

# FLC SENIORS NEWSLETTER

## FLC Seniors Club Annual Membership Registration

Saturday August 20, 2016

10:00 AM – 2:00 PM

Trico Centre – Seniors Lounge

FLC Seniors Club 2016/2017 memberships still \$10  
You require an FLC Seniors Club Membership to register  
for FLC Activities

**Please Note:** 2016/17 memberships will not be available at the Trico Centre prior to Registration Day. Following Registration Day, memberships may be purchased at Trico Centre – Guest Services – starting Sunday August 21, 2016.

All FLC Seniors Club Activity Coordinators will be there to answer your questions and to sign you up.

SEE YOU THERE

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FLC SENIORS CLUB

ANNUAL GENERAL MEETING

All FLC Seniors Club Members are invited to your

**AGM**

**SATURDAY, October 22<sup>nd</sup>**

**ACADIA RECREATION CENTER – ROSE HALL**

90<sup>TH</sup> AVENUE SE

**Cocktails – 5:15 PM (Cash Bar)**

**Dinner – 6:00 PM**

**AGM – 7:00 PM**

**Cost - \$20.00 Per Person**

Tickets will be on sale at our Annual FLC Registration, held on August 20, OR they may be ordered soon by signing up on the FLC Seniors SOCIAL Web Page  
For further information contact Marilyn Jones 403-271-0289



***Board of Directors 2016 – 2017***

President	Dan Bell	403-278-2664
Past President	Ron Antonchuk	403-203-1772
Vice President	To be Announced	
Secretary	Marge Bathgate	403-281-0983
Treasurer	Peter Weir	403-225-1631
FLC Room Bookings	Margaret Jones	403-726-1040
Social	Marilyn Jones	403-271-0289
Trico Board Rep.	Jan DeBruyn	403-278-5198
Director	Mike Hughes	403-278-3669
Director	Ron Schaus	403-271-7171
Director	Don Gebauer	403-686-3760
Director	Doug Anderson	403-281-1323
Director	Peter Whitehead	403-271-4016



# IMPORTANT DATES!

Visit our [www.flcseniors.ca](http://www.flcseniors.ca) website or contact the Activity Coordinator for more information.

Wednesday, July 20 <sup>th</sup>	FLC Bus Tours – Sylvan Lake
Saturday, August 20 <sup>th</sup>	FLC Seniors Club Annual Membership Registration
Tuesday, September 6 <sup>th</sup>	FLC Seniors Golf Fall Classic Tournament-HeatherGlen
Friday, Sept. 9 <sup>th</sup> – Nov. 13 <sup>th</sup>	FLC Stage West Theatre – Million Dollar Baby
Saturday, September 17 <sup>th</sup>	FLC Seniors Golf Annual Windup Banquet at the ARC
Saturday September 24 <sup>th</sup>	FLC Seniors Theatre Calgary – Da Kink in my Hair
Saturday, October 8 <sup>th</sup>	FLC Seniors Vertigo Theatre – The Big Sleep
Saturday, October 22 <sup>nd</sup>	FLC Seniors Annual General Meeting
Saturday, October 29 <sup>th</sup>	FLC Seniors Theatre Calgary - Boom
Friday, Nov. 18 <sup>th</sup> – Feb. 5 <sup>th</sup>	FLC Stage West Theatre – Hollywood Heights
Saturday, December 3 <sup>rd</sup>	FLC Seniors Vertigo Theatre – The Hollow
Saturday, December 10 <sup>th</sup>	FLC Seniors Theatre Calgary – A Christmas Carol
Sunday, December 11 <sup>th</sup>	FLC Annual Xmas Social
<b>2017</b>	
Tuesday, January – Spring	FLC Seniors Golf Dome (Driving Range)
Saturday, January 28 <sup>th</sup>	FLC Seniors Vertigo Theatre – Wait Until Dark
Friday, February 10 – April 16 <sup>th</sup>	FLC Seniors Stage West Theatre – Drinking Habits
Saturday, February 11 <sup>th</sup>	FLC Seniors Theatre Calgary – The Audience
Saturday, March 18 <sup>th</sup>	FLC Seniors Vertigo Theatre – Our Man in Havana
Saturday, March 29 <sup>th</sup>	FLC Seniors Theatre Calgary–Thousand Splendid Suns
Friday, April 21 – June 25 <sup>th</sup>	FLC Seniors Stage West – Rock of Ages
Saturday, May 6 <sup>th</sup>	FLC Seniors Theatre Calgary – Crazy for You
Saturday May 27 <sup>th</sup>	FLC Seniors Vertigo Theatre – The Drowning Girls

