstrokes

Brushstrokes offer classes Mondays through Fridays in oil, watercolor and multi media. Classes range from Beginners to Advanced with a limit of ten per class. Sessions run for a ten week period.

Classes are as follows:

Oil Classes

Monday 1:00 pm - 4:00 pm

Wednesday 1:00 pm - 4:00 pm

Thursday 1:00 pm - 4:00 pm (no teacher)

Watercolor Classes

Tuesday 1:00 pm - 4:00 pm

Friday 1:00 pm - 4:00 pm (no teacher)

Multi Media Class (acrylic & watercolor no oil)

Thursday 9:00 am - 12:00 pm

Our 2011 spring classes will run from Monday January 17, 2011 to Friday March 25, 2011.

Cost \$80.00 per session with teacher and \$40.00 per session without teacher.

A few openings are available for the spring session so if you are interested please call Ann Clark.

Our Spring Art Sale will be held on Saturday April 30, 2011 between 10:00 am - 3:00 pm in the Willowridge Community Centre - 680 Acadia Drive SE.

Coordinator: Rod Helm 403-238-9443

Registration: Ann Clark 403-201-0137

Calligraphy



Calligraphy is the fine art of decorative letter writing. Join the Seniors Calligraphy group and learn this beautiful art under the expert guidance of our instructors Renate Worthington, and Margaret Van Diest. All classes are held at the Trico Centre in the Seniors Lounge on Wednesdays from 1:00 pm - 3:00 pm.

Registration is limited to 14 students per class.

Two fall classes have been completed, *“Lovely Books and Luscious Pages”* and *“Fill in the Gaps”*. In these two classes paste paper was created and hand bound into a book, then filled with sayings and quotes using various calligraphic hands. The end result was a very beautiful and colorful book of Calligraphy.

Winter/Spring classes are listed below:

“Rotunda”

Wednesday January 19, 2011 - Wednesday February 16, 2011. A beautiful Gothic upright hand with a slight waist in the middle of the strokes, an excellent hand for beginners to Calligraphy.

Supplies needed: Bleed proof paper, 2mm nib and holder and ink or a 2mm felt wedge marker, HB pencil and ruler.

Instructor: Margaret Van Diest

Class fee: \$30.00

“Italics and Pointed Pen”

Wednesday February 23, 2011 - Wednesday March 30, 2011. This is a class suitable for beginners as well as a review session. We will be using ink and pointed nibs. We will be using watercolors and gouache in the nib as well. Italics is a very versatile alphabet for calligraphers.

A list of supplies will be sent out to registrants before the class begins. We still have room for more students.

Instructor: Renate Worthington

Class fee: ~ \$35.00

“Art for Non-Artists”

Wednesday April 13, 2011 - Wednesday May 18, 2011. In this class we will be drawing decorative Versals -the ornamental capitals that often began a page in historic documents. This class is suitable for beginners or as a review for those who love these letters. The letters are drawn with a very fine pen and then colored with colored pencils, gel pens or watercolors.

A list of supplies will be sent out to registrants before the class begins. We still have room for more students.

Instructor: Renate Worthington

Class fee: \$35.00

To register for classes or for more information contact:

Jean Oishi 403-281-1203 Email: rjoishi@shaw.ca

You're invited to play cards!



BRIDGE

Social Duplicate Bridge is a drop in format. We resumed play on Tuesday January 4, 2011 with our schedule ending on Tuesday May 31, 2011. We draw for partners and try to have players change partners each week. We have a large number of players that volunteer each week in setting up the tables and closing down. We are always finished by 10:00 pm. All Bridge players are welcome.

Location: Trico Centre - FLC Seniors Lounge.

When: Tuesdays starting at 6:45 pm sharp to 10:00 pm. To allow set up time please arrive by 6:30 pm.

Coordinator: Louise Drouin 403-278-1684

Contacts: Norma St. Clair 403-255-1018 John Clark 403-278-0793

Thursday Afternoon Drop-in Bridge

Despite the cold and snowy weather turnout for bridge is better than anticipated. We are averaging five to six tables and once the weather returns to normal we hope the participation numbers will increase.

Location: Trico Centre - FLC Seniors Lounge

When: Thursday afternoons. We encourage participants to arrive at 12:15 pm as play starts at 12:30 pm and ends 3:45 - 4:00 pm depending on the number of tables and rate of play.

Coordinator: Neil Ferguson 403-254-4740

Thursday Evening Intermediate Drop-in Bridge

Come out for a friendly game of Bridge. Beginners Welcome - Bring some friends!

