

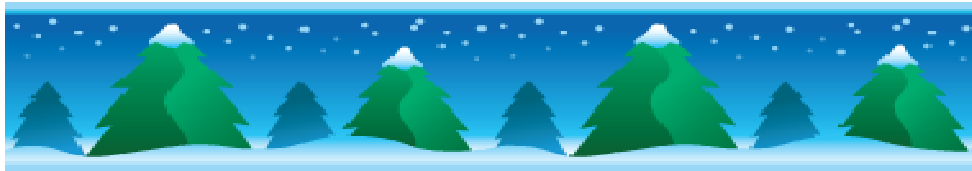


FLC SENIORS CLUB

Operating out of the Trico Centre

www.flcseniors.ca

WINTER NEWSLETTER 2011



FLC Seniors Club Christmas Party

All FLC Seniors Club Members Are Cordially Invited

Willowridge Community Centre

680 Acadia Drive SE

Sunday December 4

2:00 pm - 5:00 pm



There is no charge to FLC Seniors Club Members for this event.

However we do ask that you please contribute an appetizer.

Sweets will be provided.

Cash donations for the Calgary Poppy Fund /
Veteran's Food Bank will be gratefully accepted.

IMPORTANT DATES



Wednesday November 16, 2011	“Pack of Lies”, Workshop Theatre
Wednesday November 16, 2011	Stage West Matinee
Saturday November 26, 2011	“Blithe Spirit”, Vertigo Theatre
Sunday December 4, 2011	“Annual Christmas Social”
Monday December 12, 2011	Coffee Group Christmas Luncheon
Tuesday December 13, 2011	Cribbage Group Christmas Party
Saturday December 17, 2011	Curling Group Christmas Luncheon
Saturday December 17, 2011	“A Christmas Carol”, Theatre Calgary
Saturday February 4, 2012	“When Girls Collide”, Vertigo Theatre,
Monday February 13, 2012	Coffee Group Valentines Luncheon
Saturday February 18, 2012	“Enron”, Theatre Calgary
Wednesday February 29, 2012	“In the Heat of the Night” Workshop Theatre
Friday March 7, 2012	“March Into Spring” Fun Casino Social at the ARC
Saturday March 17, 2012	“Shirley Valentine”, Theatre Calgary
Sunday March 25, 2012 & Monday March 26, 2012	Family Leisure Centre Casino (Trico)
Saturday March 31, 2012	“Rope”, Vertigo Theatre
Saturday March 31, 2012	Brushstrokes Art Show at Willowridge Community Centre
Saturday March 31, 2012	Old Spokes Cycling Club Spring Workshop & Registration
Saturday April 14, 2012	Annual Golf Registration, FLC Senior Lounge
Saturday April 28, 2012	“Cats”, Theatre Calgary
Wednesday May 16, 2012	“Love on the Ropes”, Workshop Theatre
Saturday May 19, 2012	“Sweeney Todd”, Vertigo Theatre

FLC Seniors Club 2010 – 2011 Board of Directors

President Rick Babcock	403-271-1639	Casino Al Brissette	403-271-1903
Past President Hugh Phelan	403-271-8389	Room Bookings:	
Secretary Camella Dunbar	403-251 1690	Maureen Bracken	403-271 2796
Treasurer Linda Hughes	403-278-3669	Committee Work:	
Newsletter Valerie Robertson	403-278-4638	Ron Antonchuck	403-203-1772

Join our FLC Seniors Club and meet new friends

Located at the Trico Centre for Family Wellness, 11150 Bonaventure Drive SE, our club has been in operation for over 28 years and has an active membership of 1400 seniors age 55 and above. Memberships can be purchased anytime throughout the year at the lower level Guest Services desk. Annual membership runs from September 1st to August 31st at a cost of \$10.00. A current FLC Seniors Club Membership card is required to participate in any activity.

Visit our website at www.flcseniors.ca for full descriptions of our various activities. The website is updated regularly to ensure our members are well informed. A newsletter is produced quarterly and accessible on line. Printed copies are also available through the Trico Centre. We encourage members to access the website due to rising costs for postage and printing. Further information on any activities you may be interested in joining can be obtained by contacting the appropriate coordinators.