# *What's Happening?....*

## **FLC Seniors – Be Fit & Age Well**

Be Fit & Age Well is a group activity, consisting of a one hour continuous, low impact exercise class, facilitated by an Alberta Fitness Leadership Certified (AFLCA) Instructor in a safe environment. The hour consists of 10 minutes - warm up, 20 mins. – aerobics, 20 mins. – strength and endurance (using weights), 10 mins. – final stretch, cool down and breathing. The overall intention is to offer through cardiovascular, strength, balance and flexibility training an improved quality of life, increased mental capacity and a generally thrive centred attitude in our ageing years, suitable for COPD and arthritic sufferers among others. Be Fit & Age well is held each Friday in Studio 1 (Trico Centre) from 11:45 am – 12:45 pm. All welcome.

The **FLC Seniors Coffee Club** current Activity Coordinator, Roxy Thompson, will be retiring from this position, and Colette Kalmbach will be the new Activity Coordinator. We would like to thank Roxy for all her contributions to the Newsletter over the past years and wish her all the best in her retirement. Colette we welcome you.

The **FLC Seniors Tuesday Duplicate Bridge** is finished for the summer and will restart Tuesday, September 6, 2016.

The **FLC Seniors Golf** – Come join in all the fun with your FLC friends. Watch the FLC Seniors Golf webpage for details for the following special golf activities:

Annual FLC Fall Classic Golf Tournament – September 6, at HeatherGlen Golf Course

Annual FLC Golf WindUp Banquet – September 17, at Acadia Recreation Centre

The **FLC Line Dancing** Board welcomes Joan Gurel as the new Coordinator. Many, many thanks to outgoing Karen Balcombe who oversaw the new board as it grew its wings.

The **FLC Seniors Rebates** - To encourage continuing exercise participation the FLC Seniors Club offers rebates to our membership. Each quarter of the calendar year you are able to receive a credit to your Trico Centre account.

**Information on credits are on the Trico Centre Drop in Classes FLC Web Page.**

Camella Dunbar - FLC Rebate Coordinator

**TILE RUMMY**, are you interested in improving your brain power? Darlene Kendall has offered to coordinate the activity and states it is very easy to learn. If there is sufficient support, a tentative time and place would be the Seniors Room, Monday mornings 10:00am to 12:30pm. If interested, please email [info@flcseniors.ca](mailto:info@flcseniors.ca) and come see us at the Annual FLC Membership registration on August 20<sup>th</sup> for more information.



## FLC Seniors ALBERTA BALLET

We have had the opportunity to get great seats for all productions for the past three seasons at very economical prices. This opportunity will continue as we go forward.

This past season we experienced more interest in the ballet productions and averages about 20 participants for each production.

I am looking for someone to take over my position as someone who connects with Alberta Ballet and makes information available to the membership and then distributes the tickets. I will assist anyone who may be interested.

The upcoming season promises to be amazing with many different offerings including Dracula, the Nutcracker, Alice in Wonder, Gordon Lightfoot.

Please contact Susan Spragg at [albertaballet@flcseniors.ca](mailto:albertaballet@flcseniors.ca) or call me 403-256-6834.



## FLC Seniors BRIDGE LESSONS

**Location:** FLC Seniors Lounge - Trico Centre upper floor

**When:** Wednesday 7:00 PM - 9:00 PM – 8 weeks per session.

**Schedule:**

- Beginners** September 14 – November 2
- Beginners** January 4 – February 22
- Intermediate** March 8 – April 22

**Cost:** \$ 45 for 8 lessons

**Coordinator:** Lynn Lester-Lee

**E-mail:** [bridgelessons@flcseniors.ca](mailto:bridgelessons@flcseniors.ca) to register.

**Please register for this activity on August 20, 2016 at our Annual FLC Seniors Membership Registration**

**For more information, please visit the FLC Seniors Bridge Web Page.**



## FLC SENIORS BRUSHSTROKES



We held our annual Brushstrokes art sale on April 9<sup>th</sup> with 37 artists displaying 247 original pieces of art. Nearly 300 visitors come to appreciate and purchase the fine art produced by our members. \$165.45 was collected for the Calgary Food Bank. We will be displaying our paintings again at the Fish Creek Library during the month of October.

Registration for the Fall Session will be on August 20<sup>th</sup> for 5 classes with instructors and 3 classes without instructors, all in fine-art painting. No refunds of membership fees will be made after the start of classes. Prior to the commencement of classes, refunds will only be made for Registrant medical reasons, a death in the family or out-of-town-relocation. Please Note: All openings in classes are filled from out wait lists, so if you are interested in getting into any of our classes, it is important to get your name on the wait list ASAP by emailing or phoning our Membership Coordinator, whose contact info is on our FLC Seniors Brushstrokes web page.