Location: Trico Centre - FLC Seniors Lounge

When: Thursday evenings from 7:00 pm to 9:00 pm.

Coordinator: Johanna Eerbeek 403-256-0662

Please Note: Card games are played with a minimal cost shared by all players for the coffee, etc. There are no additional fees to join.

Bridge Lessons

Location: Trico Centre - FLC Seniors Lounge

When: Wednesday evenings from 7:00 pm - 9:00 pm.

Intermediate: Wednesday January 12, 2011 - Wednesday March 2, 2011 (8 lessons for \$40.00)

Beginners: Wednesday March 9, 2011 - Wednesday April 27, 2011 (8 lessons for \$40.00)

Please register as soon as possible with the coordinator listed below.

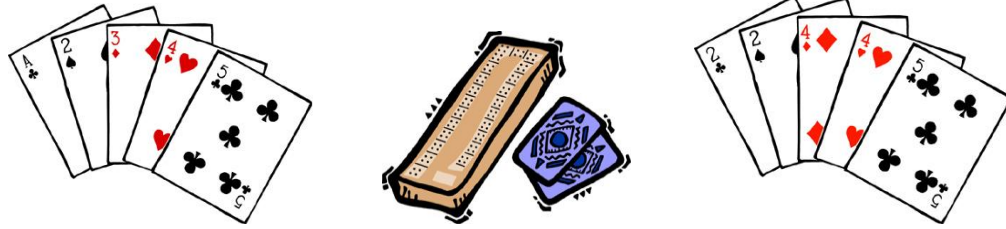
New - We will be hosting a bridge practice session on Wednesday evenings from Wednesday May 4, 2011 to Wednesday June 1, 2011 inclusive from 7:00 pm until 9:00 pm. Open to all of our former students plus any other FLC Seniors Club members who love to play bridge. Bring a deck of cards, a scorecard (if you are that keen), a mug and your enthusiasm.

Coordinator for Lessons: Lynn Lester-Lee 403-271-9440

Email: lynnl@telus.net

Please call after 11:00 am.

CRIBBAGE



Our crib group now has 82 members and we have been averaging 48 players per week - although - we have had a few weeks where over 50 came to play. Our Christmas party which was held on December 14, 2010 was well attended and by all accounts a great success. Our Annual Tournament is always popular and will run this year from Tuesday February 1, 2011 to Tuesday April 5, 2011.

As long as you are a current member of our FLC Seniors Club you can drop in to play crib - there is no weekly commitment. Crib costs 50 cents per week to play 7 games and offers a coffee and cookie break, prizes and a chance to interact with a vibrant group of seniors who make the game fun and interesting. Come and join us.

Congratulations to Doreen Willmott for her 29 count (perfect crib hand) on January 11, 2011. A perfect crib hand is a rare occurrence.

Location: Trico Centre - FLC Seniors Lounge

When: Tuesday afternoons. Doors open at 12:30 pm. Play starts at 1:00 pm sharp to 4:00 pm.

Coordinators: Roy & Jean Berg 403-248-8220



WHIST

We invite experienced whist players holding a current 2010 - 2011 FLC Seniors Club membership to drop in every Friday afternoon. We know there are many versions of whist games. Our group prefers to play the most popular, classic "Basic Partnership" game. It is quite challenging in a way of strategic thinking and mental engagement. The cost is per afternoon/person .75 cents to cover cash prizes, supplies, treats for coffee breaks and our annual tournament.

Location: Trico Centre - FLC Seniors Lounge

When: Fridays commencing at 1:00 pm sharp and concluding at 4:00 pm. Doors open at 12:30 pm.

Coordinator: Irma Karsten 403-271-8251



Fitness Activities



****ATTENTION Aqua Boot Camp / 55+ Aqua Fitness / Aqua Therapy / Fit & Fab at 55+ / Gentle Fitness at 55+ PARTICIPANTS****

These programs are organized and run by the Trico Centre and supported by our FLC Seniors Club.

Following your workout reward yourself with a cup of coffee in the FLC Seniors Lounge. Enjoy some friendly banter or maybe take in a card game or two or even help solve some of the world's problems.