There are more than 33 fun activities to choose from. These range from theatre outings, curling, golf, line dancing, yoga, cards and various outdoor pursuits, just to name a few! Our activities are made affordable through casino fund raising efforts by our many volunteers. **Volunteers are an integral part of FLC Seniors Club. We are always looking for new helping hands! Please consider giving of your time and talent to assist the club.**

Brushstrokes



Brushstrokes offer classes Mondays through Fridays in oil, watercolor and multimedia.

Classes are as follows:

Monday - Oil 1:00 pm - 4:00 pm

Tuesday - Watercolor 1:00 pm - 4:00 pm

Wednesday - Oil 1:00 pm - 4:00 pm

Thursday – Multimedia (no oil) 9:00 am - 12:00 pm

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

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

Each class includes beginners to advanced with a limit of ten per class.

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

The winter session runs for a ten week period starting January 16, 2012 to March 23, 2012. All class members must have a FLC Seniors Club membership before registering. If you are interested in a class please call a Brushstrokes contact listed below.

We will be having an art show at the Fish Creek Library from December 6 to 13th . Our 18th annual Spring Art Sale will be held on Saturday March 31, 2012 between 10:00 am – 3:00 pm in the Willowridge Community Centre, 680 Acadia Drive S.E. The artists of Brushstrokes invite you to an exhibition and sale of original art works at very reasonable prices.
Coordinator: Rod Helm 403-238-9443
Registration: Ann Clark 403-201-0137

Calligraphy



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

Registration is limited to 14 students per class.

Spring classes:

Legend Alphabet

This calligraphic alphabet style with its stretched letter forms and curvy elegant capitals has a flowing Eastern flavor. It is quite easily learned and will be a nice addition to your study of alphabets. Beginning calligraphers are welcome. We can use either markers or nibs and ink for the class. The instructor can arrange to bring supplies if necessary.

Instructor: Renate Worthington

Cost: \$30.00

Date: Wednesday March 7th, 2012 to Wednesday April 4th, 2012

Art for Non-Artists

Bring your paint box and a few springy brushes (a square ended flat brush, and a pointed one) to explore some easy flowers as well as create amazing little pieces of watercolor art. We will discuss supplies before the class begins, such as watercolor paper, paint boxes and brushes.

Instructor: Renate Worthington

Cost: \$30.00

Date: Wednesday April 11, 2012 to Wednesday May 9th 2012

For further information about a class contact a coordinator

Coordinators: Jean Oishi 403-281-1203 Connie Houlden 403-271-4103

Join us for Cards



BRIDGE

Social Duplicate Bridge

Social Duplicate Bridge is a drop-in format. We draw for partners at each session. Players volunteer to assist with the setup and close. All bridge players are welcome. Join us and sharpen your bridge skills in a friendly ambiance. Newcomers are required to contact the coordinator in advance. We break off for the festive season after Tuesday December 13 and resume play on Tuesday January 3, 2012.

Location: Trico Centre. - FLC Seniors Lounge.

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

Coordinator: Varouj Arslanian 403-271-7681

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

Thursday Afternoon Drop-in Bridge

This Bridge is open to anyone and again 'Social' is the key word for these weekly gatherings which go on all year round. Currently we have as many as six to seven tables. Come out for a friendly game of Bridge. Beginners Welcome - Bring a Friend. Entry fee is \$1.00 with all the funds returned to the winners.

Location: Trico Centre - FLC Seniors Lounge

Doors open at 12:15 PM and play commences from 12:30 PM to 4:00 PM.

Contact and Coordinator: Neil Ferguson 403-254-4740

Thursday Evening Drop-In Bridge

Card games are played in the Seniors Lounge Thursday evening from 7-9p.m.

All levels are welcome, and we would love to see more participants. We will draw for partners and change every fourth round. There is a minimal charge for the coffee, etc.

Coordinator: Noreen Avey 403-271-4004

Bridge Lessons

Location: Trico Centre - FLC Seniors Lounge

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

Intermediate Part 1: Wednesday November 9, 2011 - Wednesday November 30, 2011 (4 lessons for \$20.00) -no trump, Stayman, Jacoby, rebids by opener and responder.

Intermediate Part 2: Wednesday January 11, 2012 -Wednesday February 1, 2012 (4 lessons for \$20.00) overcall, take out double, pre-emptive bidding, weak two bid, two demand bid. Members may register for either Part 1 or Part 2 or take both sessions.

Please note: Classes for Intermediate Part 1 & Part 2 are full, waiting list only.

Beginners: Wednesday February 8, 2012 - Wednesday March 28, 2012 (8 lessons for \$40.00). Please register as soon as possible with the coordinator.