Brushstrokes will be having a meeting for all members on October 1<sup>st</sup> in the Seniors Lounge from 9:00-11:30. Our Christmas luncheon will be on December 5<sup>th</sup> in the Seniors Lounge from 10:00-1:00. The annual meeting to plan for the Art Sale will be held in the Seniors Lounge on February 18<sup>th</sup> from 9:00-11:30am.

A demo will be held for Brushstrokes members on October 29<sup>th</sup> from 9:00-12:00 noon in the Seniors Lounge.

Krista Gowland is assuming the position of President of Brushstrokes as of September 1, 2016, replacing Shirley Kowalchuk who has been President for the past year. We thank Shirley for her commitment to the success of the Club and for once again volunteering to assume the position of President when all others were reluctant to do so.

Maria Syuao is taking over the position of Treasurer from Val Roberston who stepped in to very competently fill the position a few years ago, for a 2<sup>nd</sup> time. Thank you Val for all of your contributions to the success of the Club.

## FLC Seniors BUS TOURS

On July 20<sup>th</sup> we are spending the day on the Rimbey-Sylvan Lake Tour.

It is great to see such a great turnout from our FLC Seniors for this tour as we are fully booked and have a waiting list.



### FRANK SLIDE – BELLEVUE MINE – Thursday, August 18<sup>th</sup>

The Frank Slide highlights the rich heritage of the Crowsnest Pass amid the beauty of the Canadian Rockies.

Please join us on this tour by visiting our FLC Seniors Bus Tours Web Page for signup dates, cost and bus departure times.

Co-ordinator: Lynn Turner or [bustours@flcseniors.ca](mailto:bustours@flcseniors.ca)



## FLC Seniors CALLIGRAPHY

Calligraphy is the fine art of decorative letter writing. It is an art that anyone can learn. Come and join the FLC Seniors Calligraphy group and explore this beautiful art.

All Classes will be held at the FLC Seniors Lounge – Trico Centre on Wednesdays from 10:15 am – 12:15 pm.

2016 Classes	<b>PLAYING WITH THE POINTED PEN</b>	September 21 – October 26
	<b>Working with Roman Capitals</b>	November 2 – December 7
2017 Classes	<i>Uncial</i>	March 1 – April 5
	<b>Art for Non Artists</b>	April 19 – May 24

For further information about a class, please visit our FLC Seniors Calligraphy Web Page or contact Connie Houlden at 403-271-4103



## FLC Seniors CAMERA CLUB

The FLC Seniors Camera Club members have enjoyed a fulfilling season of classes, presentations and photo field trips, all well supported. The mild weather in the early spring was very welcome, with plenty of opportunities for outdoor shooting and fewer frozen fingers than usual. In May, the sun shone on us for our day trip to the Raptor Rescue Centre in Coaldale and the Japanese Gardens in Lethbridge, while our June day trip to the Bar-U Ranch and Nanton featured blustery breezes. Both trips provided inspiration for some great photography and were, as always, a fun time socially. We celebrate the end of the year with a social and slide show on 25 June.

The Camera club looks forward to signing up returning and new members on Registration Day: Saturday, 20 August from 10 am to 2 pm. Our annual fee remains at \$65, and everyone registering will need to obtain their new 2016/17 FLC club card (\$10) first. Additionally, an introductory class will be offered, on two separate dates, for anyone who needs to find out what “all those buttons” are for. This carries an extra fee of \$25.

Please visit our FLC Seniors Camera Club Web Page for more information. For any questions, please contact Diane Williams at 403-271-8520, or email [cameraclub@flcseniors.ca](mailto:cameraclub@flcseniors.ca)



## FLC Seniors COFFEE GROUP

Our Coffee Group meets Mondays from 1:15 pm – 4:00pm. All seniors, ladies and gentlemen, are welcome to join us. Our group is a drop in, gathering in the FLC Senior's Lounge and our group runs from September through to May each year.

A Valid FLC Club membership is the only requirement to join. Coffee, tea and enjoyable goodies are provided at a nominal fee of 25 cents.

Following coffee and stimulating conversations, we break around 2:30 for a fun card game for those who wish to stay longer.

We will start up again, Monday September 12<sup>th</sup>.

Come join us, and make new friends. Also please visit our FLC Seniors Coffee Group Web Page.



## FLC Seniors CRIBBAGE

Crib is a very popular drop in game open to all seniors with a current FLC Seniors Club Membership. The game is played year round with the exception of Statutory Holidays.