Gentle Fitness @ 55 + Coffee Time (8:30 am - 9:30 am)

Coordinator: Bob Watterberg 403-271-2686

55+ Aqua Fitness Coffee Time (9:00 am - 10:00 am)

Coordinator: Bill Atchison 403-278-9300

FOR FLC SENIORS CLUB CARDHOLDER MEMBERS

Each quarter of the year you are able to receive a credit to your Trico account based on the following attendance:

Visits (If you attend)	75 - 100% of days available	\$ 10.00 credit to your Trico account
	50 - 74% of days available	\$ 5.00 credit to your Trico account
	Under 50% of days available	No credit

The credit will be issued at the end of each quarter. Any FLC Seniors Club member will be entitled to receive a total maximum credit of \$40.00 to your Trico account under these programs.

**** Please remember you must sign our information spreadsheet at the registration desk on each visit to your activity in order to participate in our rebate program. ****

Fitness Rebate Program Maureen Bracken 403-271-2796

TAI CHI



Now that the festive season is behind us it is time to get our bodies back in shape. What better way than to practice Tai Chi. I would like to take this opportunity to welcome all the new and previous students to our spring session. I realize that it may be a little daunting to our new students that have never taken Tai Chi but it is a wonderful way to exercise your mind and body. I like to refer to it as meditation in motion as Master Cai keeps reminding us - "this is something you will be doing for the rest of your life". Have fun.

Classes as follows:

Intermediate Classes:

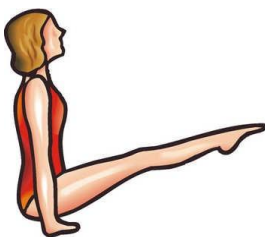
Thursday from 9:00 am -10:00 am - FLC Seniors Lounge at the Trico Centre

Beginner Classes:

Thursday from 10:15 am - 11:15 am - MP Rooms 7 & 8 at the Trico Centre

Coordinator: Christel Presley 403-271-1289 Email: christelp@shaw.ca

YOGA



Yoga involves physical posture and breathing exercises which leads to improved physical fitness, mental clarity and general well being. Instructors are certified professionals acutely aware of participants limitations. This program is designed to specifically meet those needs.

Winter Classes:

Location: Trico Centre - FLC Seniors Lounge & MP Rooms 7 & 8.

Beginners Yoga: Monday January 10, 2011 in MP Rooms 7 & 8 from 10:15 am -11:45 am.
Tuesday January 11, 2011 in the Seniors Lounge from 8:30 am -10:00 am.
Tuesday January 11, 2011 in the Seniors Lounge from 10:15 am -11:45 am.
Wednesday January 12, 2011 in MP Rooms 7 & 8 from 10:15 am -11:45 am.
Friday January 14, 2011 in the Seniors Lounge from 10:30 am -12:00 pm.

Intermediate Yoga: Monday January 10, 2011 in the Seniors Lounge from 10:30 am -12:00 pm.
Wednesday January 12, 2011 in the Seniors Lounge from 10:30 am -12:00 pm.
Thursday January 13, 2011 in the Seniors Lounge from 10:30 am -12:00 pm.

Coordinators: Ollie Griffith 403-271-4782 June Grant 403-225-8567



COFFEE GROUP

We meet Monday afternoons for coffee and sweets. The cost is 25 cents and everyone is welcome. Newcomers please bring your FLC Seniors Club Membership Card for 2010-2011 the first time you come.

Upcoming Events:

Valentines Luncheon - Monday February 14, 2011 - 11:30 am at the Empress Restaurant.

Windup Luncheon - Monday May 9, 2011 at 11:30 am (place to be decided).

Location: Trico Centre - FLC Seniors Lounge

When: Monday afternoons from 1:15 pm - 4:00 pm

Coordinator: Roxy Thomson 403-271-1671

FLC Seniors Club Casino Activities



Our next FLC Seniors Casino will be held in the third quarter of 2011. We have no date at present but will post it as soon as it is available. The Trico Centre Casino will follow in the fourth quarter.

Volunteer signup sheets were available at our registration on Saturday August 21, 2010 recruiting added volunteers. We will review the volunteer list and start contacting the volunteers that may be needed as soon as we receive confirmation of our Casino dates.

Please contact either of us at any time if you are interested to ensure your name is on our list of volunteers.

Coordinators: Bob Watterberg 403-271-2686 Al Brissette 403-271-1903

LINE DANCING



Our line dancing is in full swing and we're learning the rumba, the tango and the jive all in line dance fashion! We are challenging our memories and keeping fit over the winter months...sounds good doesn't it? Come out and join us for some good fun, good health and great socialization...no partners required!

This winter we are offering ten line dancing classes ranging in length from 9 - 12 weeks in duration depending on the class. Winter classes began on Monday January 10, 2011 and Spring classes will begin in April and will run for 6 - 8 weeks...but more about those classes in the next newsletter!