Coordinator: Lynn Lester-Lee: [Email: lynnl@telus.net](mailto:lynnl@telus.net) or call (afternoons only) 403-271-9440

CRIBBAGE

Our Crib group has 87 active members and we have been averaging 50 players per week. Our largest attendance so far this year is 60. Our annual Christmas Party will be held **December 13, 2011** and our annual 10 Week Tournament will run from **January 31 to April 3, 2012**. If you know how to play Crib, and are a member of the FLC Seniors Club, you can drop-in to play. It costs 75 cents per week to play seven 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 – it is advisable to be at least 20 minutes early.

Location: Trico Centre – FLC Seniors Lounge

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

Coordinators: Roy and Jean Berg 403-248-8220

WHIST

We are looking for more Whist players. Whist players currently holding a current FLC Seniors membership are invited to play Friday afternoons except on statutory holidays. If there are Whist players out there that have played Whist in the past but are afraid to give it a try again because it has been a long time since you have played, please do not hesitate to come and join us. We have people who are willing help you get through those first few games to get yourself back in Whist trim.

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.

Coordinator: Donnalee Lamson 403-281-6134

Coffee Group



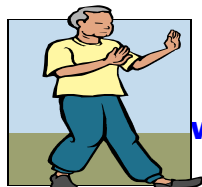
We meet Monday afternoons from 1:15 pm – 4:00pm and the cost of 25 cents gives you tea, coffee, sweets and conversation. At 2:30 pm we play a simple card game for those who wish to play.

Christmas Luncheon and Gift Exchange –Monday Dec. 12th, 2011 at Tony Roma's –MacLeod Trail and Glenmore.

Valentines Luncheon-Monday Feb. 13th, 2012 – (Time and place to be decided).

Location: Trico Centre- FLC Seniors Lounge.

Coordinator: Roxy Thomson 403-271-1671



Tai Chi

Tai Chi REDUCES STRESS, LOWERS BLOOD PRESSURE, IMPROVES BALANCE and also REDUCES PAIN. Studies have shown that practicing Tai Chi 3 to 5 times a week has cardiovascular benefits for heart disease patients.

The winter classes will be held at the Trico Centre from **January 12th 2012 until Thursday April 27th 2012 for both beginner and advanced.**

Time: 9:00 am in the Seniors Lounge for the **Advanced** class,
10:15 am in Room 7&8 for the **Beginner** class

For further information about a class please contact:

Coordinator: Christel Presley E-mail: christelp@shaw.ca or phone: 403 271-1289



Yoga

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

Location: Trico Centre – FLC Seniors Lounge and MP Rooms 7 & 8

Beginner Yoga:

Mondays, starting on January 9th 2012, in Room 7 & 8 from 10:15 AM – 11:45 AM

Tuesdays, starting on January 10th 2012, in Seniors Lounge from 8:30 AM – 10:00 AM

Tuesdays, starting on January 10th 2012, in Seniors Lounge from 10:15 AM to 11:45 AM

Tuesdays, starting on January 10th 2012, in Room 7 & 8 from 10:30 AM to 12:00 noon

Wednesdays, starting on January 11th 2012, in Room 7 & 8 from 10:15 AM to 11:45 AM

Fridays, starting on January 13th 2012, in Seniors Lounge from 10:30 AM to 12:00 noon

Intermediate Yoga:

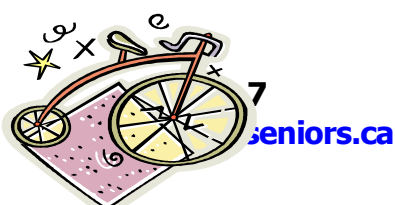
Mondays, starting on January 9th 2012, in Seniors Lounge from 10:30 AM to 12:00 noon

Wednesdays, starting on January 11th 2012, in Seniors Lounge from 10:30 AM to 12:00 noon

Thursdays, starting on January 12th 2012, in Seniors Lounge from 10:30 AM to 12:00 noon

Coordinators:

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

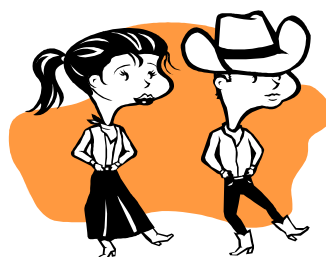


Cycling

The Old Spokes Cycling Club has had great weather for Fall Cycling. We have been cycling from April 12 to October 26th for 32 consecutive weeks. Our wind-up party for the season was held on November 4th. We look forward to a great season in 2012. Our first activity in 2012 will be a **Spring Workshop and registration on March 31st from 9am to 12am**. We will continue to ride every Tuesday and Wednesday. The moderate cyclists ride both days. The easy riders, affectionately known as O.J.s, ride on Tuesdays. The Moderates cycle about 40 to 50 kms. and the Easy Riders group does a shorter distance at an easier pace. Cycling is great exercise and is an enjoyable social occasion. Everyone brings a bag lunch and we enjoy visiting, fresh air and good humor while we eat. Everyone is encouraged to join this group of friendly active people.

Coordinator:

Murray Karn 403-236-8837 [Email: mskarn@telus.net](mailto:mskarn@telus.net)



Line Dancing

It is great to know that we are continuing to grow and more people are now enjoying line dancing. It is very rewarding to be able to present a program that not only provides physical exercise, but also challenges the mind. With music from all genres, we dance the Cha Cha, Tango and even the Jive. Waltzes, Rumbas and even Country Two step can be danced in line dance and no partner is required. Classes present a great opportunity for socialization as well as good fun and the learning of new and varied dances. What a wonderful way to keep active during those cold winter months! We are again offering eleven classes for the winter session.

Class locations: Trico Centre – 11150 Bonaventure Dr. SE.

Willowridge Community Centre – 680 Acadia Dr. SE

All classes begin the week of January 9th and are 11 weeks in duration with the exception of Friday classes at Trico Centre, which will be 10 weeks. There will be some classes cancelled on February 20th for Family day and February 16th and 17th for Teachers Convention.

Class Schedule:

Level 1:	Monday	7:30 P.M. Trico Centre
	Tuesday	7:30 P.M. WRCC
	Wednesday	11:45 A.M. Trico Centre
	Friday	11:15 A.M. WRCC
Level 2:	Monday	6:15 P.M. Trico Centre

	Tuesday	6:15 P.M. WRCC
	Wednesday	10:30 A.M. Trico Centre
	Friday	10:00 A.M. WRCC
Level 2+:	Friday	10:05 A.M. Trico Centre
Level 3:	Friday	8:55 A.M. Trico Centre
Level 3+:	Tuesday	1:40 P.M. Trico Centre

Cost is expected to remain as before at: \$39.00 for 11 weeks and \$36.00 for 10 weeks.

Your instructors Ann and Marie look forward to seeing their regulars back again as well as new participants who want to have fun.

For further information about classes please contact your coordinators

Coordinators: Anne and Dean Nuell 403-238-7888 Email: wedance@telus.net

Curling



It is the Fall Season and again we began the new season of curling while we are still on the golf links. We started curling on Friday September the 30th and on Wednesday October the 5th Our curling registration in August once again showed our club continues to have a strong interest in Curling in that we were over-subscribed, and unfortunately again we had to turn some folks away. We will be utilizing all 10 sheets of ice at the ARC during both the first and second halves of the season. This equates into a total of 160 active members curling, some of whom curl both Wednesday and Friday, and a total of 79 active spares. Combining all this we are looking forward to a very successful year and we wish all our curlers and spares an exciting fun filled season.

Our Christmas luncheon this year will again be held at the Horton Road Legion on Saturday the 17th of December. Cocktails will be at 11:00 am with lunch at 12 noon.

The sign up sheets will be on the board at the curling club in the near future. Please remember to check off your name if you will be attending, also if you plan to bring a guest. ***NOTE it is especially important that when you sign up for this that you attend or let us know if you need to cancel as we have to commit to the number of attendees in advance and then we are obligated to pay for this amount of meals.*** The cost for each spare and each guest will be **\$15.00**, payable at the door the day of the luncheon.

Curling in the New Year will begin on **Wednesday January 4th and Friday January 6th**

We welcome Hugh Phelan, who has graciously accepted our invitation to join the Executive committee and we look forward to his input and contribution. We have numerous members involved in putting our curling activities together and making it work, to all of them we are truly grateful. We also thank The Seniors Club and its Board for their continued support, both financially and otherwise. We encourage all members to continually watch the web site for any announcements and dates of events, and in particular Draws and curling notices on rules etc. The Executive would like to take this opportunity to wish all our members a Happy Holiday Season and continued Health and Happiness in the New Year.