If you know how to play crib you are welcome to drop-in to play. It costs \$1.00 to play seven games and these is a coffee & cookie break and prizes. We play from 1:00-4:00 on Tuesdays in the Seniors Lounge at the Trico Centre. Come and join us- it is advisable to be at least 20 minutes early as spac is limited.

Coordinator: Jean Berg at 403-248-8220 Email ([cribbage@flcseniors.ca](mailto:cribbage@flcseniors.ca)).

Please visit us on our FLC Seniors Cribbage Web Page for more information.



## FLC Seniors WHIST

“Whist” is a very popular afternoon drop in game, and is open to all seniors holding a current FLC Seniors Club Membership. Whist is played year round and the costs are for coffee and prizes only. Location: Trico Centre – FLC Lounge – Every Friday afternoon from 1:00 to 4:00 pm – doors open at 12:30.

Coordinator: Donnalee Lamson. Email – [whist@flcseniors.ca](mailto:whist@flcseniors.ca)





## FLC Seniors CYCLING

FLC Seniors Cycling Club will now have their registration in August of each year to coincide with the Annual FLC Seniors Membership Registration date. Club memberships purchased in August 2016 will cover riders from September 1, 2016 to August 31, 2017. This should remove the confusion we have experienced in past years. If you did register at the 2015 August Registration, then you are **ALREADY** a member until August 31, 2016.

We offer 3 different Levels of Rides (Levels 1, 2 and 3) to accommodate all levels of riders. All levels are offered each Tuesday and Level 2 rides are offered again on Wednesday and Thursday of each week. We explore the many different cycling paths in ALL areas of our great city.

To become a member of our FLC Seniors Cycling Club you have to first purchase a \$10.00 FLC membership from the TRICO Centre (lower level). Then you will have to contact our FLC Seniors Cycling Membership coordinator Julie-Ann Biggs via email at [cycling@flcseniors.ca](mailto:cycling@flcseniors.ca) to obtain a \$5.00 FLC Cycling Club Membership.

Our membership, as of June 13, 2016, is currently 296 members.

Please check our FLC Seniors Cycling Web Page for more information.



## FLC Seniors CURLING

We completed our 2015-2016 second half curling year on Wednesday 16 March and we had our windup banquet on Saturday 19 March. A good meal of prime rib roast was enjoyed by all at the Horton Road Legion and everyone went home a winner with a bottle of wine.

Our upcoming new curling year will commence following the FLC Seniors membership registration for curling sign up at the Trico Centre on 20 August 2016. We expect to start curling the first week of October after we receive and approve the ice days available to curl from the ARC. A week before registration, notices will be emailed out to all our current members and spares, reminding them of the curling registrations date. We expect to have full sign up and should be able to field our 20 teams for both Wednesday and Friday. At this time, we do not know if there will be an increase in ice fees from the Arc Centre but have allowed for a 5% increase in our budget for the coming year.

Depending on the number of skips that sign up at registration we may have to continue with Gold, Silver and Bronze Skip teams for Wednesday and Friday as required. This change has really helped the club in developing new skips and keeping everyone interested in our curling program.

We have seen a large decrease in the number of telephone calls from potential curlers enquiring how to get on a team. All queries are being routed to our FLC Seniors Club website, where we have complete information on what to do and a registration form that can be completed and submitted. The FLC website is proving to be a very valuable communications aid to the curling clubs activities.

Please visit our FLC Seniors Curling Web Page for more information.



## FLC Seniors GOLF

Visit the FLC Seniors Golf website ([www.flcseniors.ca/activities/golf](http://www.flcseniors.ca/activities/golf)) and Sign Up on our web page, at one or more of our 5 FLC featured golf courses:

• Monday Maple Ridge • Tuesday HeatherGlen • Wednesday Douglasdale • Thursday morning GCCC • Thursday afternoon Lakeview.

There is a golf course for everyone regardless of your golfing abilities. We have a fun mini tournament each month on each course, so come and see if you can win a prize. To register, go to the FLC Seniors Golf website, scroll down to all the golf course Green Sign Up buttons.

1. Choose a course, day of your choice Press the Green Sign Up button
2. Enter your membership number Fill in all the boxes on the sign up form.
3. Press the "Sign Up" button to send and register to golf at that golf course.

Then go to the web page on the schedule posting date and press the "Schedule" button to see what time you tee off and who you will be golfing with.....It's just that simple! Remember to keep your eye on our Golf webpage "News Box" each week, so you don't miss out on any of the fun things we have planned for you this season. Just a reminder: Your golf club needs your help to fill some vacancies on your golf committee. We know your time is valuable, but we only need just a little of it to help make things fun for everyone. Please see one of the golf committee member's for more details. Why not get involved and have fun doing it....