Winter Classes are as follows:

Level 1: Monday January 10, 2011 (11 weeks) at 7:45 pm - Trico Centre
Tuesday January 11, 2011 (12 weeks) at 6:30 pm - Willowridge Community Centre
Wednesday January 12, 2011 (10 weeks) at 11:45 am - Trico Centre
Friday January 14, 2011 (12 weeks) at 11:00 am - Willowridge Community Centre

Level 2: Monday January 10, 2011 (11 weeks) at 6:30 pm - Trico Centre
Wednesday January 12, 2011 (10 weeks) at 10:30 am - Trico Centre

Level 2 Plus: Tuesday January 11, 2011 (10 weeks) at 2:30 pm - Trico Centre
Friday January 14, 2011 (9 weeks) at 10:05 am - Trico Centre

Level 3: Tuesday January 11, 2011 (10 weeks) at 1:30 pm - Trico Centre
Friday January 14, 2011 (9 weeks) at 8:55 am - Trico Centre

For further information about classes please call us. Don't forget your FLC Seniors Club membership!

Coordinators: Madelene Krokum 403-256-3629 Olga Williams 403-281-4606

SPORTS ACTIVITIES

CURLING



The Curling Club is again having a very successful year with approximately 160 regular curlers, some of which are curling both days and approximately 72 spares. We are again utilizing all ten sheets of available ice at the Acadia Recreation Centre (ARC) both for Wednesdays and Fridays.

We have seen an increase on the ice rental costs by 12% over the past 2 years and we have therefore been forced to raise our fees. Both our budget and actual costs for last season and this season show a steady increase in costs and we anticipate that this trend will continue. However, we anticipate a potential reserve at year end of approximately \$3200.00 that is after all activities and costs for the season are finalized.

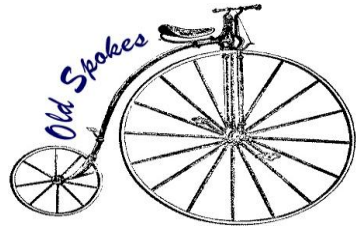
We are presently in the planning stages of our annual “Old Crock Challenge” where we are again being challenged by the ARC Seniors in fun filled curling games which of course will be followed by some food and libations. This year we will have a cross over on the last Wednesday game March 16, 2011. Ten of our teams will play in the ARC Seniors morning draw at 9:30 am against 10 of their teams and then the other 10 teams of theirs will play against the other 10 teams of our group at 12:30 pm. Following this we will have coffee and decide the winners who will be presented with the “Old Crock Challenge” Trophy.

Our spring windup curling luncheon will be held on Saturday March 19, 2011 at the Horton Road Legion - 9202 Horton Road SW. Watch the website for details. We expect a record number of attendees once again where we will be awarding all the prizes for this a very successful season.

We would like to take this opportunity to thank all of our volunteers who help make our curling activity a most successful and enjoyable experience and they are listed elsewhere in the edition.

Respectfully submitted by the FLC Seniors Curling Club Executive

Coordinators: Lorne Peppler 403-225-0212
Al Brissette 403-271-1903
Art Raaflaub 403-271-5656



CYCLING

Our FLC Seniors Cycling Club held its founding meeting on Saturday January 25, 2011 at the Trico Centre in the FLC Seniors Lounge. A great room for a club our size, now exceeding 85 members. The Club's Bylaws and Policies are in final preparation and teams of two or three members have been created for our Communications, Membership, Cycling Schedule, Workshops and Bus Trips.

A strong commitment was made by all of the cycling leaders to form a faster, medium and slower group from all attendees on both Tuesday and Wednesdays beginning April 19 and April 20, 2011 at 10:00 am at The Ranche in Fish Creek.

Our Spring Workshop will be held Saturday April 16, 2011 in the FLC Seniors Lounge between 9:00 am and 12:00 pm.

For further information call Cycling Coordinator.

Coordinator: Murray Karn 403-236-8837 Email: mskarn@telus.net

Another Thinking Cap Quiz...



- 1) How could you rearrange the letters in the words "new door" to make one word? **Note:** there is only one correct answer.
- 2) In Okmulgee Oklahoma you cannot take a picture of a man with a wooden leg. Why not?
- 3) A clerk in the Butcher Shop is 5 feet 10 inches tall. What does he weigh?
- 4) How many outs are there in an inning?
- 5) There were an electrician and a plumber waiting in line for admission to the "International Home Show". One of them was the father of the other's son. How could this be possible?

