

FLC SENIORS CLUB

We have provided for the physical, mental and social needs of our seniors' members since 1983.

Visit us on www.flcseniors.ca

SPRING NEWSLETTER 2013-14

MARCH INTO SPRING FUN CASINO



Friday, March 7, 2014 5:30 pm – 10:00 pm

Acadia Recreation Centre -- Rose Hall - 240 - 90th Avenue SE

Tickets \$20.00 (Dinner, Prizes and Entertainment)

Order tickets at our Social Page on the Website or
Contact Marilyn Jones at 403-271-0289

Ticket pick up is Saturday, March 1st 11:00 am to 1:00 pm
Trico Centre by the Seniors Lounge

What's Happening....

REBATE PROGRAM FOR 2014

As Per Bob Steele – Rebate Coordinator

Our FLC Seniors Club is always encouraging members to participate in physical exercise. So to enjoy life at a higher level, starting January, 2014, our Board of Directors has reduced the attendance required for approved activities to 60% - \$10.00 and 40% - \$5.00 per quarter off your Trico Activity charge. These rebates are deducted from your next year charge. By making this reduction, more participants will achieve the rebates. "After Exercise, please join us for coffee in the Seniors Lounge."

The FLC Seniors welcomes Two new groups into our Club. We are thrilled to have the ALBERTA BALLET and MAHJONG groups join us. Please join us in welcoming them to our association.

TAI CHI GROUP – Congratulations on the World Traditional Wushu Championships

Our instructors for Tai Chi classes are Grand Master Cai and his wife Vicky. In 2013 Master Cai was the head coach for the Canadian National Wushu Team. A team of students from his academy represented Canada at the 5TH WORLD TRADITIONAL WUSHU CHAMPIONSHIPS HELD IN CHINA ON NOVEMBER, 2013. This team brought home a victorious medal count of 3 Gold, 5 Silver, and 5 Bronze. The Academy has an interesting web site at <http://www.calgarytaichi.com/>

BRUSHSTROKES will be holding its 21st annual ART SHOW & SALE on Sat. April 12th from 10 am to 3 pm at the Willow Ridge Community Centre at 680 Acadia Drive S.E. Over 35 artists will be displaying some 250 pieces of art for sale. It's a chance to purchase original art at very reasonable prices. Cash or cheques only.

There will be REFRESHMENTS, plus a FREE RAFFLE for an original piece of art.

Everyone welcome!

Calgary club encourages seniors to use it, not lose it



MEGHAN JESSIMAN
WELL + GOOD

They say: "If you don't use it, you lose it."

I'm not entirely sure who "they" are, but I can say from personal experience this is one saying that rings true.

Though I'm only in my late 20s and live what a lot of people would deem a ridiculously healthy lifestyle, a couple of weeks out of the gym and off the nutrition bandwagon and I feel like a Biggest Loser contestant when I try to get back on track. The scene usually includes gasping for air and squinting through sweat.

I've been told that recovery on the athletic front only gets worse with age, so it's best to keep both the body and mind as agile as possible to avoid these rather defeating moments.

But what about those people who have let more than a couple of weeks go by without exercise? What about those Calgarians who, for a number of years, haven't felt like they had enough time or energy to join a sports team, take a fitness class or go for a jog? Suddenly they are nearing retirement, looking in the mirror at a body they no longer recognize and have no clue where to look for physical activities.

Enter the FLC Seniors Club. The club was founded 30 years



For Neighbours

Ron Antonchuk, vice-president with the FLC Seniors Club, warms up before a curling match.

ago with the intent to provide a variety of organized, accessible and affordable activities to accommodate the physical, mental and social needs of YYC's 55-plus community. Based out of the Trico Centre (formerly the Family Leisure Centre) at 11150 Bonaventure Dr. S.E., the seniors club provides myriad activities, both trendy and timeless, to keep its nearly 2,000 members young at heart and fit in body

and mind.

At this time of year it's pretty common for people to be thinking about taking better care of themselves. The FLC gives seniors the opportunity to learn new skills such as yoga, curling or calligraphy.

"Our seniors get out and participate; they keep active physically and mentally," explains club vice-president Ron Antonchuk. "As a result of being active, they stay healthy longer."

"The club provides an atmosphere where our independent seniors, whether singles or couples, can come and comfortably participate with other seniors with common interests."

The club's wide range of activities includes physical pursuits such as line dancing or tai-chi to more socially focused events including bridge and bus tours.

Another enjoyable aspect of the club is its affordability; membership is \$10. Although there are some small fees attached to specific activities, the club does everything it can to maintain affordable pricing.

Antonchuk believes the club allows Calgary's seniors the opportunity to "do all the things they wanted to do earlier in life, but never had the time to do."

Just remember, you've got to use it if you don't want to lose it — whatever it means for you.

For more information on programs and membership visit flcseniors.ca.