**Have another great golf season!! Keep active and meet new friends.**



## FLC Seniors LINE DANCING

Who would have believed that the Line Dancing activity would be celebrating 10 years of dancing as a result of the persistent efforts of Madelene Krokum, the original Coordinator, way back in 2007?! Since then the number of classes has grown from two to 18, the number of levels offered has grown from one to 7, and the number of dancers has grown from about 39 to 209! This great activity offers dancing to all kinds of music, including the traditional western tunes, and it is a great way to exercise mind, body, and spirit in an enjoyable sociable environment.

**The Fall session** starts Monday, September 12 and runs until Thursday December 8, wrapping up with two parties, one in the evening and the other during the day. We welcome a new instructor, Peggy Reine, who has been a popular substitute instructor for several years. She joins our perennial favourites, Ann and Marie.

**The Winter session** starts Monday, January 9 and runs until Friday, March 24. These classes offer a great alternative for some of our grounded Snowbirds. Gentlemen, we include you in that invitation!

Class schedules and other information can be found by looking up our FLC Seniors Line Dancing Web Page, or by calling BELLE (403-278-5176) or ANN (403-254-9181).



## FLC Seniors MAHJONG

**MahJong is a challenging ancient Chinese game played with domino like tiles. We play the Japanese style, but, if you are familiar with any style of MahJong, you are welcome to join us as the basic rules for most styles are the same.**

**This is a drop-in activity but you must have a current FLC Seniors Club Membership to play. We play every Wednesday afternoon from 1:00-4:00pm in the Seniors Lounge at the Trico Centre (except for Statutory Holidays). We ask that all players be there by 12:45pm so we can make up the tables.**

**Contact & Coordinator: Jean Berg at 403-248-8220**

**Email ([mahjong@flcseniors.ca](mailto:mahjong@flcseniors.ca)).**

**Visit our FLC Seniors Mahjong Web Page for updated information.**



## FLC Seniors TAI CHI

**Tai Chi is a program of specialized movements derived from the Martial Arts, which has evolved over several centuries in China. The FLC Seniors Club Tai Chi activity offers the most common style, the Yang style, a string of 105 sequenced movements that are practiced in a slow-moving and gentle fashion. Modern research confirms a positive effect on balance control, general fitness, flexibility, strength, and energy.**

**Our instructors are internationally recognized – Master Geng Z. Cai and Master Vicky Wu. Our classes are not competitive in any way. Instruction focuses on the quality of movement, as opposed to the quantity of movements, learned.**

**Our Fall session starts Thursday, September 8 and runs to early December.**

**Our Winter session runs from early January to mid-March.**

**For class schedules and other information, please visit our FLC Seniors Tai Chi Web Page or call Juliette (403-225-1593) or Christel (403-271-1289)**

## FLC SENIORS CLUB



## FLC Seniors OUTDOOR CLUB

Once you have your FLC Membership, just call our Membership Co-ordinator Mary Ann Oikawa and she will make arrangements for you to join us. There is a \$5.00 fee. You will then be able to participate in our activities.

**WALKING GROUPS** – We have scheduled walks at 9:30 or 10:00 Wednesday mornings from April to October. A notice goes out each week with location and directions. During the winter months we meet at Mallard Point the first Wednesday of each month and then at The Ranch the rest of the month. The washrooms are open both locations and the paths are plowed.

**Easy Walkers** – our leaders are Ev Chesser & Lorraine Pfister

**Intermediate & Fast Walkers** –our leader is Donna Gibb

**Birding** runs May and June on Thursday– our leader is Anne Belton – Birding is over for this year.

**Snow Shoeing** – our leader is Pauline Schaus – as long as there is snow, we meet at 10:00 on Friday mornings. A notice goes out earlier in the week, you have a choice between an easier shorter snow shoe usually finished by noon, or a little longer faster group who take their lunch. Watch for two different locations and make your choice.

### **SPECIAL EVENTS**

July 6<sup>th</sup> is our Pre-Stampede Wiener Roast

Aug 20<sup>th</sup> – we will be helping at the FLC Registration

September 9<sup>th</sup> is our AGM and Wine and Cheese

For more information, visit our FLC Seniors Outdoor Club Web Page.



## FLC Seniors QIGONG

Fall session will start 13 September till 6 December for Tuesdays and 15 September till 8 December for Thursdays. It will be 13 classes and total cost is 78.00\$. Check should be made to FLC Seniors Qigong and dated 20 August 2016.