Answers on page 30

GOLF



Practice your Swing for Spring!

“National Golf Academy Golf Dome”

50 ~ 50th Avenue SE

One block east of Macleod Trail

We have the same rates as last year \$15.00 per mat. Our group has been assigned to the upper deck so we can be by ourselves.

Cost: \$5.00 per person (minimum 3 people per mat)

Our Weekly Reserved Day and Time

Tuesdays from 9:30 am ~ 10:30 am

Starting Tuesday February 1, 2011

This is available to all FLC Seniors Club members on a drop in basis. We would appreciate if you are interested in these sessions to record your intentions by registering on flcgolf@yahoo.ca. This will generate an email to our Golf Dome folder so John Lane will be able to monitor the weekly requirements.

Coordinator: John Lane ~ 403-278-6277



GOLF

Our FLC Seniors Mixed Golf is for fun, exercise and fellowship. We golf at Maple Ridge Golf Course (18 hole course) on Monday, new for 2011 Heather Glen Golf Course (18 and 9 hole course) on Tuesday, Douglasdale Golf Course (18 hole course) on Wednesday and RCGA Golf Centre - Par 3 (9 hole course) on Thursday.

2011 Golf Registration

Saturday April 9, 2011

1:00 pm - 4:00 pm

Trico Centre - FLC Seniors Lounge

11150 Bonaventure Drive SE

Golf Registration Fees: \$20.00

**** Before registering for Golf a \$10.00 FLC Seniors Club 2010 - 2011 Membership Card is Required****

Start dates for all 4 courses will be available at the April Golf Registration.

We have our Annual Stampede Tournament booked for Friday July 8, 2011 at Douglasdale and a new 9 hole Tournament booked for Thursday June 9, 2011 at Heather Glen.

Details will follow in our Summer Newsletter.

NOTE: There will be a change to register for golf for the 2012 season...you will be asked to purchase your golf membership at the Annual Membership Registration for 2011-2012 which will be held on August 20, 2011.

Coordinators: Jim Drake - Maple Ridge Golf Course - 403-252-1764

Mike Hughes - RCGA Par 3 Golf Course - 403-278-3669

John Lane - National Golf Academy (Golf Dome) - 403-278-6277

Glen Newberry - Douglasdale Golf Course and President - 403-278-0643

Glen Newberry- Heather Glen Golf Course - 403-278-0643

THE OUTDOOR CLUB

For general information on all Outdoor Club activities call Mary Checkley 403-271-1193 or Marion Halpen 403-271-3718. For information on a specific activity contact the Coordinator listed.

WALKING



The walking group has been meeting at Mallard Point every Wednesday at 10:00 am and will continue to do so throughout the winter. The washroom is open at Mallard Point. If the weather is -10 or icy out we will meet inside the north entrance of the Southcentre Mall at 9:00 am. We will walk clockwise and in case some are late they can walk counter clockwise to meet up with the group. As soon as weather permits we will start our organized walks.

Coordinator - Marilyn Patterson 403-726-0881

Jo Harvey and Marion Halpen will start an Easy Walking Group beginning when weather and trails are suitable in the spring. We will walk every Wednesday at 10:00 am. Watch the weekly messages for details.
Jo - 403-271-4089 Marion - 403-271-3718

BIRDING



Weekly birding starts again on Thursday May 5, 2011. During May and June our group will meet every Thursday morning at 8:00 am in the parking lot at the southeast corner of Southcentre Shopping Centre. From there we will carpool to the destination of the day. Trips are usually back by noon. Even if you have never birded before come out and try this wonderful hobby - good for both the mind and body.

Coordinator: Deanna Jullyan 403-254-1229



SNOWSHOEING

Snowshoeing began on November 26, 2010 with favourable snow and weather conditions. It has continued every Friday, weather and snow conditions permitting, with an enthusiastic response. We have two groups for each outing; a leisure paced group and a second multi-leveled group that snowshoes at a faster pace. We will continue to snowshoe every Friday as long as conditions allow. We have tried new locations such as Cross Conservation Area with good results. An outing at William Watson Lodge in Kananaskis for 24 snowshoers to date is scheduled for Monday February 21, 2011 - Thursday February 24, 2011.

Coordinator - Pauline Schaus 403-271-7177

Ron and Pauline Chambers would like to thank every member of the 2009-2010 snowshoeing group. Every snowshoer contributed during the season. Special thanks to those attending the annual William Watson excursion. Everyone pitched in to make the outing a success.