Your Curling Executive, Al Brissette, Art Raaflaub, Wes Hartman, Ralph Lefteruk, Reg Kattler, Hugh Phelan and Lorne Peppler

Contact & Coordinators: Art Raaflaub 403-271-5656 Lorne Pepplar 403-225 0212
Al Brissette 403-271-1903

Golf



Seniors mixed Golf concluded this year with our wind up dinner Sept 10th at the Acadia Recreation Centre. The course coordinators from the 4 courses presented the Prizes to the winners of our June & August Tournaments. Fun was had by all, with the Golf Cart table prizes and the attendee's names that were drawn to spin the Prize wheel.

We were able to book 3168 tee times for our 353 members for the 2011 season at Mapleridge, Douglasdale, HeatherGlen and GCCC courses.

Our 2012 season will start with the annual golf registration April 14th in the Senior Lounge at the Trico Centre, 11150 Bonaventure Drive S.E. from 9am to 12 pm.

Further details regarding course opening dates will be available in the Spring Newsletter.

Coordinators:

Glen Newberry - HeatherGlen Golf Course (18 Hole) and President - 403-278-0643

Brenda Newberry - HeatherGlen Golf Course (9 Hole) - 403-278-0643

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

Bob Dahl - Douglasdale Golf Course - 403-257-1942

Terry Sly - Douglasdale Golf Course - 403-256-7140

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

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

Casino Activities



The Family Leisure Centre Casino (Trico) will be held on March 25 & 26, 2012.

As usual our FLC Seniors Club will be managing and staffing the event. We do have a good number of volunteers in our file, however should you want to work and have not registered give either Bob or Al a call and we will add you name to the list.

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

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.

FAST AND INTERMEDIATE WALKERS

We had a great summer and fall walking season but now that winter is here we will be meeting at the Ranche each Wednesday morning at 10:00 am. This does depend on the weather, if it is -10C or icy out we will mall walk. When mall walking we will meet at the north entrance to South Centre at 9:00 am

Coordinator: Marilyn Patterson 403-726-0881 [Email: mvpatt@telus.net](mailto:mvpatt@telus.net)

EASY WALKERS

Since our beginning last spring we have had well attended walks. Now that winter is approaching we will be meeting at the Ranche each Wednesday at 10:00 am and, providing it is not colder than -10C and trail conditions are suitable, we will walk from there. If outdoor conditions are not suitable the faster groups will be walking in South Centre Mall at 9:00am and you can join them if you wish.

Coordinators:

Jo Harvey 403-271-4089 [Email: chickadee36@telus.net](mailto:chickadee36@telus.net)

Marion Halpen 403-271-3718 [Email: marionhalpen@shaw.ca](mailto:marionhalpen@shaw.ca)

BIRDING

We had a successful birding season in 2011 despite the weather. We saw some new birds and made some new friends. We look forward to going out again in May and June of 2012. Come and join us - no experience necessary. Meet new people, get some exercise and sharpen your mind at the same time.

Coordinator: Deanna Jullyan 403-254-1229 [Email: downtond@shaw.ca](mailto:downtond@shaw.ca)

SNOWSHOEING

We have had a wonderful response in the number of registrations for this activity. Thank you for your interest. It is a long time between registration and our first outing, as the onset of serious snow determines when that occurs. On October 29th, we held an Orientation meeting focused on the organization of the coming season.

Coordinator: Pauline Schaus 403-271-7177 [Email: pauline@schaus.ca](mailto:pauline@schaus.ca)

OTHER ACTIVITIES

Watch your weekly messages for Outdoor Club only outings in January, February and March

OUTDOOR CLUB BUS TRIPS

Watch the Spring Newsletter for day trips, open to all FLC Seniors, during the summer months. We will be going to Rosebud Theatre in June.

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.

Exercise Group Coffee Time (8:30 am - 9:30 am)

Coordinator: Bob Watterberg 403-271-2686

Water Workout Group 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 Coordinator: waiting for information

Theatre Programs



THEATRE CALGARY

Seniors Saturday Matinees - 2:00 pm

Location: 220 - 9 Avenue SE

The special Saturday afternoon Seniors Matinee, which is held one specific Saturday for each play and always has a pre-show reception reserved just for us Seniors, is getting more and more popular. While a number of tickets have been set aside for our Club, these matinees are otherwise already practically sold out which shows how popular they have become.