Tuesday classes are at 9:30am - 10:30am and 10:45am - 11:45am.

Thursday classes are 10:45am - 11:45am and 12:00pm - 1:00pm.

Time for Thursday classes will have to be verified - may change by 15 minutes.

Please be advised the number of spots are limited. There is currently early registration going on.

If you would like to secure your spot please contact Barbara Bruhl-Lipiec.

Contact number is 403.816.5168 or visit the FLC Seniors Qigong Web Page.



## FLC Seniors STAGE WEST

FLC Seniors Club Members have options to select Wednesday matinee dates, seating and payment of tickets by contacting directly: THE STAGE WEST Box Office at 403-243-6642. The price for tickets has increased to \$54.60 (including GST) which is still a great deal.

### Matinee Productions for this season are:

Million Dollar Quartet	Sept 9 – Nov 13
Hollywood Hits	Nov 18 – Feb 5
Drinking Habits	Feb 10 – April 16
Rock of Ages	April 21 – June 25

**Contact and Coordinator:** Kitty Whitehead 403-271-4016  
**E-mail:** [stagewest@flcseniors.ca](mailto:stagewest@flcseniors.ca)

Please check our FLC Seniors Stage West Web Page for more detailed information.



## FLC Seniors THEATRE CALGARY (Senior Saturday Matinee)

Our Saturday afternoon FLC Seniors Matinee at Theatre Calgary for the 2016/2017 season will carry on as in past seasons with five new plays plus the traditional Christmas Carol. Our Matinee date and outline of each play will appear in a timely way on The FLC Seniors Theatre Calgary Web Page, and the regular participants in the program will also receive a personal email with the same information.

During the August 20 annual registration date members will have the opportunity to place orders for any of the six plays or have their name added to the advance email notice of each individual play which they can then use to order their tickets by return email.

### 2016/2017 Matinee Productions

DA KINK IN MY HAIR	September 24
BOOM	October 29
A CHRISTMAS CAROL	December 10
THE AUDIENCE	February 11
A THOUSAND SPLENDID SUNS	March 29
CRAZY FOR YOU	May 6



## FLC Seniors VERTIGO THEATRE

We attend Saturday afternoon matinees. By booking through our FLC Seniors Club, members benefit from the group rate, a savings of \$9.00 per ticket.

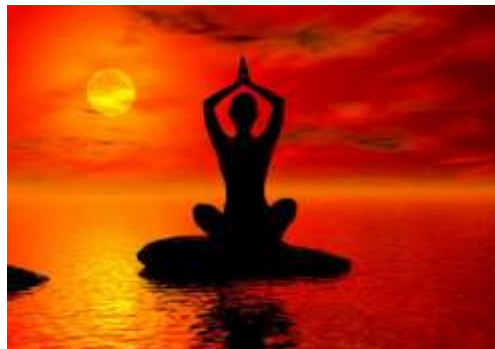
### 2016/2017 Season Presentations

The Big Sleep	October 8
The Hollow	December 3
Wait Until Dark	January 28
Our Man in Havana	March 18
The Drowning Girls	May 27

Come and join us and please visit our FLC Seniors Vertigo Theatre Web Page.

**Contact and Coordinator:** Lynn Lester-Lee 403-271-9440 (after 10:00 AM)

**E-mail:** [vertigo@flcseniors.ca](mailto:vertigo@flcseniors.ca)



## FLC Seniors Yoga

The FLC Seniors Yoga activity has updated the Yoga webpage with the schedule for the Fall 2016 Session as well as providing descriptions of all classes offered.

The Fall session consisting of 6 “Foundations” classes (previously known as Beginners) and 4 “Foundations Plus” classes (previously known as Intermediate) will begin the week of September 12<sup>th</sup>, 2016 for 13 classes. Fee is \$104.00. All classes are held at the Lake Bonavista Community Association – Multipurpose Room.

One of the NEW classes offered: “Yoga for Men Only”. This class begins September 15, 2016 for 13 classes with Sheryl on Thursdays 12:30 pm – 2:00 pm. “Foundations for Men Only” – Description: For the active and healthy gentleman who is more comfortable learning about the basic philosophy, breath work and physical practice of yoga in an all male class. You may register at [yoga@flcseniors.ca](mailto:yoga@flcseniors.ca) or call Luisa Bell at 403-2678-2664.

Another NEW class being offered is “Introduction to Yoga” with Peggy on Friday mornings 8:45 – 10:15 beginning September 16<sup>th</sup> for 13 classes. Description: If you are wondering if yoga is for you, this class offers a very gentle introduction to yoga philosophy and postures. No yoga experience required. If interested please register at [yoga@flcseniors.ca](mailto:yoga@flcseniors.ca) or call Luisa Bell at 403-278-2664.