The Outdoor Club is planning a tour of a recycling plant for members only on Wednesday February 16, 2011 at 1:30 pm. Details will be given in a weekly message at a later date.

It's Daylight Savings Time!



SPRING AHEAD!

Sunday March 13, 2011

OUTDOOR CLUB BUS TRIPS



Our bus trips are open to any FLC Seniors member not just Outdoor Club members. All trips will leave from the southeast corner of Southcentre Mall parking lot.

Wednesday April 6, 2011 - CrossIron Mills Mall

We will leave at 9:30 am and arrive there about 10:00 am. We will be dropped off at the Bass Pro Shop and picked up to come home at the Food Court doors at 2:00 pm. Maps of the mall will be provided.

We are using a school bus for this trip so the cost will be \$7.00. To reserve call Marion Halpen at 403-271-3718 beginning Friday March 25, 2011. Tickets will be on sale on Friday April 1, 2011 from 1:00 pm to 3:00 pm at the Trico Centre.

Wednesday May 25, 2011 - Nanton

We will leave at 8:30 am. Bring a bag lunch. We will have a guided tour of the Lancaster Bomber Museum in the morning and eat our lunch there. Attractions for the afternoon are the Big Sky Garden Railway Miniature World and/or the Historic Main Street and Antique & Art Walk. Details have not been finalized but will be available from Marion Halpen 403-271-3718 after Friday April 15, 2011, from the website www.flcseniors.ca, from notice boards at the Trico Centre or watch for the Summer Newsletter.

To reserve call Marion Halpen at 403-271-3718 beginning Friday May 13, 2011. Tickets will be on sale Friday May 20, 2011 from 1:00 pm - 3:00 pm at the Trico Centre.

Wednesday June 22, 2011 - Rosebud Theatre for a production of *"Jake and the Kid"*. We will leave at 9:30 am. Watch for further details in the Summer Newsletter.

To reserve call Marion Halpen at 403-271-3718 beginning Friday June 3, 2011. Tickets will be on sale Friday June 17, 2011 from 1:00 pm - 3:00 pm at the Trico Centre.

Proposed bus trips:

Wednesday July 20, 2011 - Lethbridge to Japanese Gardens and the Galt Museum

Wednesday August 17, 2011 - Destination to be decided.



FLC Seniors Club Welcomes Stage West To Our Theatre Offerings

Location: 727 ~ 42nd Avenue SE

Stage West Dinner Theatre features great food, service and entertainment all in one location. Our 400 seat theatre is ramped and tiered, offering easy access and an excellent view of the stage from all locations. Stage West's sumptuous 120 item buffet is included with each performance.

Are you interested in attending a Stage West production at a special reduced group rate? In order to take advantage of the group rate we need 30 people or more to show their interest.

Regular Price:

Wednesday Matinee - \$69.00 per person
Sunday Brunch - \$69.00 per person

Special Group Rate:

\$45.00 per person
\$55.00 per person

Savings:

\$24.00
\$14.00

GST applies to ticket prices.

Upcoming Production:

“ALL SHOOK UP” - Featuring the music of Elvis Presley

Set in 1955 small-town America, ***“All Shook Up”*** tells the musical story of a hip-swiveling, guitar playing, motorcycle-riding roustabout stranger who comes to town to fall in love with a sweet, young local girl. Her quiet dreams of leaving her sleepy town for excitement begin to be realized when she meets Chad, who instead of falling into the rules of the town, ‘shakes things up’ with a little Rock n’ Roll. This story of romance is all set to the music of the King, Elvis Presley. Songs featured include “Jailhouse Rock”, “Heartbreak Hotel”, “One Night with You”, “Hound Dog”, “Blue Suede Shoes”, “Fools Fall in Love” and many more!

Wednesday Matinee:

Buffet: 10:30 am ~12:15 pm
Curtain: 12:15 pm

Sunday Brunch:

Buffet: 10:30 am ~12:15 pm
Curtain: 12:15 pm

Dates Available ~

April 20, 27
May 4, 11, 18, 25
June 1, 8 15

Dates Available ~

April 17, 24
May 1, 8, 15, 22, 29
June 5, 12

“Semi-formal dress code”

To express your interest or for more information please contact Marlene Kunz 403-271-4447



THEATRE CALGARY ~ Seniors Saturday Matinees ~ 2:00 pm

Location: 220 - 9 Avenue SE

For those not familiar with these special matinees - besides offering some of the best seats of the house at very advantageous prices you are treated to a preshow reception reserved strictly for us seniors. Listen to an interesting talk about some aspect of the play while enjoying a light snack or some pastry while sipping some tea or coffee.