To celebrate the 25th year that Theatre Calgary has traditionally presented Charles Dickens' A CHRISTMAS CAROL at this time of the year, this year's production is a completely new one with new set and new costumes and will be filled with magic, songs and, we are told, with delightful surprises. While many of us may have seen this show before, this new production is one show we all should share with our family **and particularly young grandchildren.**

While there is no Seniors Matinee for this show, **we have selected Saturday December 17 as**

the date for our Club's participation. The ticket price this play is \$56.80. While its higher cost reflects the larger cast and overall production costs, our price for this show is still well below the regular price.

The first play after the New Year is the Canadian premier of **"ENRON"**. In a play that is both a vaudevillian comedy and a classical tragedy, we will see how something that is worth a fortune in the morning will be worth nothing by the afternoon. You will not need to be an expert of the business world to understand that the play makes greed and corruption clear, captivating and...fun. The play was a smash-hit in London but somehow did not have the same enthusiastic response in New York. One wonders why?

The Seniors Matinee for ENRON is Saturday February 18 and the ticket price for it, as for the other regular plays, only \$35.00.

The next play is the very popular and amusing **"Shirley Valentine"**. Shirley, an ordinary middle-aged Liverpool housewife can only share her deepest thoughts with her kitchen wall, but when a friend wins a trip for two to Greece she escapes. Her life becomes anything but ordinary and she has the greatest love affair of all with herself. Many of us may have seen Nicola Cavendish play this role twenty years ago. Now she revives it with a new understanding of this wonderful housewife and you will connect with her then even more while laughing even louder **The Seniors Matinee for "Shirley Valentine" is Saturday March 17 and the ticket price is only \$35.00**

The last play of the season is **"CATS"**. This is an all new original made-in-Alberta production of this record breaking musical show. We are told that the whole theatre will be transformed in gigantic back alley of feline proportions. You will marvel at the spectacle of dancing and singing cats surrounding you in one of the greatest musical ever.

The Seniors Matinee for "CATS" is Saturday April 28 and the ticket price for this musical is just \$45.00

Members who have participated in these Seniors Matinees before will receive an email reminder of each play approximately six weeks before the play date and, if they wish, can then place their order just by replying to that email.

You can reserve your tickets for any of these plays by going to the Theatre Calgary page on www.flcseniors.ca , and emailing your order to seniorsmatinee@shaw.ca or by phoning the coordinator.

Coordinator: John Buysschaert 403 271 0622

WORKSHOP THEATRE - 2011-2012 SEASON

Our next presentation at Workshop Theatre is on **Wednesday, November 16th**. Tickets are \$14.00 each.

"Pack of Lies" directed by Mike Hughes.

The Jacksons' are a nice middle aged English couple. Their best friends are their Canadian

neighbours the Krogers. All is blissful in their world until a detective from Scotland Yard asks to use their house as an observation station to try and find a Soviet Spy ring operating in their area. The Jacksons' become more and more put out as Scotland Yard's demands on them increase. They are really put to the test when the detective reveals that the spies are the Krogers and he asks them to help set a trap. Should they betray their friends?

Departure is from South Centre behind the Library and West of the CIBC. The bus will start boarding at 6:30 pm and leave at 6:45 p.m. Please remember to bring your envelope with your name(s) and amount on the outside. Please no small change. We can only accept cash consisting of bills, loonies and toonies.

Future presentations – “In the Heat of the Night” – February 29, 2012
“Love on the Ropes” - May 16, 2012

Coordinator: Camella Dunbar 403-251-1690

VERTIGO THEATRE

Saturday Mystery Matinees – 2:00pm

Location: Calgary Tower Building – 115 – 9 Avenue SE

Vertigo is a professional theatre company specializing in mysteries. Booking through our club, members benefit from the group rate savings of \$10.00 per ticket.

Saturday November 26, 2011 – “Blithe Spirit: - Noel Coward. While working on a novel about the occult, Charles Condomine decides to get a feel for the “real thing” by inviting an eccentric medium to hold a séance at his house.

Saturday February 4, 2012 – “When Girls Collide” – Stewart Lemoine – It's 1943. There's a war on and Bunsen Bay, Wisconsin is a town without men.

Saturday March 31, 2012 – “Rope” – Patrick Hamilton – Inspired by the true story of the sensational Leopold and Loeb case comes a tale about two upper class Oxford students obsessed with committing the perfect murder.