We are happy to announce that Ann Feher will coordinate the “Foundations Plus” classes. Ann can be reached at [yoga@flcseniors.ca](mailto:yoga@flcseniors.ca) or 403-278-1854

Please check our FLC Seniors Yoga Web Page for more detailed information.

**FLC SENIORS CLUB**

<b>ACTIVITY</b>	<b>COORDINATORS</b>	<b>PHONE NUMBER</b>
Alberta Ballet	Susan Spragg	403-256-6834
Bridge – Tuesday evening (Duplicate)	Peter Weir	403-225-1631
Bridge – Lessons (Wed evenings)	Lynn Lester-Lee	403-271-9440
Bridge- Thursday Afternoon (Drop-In)	John Coleman	403-256-1969
Bridge – Thursday Evening (Drop-In)	Rebecca Fairbank	403-278-6775
Brushstrokes	Shirley Kowalchuk	403-271-2046
Bus Tours	Lynn Turner	403-259-4817
Calligraphy	Connie Houlden	403-271-4103
Casino	Mike Hughes	403-278-3669
Camera Club	Dianne Williams	403-271-8520
Coffee Group	Colette Kalmbach	403-720-5969
Cribbage – Tuesday Afternoon	Roy & Jean Berg	403-248-8220
Curling	Reg Kattler	403-454-9530
Cycling	Ron Schaus	403-271-7177
55+ Aqua Fitness & Coffee Time	Gwenda Raymond-Jones	403-460-3586
55+ Gentle Fitness & Coffee Time	Bob Watterburg	403-271-2686
55+ Rebate Program	Camella Dunbar	403-251-1690
Golf	Terry Sly	403-256-7140
Line Dancing	Joan Gurel	403-271-6290
Mahjong	Jean Berg	403-248-8220
Membership	Dwight Bathgate	403-281-0963
Newsletter	Linda Shepel	403-720-7876
The Outdoor Club – General Information	Marilyn Patterson	403-726-0881
- Bird Watching	Anne Belton	403-201-1570
- Snowshoeing	Pauline Schaus	403-271-7177
- Walkers – Interm and Fast	Donna Gibb	403-276-4388
- Easy Walkers	Ev Chasser	403-873-2008
Qigong	Barbara Bruhl-Lipiec	403-816-5168
Social	Marilyn Jones	403-271-0289
Stage West Theatre	Kitty Whitehead	403-271-4016
Tai Chi	Ron Huyber	403-281-9427
Theatre Calgary	John Buyschaert	403-271-0622
Vertigo Theatre	Lynn Lester-Lee	403-271-9440
Whist	Donnalee Lamson	403-281-6134
Yoga	Luisa Bell	403-278-2664

# Fall Programs at Trico Centre

403-278-7542 www.tricocentre.ca



## REGISTERED PROGRAMS

### OLDER ADULTS

#### Balance Builders: Fall Prevention Program for Older Adults (65 + yrs)

In partnership with Alberta Health Services, this program is designed to prevent falls, improve balance, stay strong, and maintain independence. The exercises focus on core stability, balance and gait, muscle strengthening, flexibility, and endurance. This is a year-round program that allows you to start at any time and is not restricted to the start and end dates listed here. Please contact Michelle at 403-225-5563 to book an assessment to get started...

78419	Tu, Th	1:30-2:15pm	Sep 8-Oct 27	Classes: 15	M590	NM590
78420	Tu, Th	1:30-2:15pm	Nov 1-Dec 20	Classes: 15	M590	NM590
78421	Tu, Th	1:30-2:15pm	Jan 2-Feb 28	Classes: 17	M5102	NM5102
78422	Tu, Th	1:30-2:15pm	Mar 2-Apr 27	Classes: 17	M5102	NM5102

#### Bones and Balance (14 + yrs)

Move through life with spontaneity and confidence! Learn techniques and exercises to safely build dense, strong bones particularly around the wrists, hips and spine—even if you've already been diagnosed with osteopenia/osteoporosis. We'll work to improve your sense of balance, keeping you upright, and smiling no matter where you roam.

78744	W	1:00-2:00pm	Sep 14-Oct 26	Classes: 7	M561	NM577
78749	W	1:00-2:00pm	Nov 2-Dec 14	Classes: 7	M561	NM577
78750	W	1:00-2:00pm	Jan 11-Mar 1	Classes: 8	M572	NM588
78751	W	1:00-2:00pm	Mar 8-Apr 26	Classes: 8	M572	NM588

#### Chair Yoga (14 + yrs)

This class is for anyone who has ever hesitated to try yoga because of the challenge of getting down onto the floor. Now a chair becomes your mat. Just about any pose that can be done standing, sitting, or lying on a mat can be adapted to sitting on a chair. The class includes breathing, meditation, stretching, strengthening and lots of fun. For all levels.