The remaining plays of the season are:

Saturday April 9, 2011 - “*MUCH ADO ABOUT NOTHING*” The ticket price for this play is \$26.50
One of Shakespeare’s most playful wildly romantic and accessible plays will take you to a vineyard in Southern Italy. While a young couple are getting married there are two older singles among the guests who cannot stand each other. Will hidden desires, jealousies and mischievous schemes threaten the wedding or will another romance bloom instead? One thing is certain: When there are men and women and passion there is always “much ado”.

Saturday May 14, 2011 - “*MOM’S THE WORD FOR CRYING OUT LOUD*” The ticket price for this play is \$26.50

This last play of our Theatre Season is apparently an honest and direct story about the high and low of motherhood. A series of vignettes, both outrageously funny as well as poignant, will bring both laughter and tears. We will see ourselves, or our moms, reflected on stage. Don’t miss this loving tribute to the toughest and most rewarding job on earth.

NOTE: Tickets for each of these plays can be ordered any time but not later than three weeks before the date of the play. After that date we cannot guarantee that seats will be available and particularly so for the May play.

Check out the FLC Seniors Club Website -www.flcseniors.ca ~ for instructions on requesting your tickets or if phoning please call John Buyschaert 403-271-0622



VERTIGO THEATRE

Saturday Mystery Matinees ~ 2:00 pm

Vertigo Theatre is located on the ground floor of the Calgary Tower building. There is easy parking in the Palliser building or across the street and for those of you who like walking, just a short distance from the C-train.

By booking through our FLC Seniors Club members benefit from the seniors group rate of \$20.00 per ticket - a savings of \$10.00.

Scheduled Saturday Mysteries for 2011 Season:

Saturday March 19, 2011 - “*And Then There Were None*” by A. Christie.

Ten people each with something to hide and something to fear are invited to a lonely mansion on Soldier Island by a host who, surprisingly, fails to appear. On the island, they are cut off from everything but each other and the inescapable shadows of their own past lives. One by one, the guests share their darkest secrets. And one by one, they begin to die...

Saturday May 7, 2011 - “*Dr. Jekyll & Mr. Hyde*” by R.L. Stevenson adapted by J. Hatcher.

Evil lurks in the dark and dismal streets of London as a terrified community struggles to understand the deaths occurring under the cloak of darkness. At the same time, respectable Dr. Henry Jekyll isn't quite himself, displaying increasingly alarming and erratic behaviour. Can the good doctor cure the evil? And how much longer can he keep it at bay?

Note: Pick up tickets in the lobby at the Trico Centre on the Wednesday before each play between 12:00 pm - 12:30 pm or arrange an alternative method with coordinator.

Check out the FLC Seniors Club Website - www.flcseniors.ca - for instructions on requesting your tickets or if phoning please call Lynn Lester-Lee 403-271-9440. *Please call after 11:00 am.*

Email: lynnl@telus.net



PUMPHOUSE THEATRE

Location: 2140 Pumphouse Avenue SW

Cost remains at \$14.00 which includes your bus ride to and from the theatre plus a brief reception following the play where you get to mingle with the actors. We will continue to depart from the South East corner of the Southcentre parking area; south of the Library and west of the CIBC. Buses will load starting at 6:45 pm with a departure time of 7:00 pm. Please remember to bring your envelope with payment enclosed and your name/names on the outside. No cheques please, we can only accept cash consisting of bills, toonies and loonies. Please no small change.

Upcoming 2011 presentation:

Wednesday May 11, 2011 - *"All in Good Time"* by Bill Naughton

Set in Bolton Lancashire, this very funny but sensitive play centers on the introverted Arthur and his new bride forced by economic circumstances to live with his "good" - hearted but rough-tongued father. The lack of privacy is so inhibiting that Arthur is unable to consummate the marriage and gradually word gets around. Gossip flourishes and tongues wag. Can Arthur lose his inhibitions! Filmed as The Family Way with Hywel Bennett and Hayley Mills.

Check out the FLC Seniors Club Website - www.flcseniors.ca - for instructions on requesting your tickets (maximum of 4) or if phoning please call Camella Dunbar 403-251-1690

Theatre Programs - Reminder

You can request your theatre tickets on our FLC Seniors Club Website.