MEGHAN JESSIMAN IS A FITNESS AND NUTRITION SPECIALIST AND HEALTH AND WELLNESS WRITER. YOU CAN FOLLOW HER BLOG AT GRITANDBAREIT.COM OR REACH HER AT MEGHAN.JESSIMAN@GMAIL.COM.

Our President, Ron Antonchuk, made the Headlines!!



IMPORTANT DATES!

See www.flcseniors.ca or contact activity coordinator for more information

Wednesday, February, 19 th	"Unnecessary Farce" – Stage West Dinner Theatre
Wednesday, February 19 th	"and Then, the Lights Went Out" – Workshop Theatre
Wednesday, February 19 th	"The Surrogate" – Outdoor Club – Lunch Box Theatre
Saturday, March 1 st	"Major Barbara" – Theatre Calgary
Monday, March 3 rd – 6 th	"Wm Watson Lodge Snowshoe Trip" – Outdoor Club - CANCELLED
Friday, March 7 th	"March into Spring Fun Casino" – FLC Social
Saturday, March 22 nd	"Curling Windup" – Horton Road Legion
Saturday, March 22 nd	"Travels with my Aunt" – Vertigo Theatre
Saturday, March 22 nd	"Giselle" – Alberta Ballet
Saturday, April 5 th 1:00 PM	"Spring Workshop & Registration" – Cycling Club
Saturday, April 12 th 9 AM - 12 PM	"Annual FLC Golf Registration" – Golf Club
Saturday, April 12 th	"The Mountain Top" – Theatre Calgary
Saturday, April 12 th 10 AM - 3 PM	"Annual Art Show & Sale" – Brushstrokes
Wednesday, April 16 th 1 - 4 PM	"Calligraphy Celebration Open House" – Calligraphy Club
Wednesday, April 30 th	"Fiddler on the Roof" – Stage West Dinner Theatre
Wednesday, May 3 rd	"Class Act" – Alberta Ballet
Wednesday, May 7 th	"Always, Patsy Cline" – Workshop Theatre
Monday, May 19 th	"Windup Luncheon" – Coffee Group
Saturday, May 24 th	"The Hound of the Baskervilles" – Vertigo Theatre
Saturday, June 7 th	"Annual Summer BBQ" – FLC Social
Saturday, June 7 th	"Mary Poppins" – Theatre Calgary
Wednesday, June 18 th	Rosebud Theatre – Bus Tour
Saturday, August 16 th	FLC Seniors Club Registration at Trico



CAMERA CLUB

Seniors Lounge, Trico Centre

Our Seniors Camera Club will start up at on February 1, 2014. We have a full range of skill development for the beginner to advanced digital photographer: Macro Photography, Landscape Photography, Night Photography, Nature and Wildlife Photography, Digital Workflow, Photo Editing and Printing.

We offer Special Interest Groups for weekly out-door photography sessions plus Week-end Field Trips.

We also have three Professional Instructors to help you with every aspect of your camera, photography and photo editing needs.

Please visit our web page for further details and schedules of our planned events.

Our Vision Statement is for every senior member to enjoy learning and develop competent digital photography skills.



MAHJONG GROUP
Seniors Lounge, Trico Centre

Do you play Mahjong or have you always wanted to learn about the game played with Chinese Tiles?

Our group start up is on Monday afternoons from 4:00 – 8:00 PM. We have a beginner table with a skilled teacher for anyone wanting to learn, or for those who have some experience but require a refresher session(s).

If you would like to participate, please email:

mahjong@flcseniors.ca



ALBERTA BALLET

The FLC Seniors now offer the Alberta Ballet.

There are two productions available:

Giselle – March 22

Class Acts – A Tribute to Hollywood Musicals – May 3

Email albertaballet@flcseniors.ca for ticket information.



CURLING CLUB WIND-UP

March 22 – Horton Road Legion
Doors open at 11:00 am - Lunch served at 12:00 Noon

SPECIAL NOTATION

The ARC has announced their major Ice Renovation that will commence on April 1, with a completion date of September 1, 2014.



Cycling Safety Workshop & Registration

Saturday, April 5th, 1:00 pm
Seniors Lounge, Trico Centre

Our Cycling Club welcomes all FLC members to come and join us, whatever your cycling ability. We offer non-competitive riding for pleasure and socializing. Choose a level that suits your ability. We ride Tuesday and Wednesday mornings from Mid April to late October and offer 3 levels of cycling. Join us, on April 5, whether you have cycled before or are just thinking about joining the group. Five dollar membership includes Year End Wine and Cheese Party.



2014 Annual Golf Registration

Saturday, April 12th 9:00 am to 12:00 pm
Seniors Lounge, Trico Centre

Golf is open to all FLC members. We offer a number of different golf courses for every level of player. Please join us on Registration day to learn more about the Golf Activity and the different golf programs availability. Stay active while having fun with your FLC friends.

(Note: Your New Golf membership fee includes the Golf Wind-Up Banquet in September.)