Saturday May 19, 2012 – “Sweeney Todd (musical) – Christopher Bond – The most murderous musical of all time.

Tickets: At least 3 weeks before each performance you can order your tickets from your Coordinator. **Cost:** \$20.00

Coordinator: Lynn Lester-Lee:

Email: lynnl@telus.net or call (afternoons only) 403-271-9440

STAGE WEST

Location: 727 – 42nd Avenue SE

Scheduled Matinees:

Wednesday November 16th and Wednesday November 23rd 2011

Joseph and the Amazing Technicolor Dreamcoat

Buffet: 10:30 am – 12: 15 pm – Curtain: 12:15 pm Cost: \$47.25 (reg. price \$72.45)

There are 75 seats reserved for each of the two matinees. Discount prices apply only if a minimum of 30 FLC Club Members attend.

There are still seats available for both these dates

Information for the next scheduled show will be in the **Spring newsletter**

Coordinator: Marlene Kunz 403-271-4447

**Wishing all our FLC members a very
Happy Holiday Season and a Healthy and
Prosperous New Year**

*** Watch for our new look in our SPRING NEWS BULLETIN, with
information on forthcoming Spring/Summer events. Full details of
all upcoming events can be checked regularly on our website**

www.flcseniors.ca



WAITING FOR UPDATED INFORMATION

Trico Centre for Family Wellness is a great place for seniors. We have lots of specialized drop-in (FREE with membership) and registered (50% off with membership) classes for seniors as well as good value Seniors 12-Month Membership rates and a

15

www.flcseniors.ca

Seniors Build-A-Pass option.

Seniors Build-A-Pass

Purchase a 4-Month Membership and add from 1 to 8 consecutive months to your pass.

Senior: \$25/month for community partners; \$31/month regular price

Senior Couple: \$40/month for community partners; \$50/month regular price

This pass gives you admission to the facility, pool, hot tub, fitness centre, drop-in fitness classes, gym, and arenas AND 50% of the price of registered fitness classes.

Membership

	Regular Price		Community Partner Price		Continuous Price/Month	
	4-Month	12-Month	4-Month	12-Month	Regular Price	Community Partner Price
Senior (60+yrs)	\$248	\$496	\$198	\$396	\$41.33	\$33
Senior Couple (60+yrs)	\$372	\$744	\$297	\$594	\$62	\$49.50

Drop-In Classes for Seniors starting in September

Gentle Fitness at 55+: Monday, Wednesday, Friday: 7:30-8:15am

A great class for any senior, no impact, mild intensity but still a great workout. Get together with like-minded people and have a great social time while working on aspects of fitness that any person over 55 should be focused on: balance, core strength, muscle conditioning and much more.

Fit and Fab at 55+: Monday, Wednesday, Friday: 10:30-11:30am

If you are active, you'll enjoy this aerobic and muscle conditioning class. Many health benefits will also be enjoyed, such as improved balance, aerobic endurance, flexibility and muscle tone.

55+ Aqua Fitness Monday-Friday 8-9am; Monday, Wednesday 11:30am-12:15pm; Tuesday, Thursday 3-3:45pm

Aqua for Every Body: Tuesday, Thursday 9:15-10:15am

These two classes are a great water workout. Water exercise is fun, gentle on your joints and improves your mobility, flexibility, cardio and endurance

Aqua Therapy: Monday Wednesday: 12:15-1pm

Gentle, low intensity deep-water exercises help improve mobility, endurance and rehabilitation. Work at a comfortable pace based on your individual limitations.

Rejuvenating Stretch: Tuesday 9:15-10:30am, Wednesday 10:35-11:05am

Decrease your stress, and increase your quality of life by treating those tight, tired muscles to a rejuvenating stretch. This class will help increase your flexibility all while calming the mind.

Gentle Yoga: Thursday 9:15-10:15am

We start with the simplest poses to increase your flexibility, strength and concentration. The main focus is on the breath and light stretching and strengthening poses. We will be incorporating balance and breathing exercises. Every class will end with an easy relaxing meditation.

VOLUNTEER AT TRICO CENTRE

Trico Centre is always looking for good volunteers to add to the enjoyment of our patrons. We use volunteers in a few different areas: Shifts (minimum 2 hours) can be during the day, evening or weekend

On the day you volunteer you can use the facility and also earn an entry for another day

If you are interested in continuing as a volunteer please contact Rhondda at Guest Services

rkerr@tricocentre.ca 403-225-2250