IMPORTANT DATES

Monday February 14, 2011	“Coffee Group Valentines Luncheon”, Empress Restaurant
Wednesday February 16, 2011	“Recycling Plant Tour”, Outdoor Club Members Only
Saturday February 26, 2011	“The Drowsy Chaperone”, Theatre Calgary
Friday March 4, 2011	“March Into Spring”, Acadia Recreation Centre (ARC)
Sunday March 13, 2011	“Daylight Savings Begins - Move Clocks Ahead”
Wednesday March 16, 2011	“Curling - Old Crock Challenge”, Acadia Recreation Centre
Saturday March 19, 2011	“And Then There Were None”, Vertigo Theatre
Saturday March 19, 2011	“Curling Windup Luncheon”, Horton Road Legion
Wednesday April 6, 2011	“CrossIron Mills Mall”, Outdoor Club Bus Trip
Saturday April 9, 2011	“Much Ado About Nothing”, Theatre Calgary
Saturday April 9, 2011	“Golf Registration”, Trico Centre - Seniors Lounge
Saturday April 16, 2011	“Cycling -Spring Workshop”, Trico Centre - Seniors Lounge
Saturday April 30, 2011	“Brushstrokes Art Sale”, Willowridge Community Centre
Saturday May 7, 2011	“Dr. Jekyll & Mr. Hyde”, Vertigo Theatre
Monday May 9, 2011	“Coffee Group Windup Luncheon”, Place to be Decided
Wednesday May 11, 2011	“All in Good Time”, Pumphouse Theatre
Saturday May 14, 2011	“Mom’s The Word For Crying Out Loud”, Theatre Calgary
Wednesday May 25, 2011	“Nanton”, Outdoor Club Bus Trip
Saturday June 4, 2011	“Annual Summer BBQ”, Horton Road Legion
Thursday June 9, 2011	“Golf Tournament”, Heather Glen Golf Course
Wednesday June 22, 2011	“Rosebud Theatre-“Jake and the Kid”, Outdoor Club Bus Trip
Friday July 8, 2011	“Annual Stampede Tournament”, Douglasdale Golf Course
Saturday August 20, 2011	“Annual Membership Registration”, Trico Centre

WATCH FOR YOUR NEXT NEWSLETTER



SUMMER ISSUE
WEEK OF: May 16 ~ May 20, 2011

Thinking Cap Quiz Answers from Page 19...



- 1) one word
- 2) You have to take a picture of a man with a camera not with a wooden leg
- 3) Meat
- 4) Six -Three in each half of the inning
- 5) They were husband and wife

Upcoming Reminders!



FLC Seniors Club Annual Summer BBQ
Saturday June 4, 2011
Horton Road Legion ~ 9202 Horton Road SW

FLC Seniors Club Annual Membership Registration



Saturday August 20, 2011
10:00 am ~ 2:00 pm
Trico Centre ~ FLC Seniors Lounge
11150 Bonaventure Drive SE

FLEXIBILITY TO FIT YOUR SCHEDULE... WITH OUR NEW SENIOR "BUILD-A-PASS"

Staying active and healthy and has never been easier, more convenient or better value at Trico Centre.

Try out our NEW membership option ONLY AVAILABLE for seniors (aged 60+) at Trico Centre.

The NEW "Build-a-Pass" option has been designed for those snowbirds that like to get away for the winter, travel all summer long, or those of you that just want to add on a few extra months to your 4 month pass. With the "Build-a-Pass" option you can purchase a 4 month membership and add anywhere from 1 to 8 consecutive months on to your pass, with the knowledge that your healthy lifestyle fits your schedule and pocket book.

MEMBERSHIP FEES CATEGORIES	VALUE PRICE		COMMUNITY PARTNERS		CONTINUOUS PRICE MONTHLY	
	4 Month	12 Month	4 Month	12 Month	Value Price	Community Partners
Senior (60+ years)	\$248	\$496	\$198	\$396	\$41.33	\$33.00
Senior Couple (60+ years)	\$372	\$744	\$297	\$594	\$62.00	\$49.50

NEW MEMBER BUILDING FEE: \$50.00 per Annual/Continuous Pass and \$25.00 per 4 Month/8 Month Upgrade Pass. Members will be subject to this fee after a 3 month lapse in membership.

CONTINUOUS PASS: 1 year commitment required, \$24.00 annual administrative fee

SENIORS BUILD A PASS OPTION: Add up to 8 consecutive months onto your 4 Month pass as needed.
 Senior: \$24.75/month for community partners, \$31/month value pricing
 Senior Couple: \$37.13/month for community partners, \$46.50/month value pricing



**11150 Bonaventure Drive SE
(EAST OF SOUTH CENTRE MALL)
403-278-7542
www.tricocentre.ca**