78439	W	12:00-1:00pm	Sep 14-Oct 26	Classes: 7	M563	NM577
78440	W	12:00-1:00pm	Nov 2-Dec 14	Classes: 7	M563	NM577
78441	W	12:00-1:00pm	Jan 11-Mar 1	Classes: 8	M572	NM588
78442	W	12:00-1:00pm	Mar 8-Apr 26	Classes: 8	M572	NM588

## SMALL GROUP TRAINING

### FOCUS on Healthy Back & Joints (16 + yrs)

If you suffer from sore hips, knees, back or shoulders, you know how important it is to build strength around these areas. This class explores safe, pain-free ways to strengthen appropriate musculature and explores any imbalances that may be contributing to your discomfort.

78821	Sa	10:00-11:00am	Sep 10-Oct 22	Classes: 6	M5156	NM5186
78823	Th	6:00-7:00pm	Sep 15-Oct 28	Classes: 6	M5156	NM5186
78824	Th	8:00-7:00pm	Oct 27-Dec 1	Classes: 6	M5156	NM5186
78822	Sa	10:00-11:00am	Oct 29-Dec 31	Classes: 6	M5156	NM5186
78827	Th	8:00-7:00pm	Jan 12-Feb 16	Classes: 6	M5156	NM5186
78825	Sa	10:00-11:00am	Jan 14-Feb 25	Classes: 6	M5156	NM5186
78828	Th	6:00-7:00pm	Feb 23-Mar 10	Classes: 6	M5156	NM5186
78829	Sa	10:00-11:00am	Mar 4-Apr 8	Classes: 6	M5156	NM5186

## WELLNESS SERIES

### Mindful Relaxation Intro Workshop (12 + yrs)

Our world is busy: we are overworked, overtired, and overextended. Vacations come rarely and only last a few weeks. No wonder the popularity of meditation is rising. Learn how the chemistry of the brain changes when we deepen our breath, stop the chatter of the mind, and relax the body.

78862	Sa	1:00-3:30pm	October 1	Classes: 1	M529	NM530
78861	Sa	1:00-3:30pm	February 4	Classes: 1	M529	NM530

### Myofascial Stretch and Release (12 + yrs)

Maximize your mobility and reduce pain. Healthy, hydrated fascia supports and protects the body while allowing us to move freely in multiple directions. But years of moving (or sitting!) in the same way can make the fascia stiff, painful, and injury-prone. In this course full-body movements performed in different planes will challenge and remodel the fascia while unique ground-to-standing movements rehydrate the tissue.

79187	Tu	5:30-6:30pm	Sep 13-Oct 18	Classes: 6	M554	NM566
79200	Th	9:35-10:15am	Sep 15-Oct 20	Classes: 6	M554	NM566
79188	Tu	5:30-6:30pm	Oct 25-Nov 29	Classes: 6	M554	NM566
79189	Tu	5:30-6:30pm	Jan 10-Feb 14	Classes: 6	M554	NM566
79191	Tu	5:30-6:30pm	Feb 21-Mar 28	Classes: 6	M554	NM566
79201	Th	9:35-10:15am	Feb 23-Mar 30	Classes: 6	M554	NM566

## STRAIGHTEN UP!

### A Free Information Seminar followed by a 4-Week Workshop Series for Youth and Adults (12 + yrs)

Our free Straighten Up info session will help you achieve a stronger foundation for your life. It will explain how incorrect posture can influence chronic pain and address the importance of proper body alignment. This series will start you on your path toward conquering different posture issues and detail the steps you can take to implement correct form in your day-to-day life.

79192	W	6:30-7:00pm	September 22	Classes: 1	M Free	NM Free
79194	W	6:00-7:00pm	October 26	Classes: 1	M Free	NM Free
79196	W	6:00-7:00pm	January 11	Classes: 1	M Free	NM Free
79198	W	6:00-7:00pm	March 1	Classes: 1	M Free	NM Free

## did you know

Moderate-intensity regular physical activity helps control blood pressure, body weight, and cholesterol levels—and cuts the risk for hardening of the arteries, heart attack, and stroke. It helps fight osteoporosis; keeps your body more limber; and stabilizes your joints, thus lowering the risk of everyday injury. It also improves digestion and is good for managing low-back pain, arthritis, and diabetes. Best of all, with regular physical activity...you just feel better!