Brushstrokes

21st Annual Art Show and Sale

Over 35 Artists displaying 250 paintings for sale

Refreshments Everyone Welcome

Free Raffle for an original piece of art

Saturday, April 12th 10:00 am – 3:00 pm

Willow Ridge Community Centre - 680 Acadia Dr. SE



Calligraphy

2014 Open House Seniors Lounge, Trico Centre

Wednesday, April 16th 1:00 pm – 4:00 pm

Refreshments, Fee Demonstrations & Displays

Everyone is Welcome – come and meet old friends and make new ones.



FLC Bus Tour



Rosebud Theatre Wednesday, June 18th, 2014

The BUS TOURS group did not operate during the winter months, due to weather and road conditions.

Be sure to check out the FLC Website in late April for further details on all our planned trips for 2014.



TAI CHI

*Our Tai Chi Activity welcomes all FLC members to come and join us.
We hold classes at the Novice, Intermediate and Advances Levels.
Spring Classes commence from January to mid April.
Our classes are held at the Trico Centre.
Please visit our website for more detailed information.*



OUTDOOR CLUB

The Outdoor Club would like to remind everyone, to become a member, a current FLC Membership plus a \$5.00 Outdoor Club Membership fee is required. Also, you do not require an Outdoor Club membership to participate on the Larger Bus Trips (ie Rose Bud).

*Our club encapsulates two levels of walking:
Wednesday*

- *Birding in the Spring*
- *Snow Shoeing in the Winter*

Please visit our FLC website for further events and trips planned for the near future.

Up Coming FLC Seniors Club Social



**FLC Seniors Club members are invited
To our Annual Summer BBQ**

Saturday June 7, 2014

Horton Road Legion – 9202 Horton Road SW (Indoors)

Cocktails: 5:00 pm – 6:00 pm

Dinner: 6:15 PM (Steak Dinner with all the trimmings)

Cost: \$20.00 / person

Cash Bar – Dance to follow

FLC SENIORS CLUB

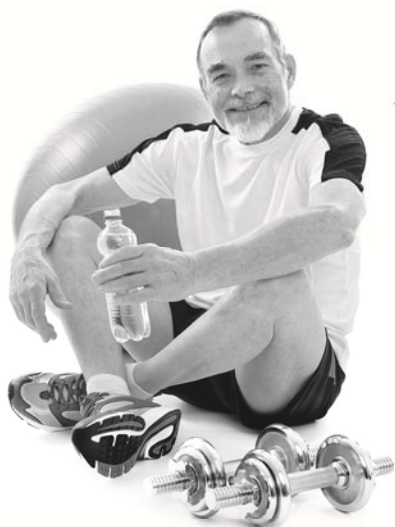
FLC SENIORS OPERATING CALENDER 2013-2014 SEASON

Updated: February 15, 2014

	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
Seniors Rooms #1 & 2	DWW Coffee Group 8:00 – 10:00 AM		DWW Coffee Group 8:00 – 10:00 AM	Tai Chi 9:00 – 10:15 AM	DWW Coffee Group 8:00 – 10:00 AM	Board Meetings Monthly First SAT. 9:30 – 11:59 AM
	Yoga 10:30 – 12:00 PM	Yoga 8:30 – 11:45 AM	Yoga 10:30 – 12:00 PM	Yoga 10:30 – 12:00 PM	Yoga 10:30 – 12:00 PM	Council Meetings Feb/May/Aug 9:30 – 11:50 AM
	Coffee Group 1:00-4:00 PM	Cribbage 12:15 – 4:00 PM	Calligraphy Sept-Nov/Mar-May 1:00 – 3:00 PM	Bridge 12:30 – 4:00 PM	Whist 12:30 – 4:00 PM	Annual Registration Aug. 16, 2014
	Mahjong 4:00 – 8:00 PM Feb. 17 – Aug. 7	Bridge 6:30 – 10:30 PM	Outdoor Club Meetings Monthly 2 nd Wed: 3:15 – 5:00 PM Sept/Nov/Mar-May 2:00 – 4:00 PM Dec-Feb/June-Aug	Bridge 7:00 – 10:00 PM		Golf Meetings 9:30 – 1:00 PM Camera Club 1:00 – 3:00 PM
			Bridge Lessons 6:30 – 9:00 PM			
	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
MP #5 & 6			Line Dance Lvl 2 10:30 – 11:30 AM			
			Line Dance Lvl 1 11:45 – 12:45 PM			
	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
MP #7 & 8				Tai Chi 9:00 – 10:00 AM	Line Dance Lvl 3 9:00 – 10:00 AM	
	Yoga 9:00 – 10:30 AM		Yoga 10:15 – 11:45 AM	Tai Chi 10:15 – 11:15 AM	Line Dance Lvl 2+ 10:15 – 11:15 AM	
	Line Dance Lvl 2 6:15 – 7:15 PM	Line Dance Lvl 3+ 12:30 – 2:00 PM		Line Dance Lvl 1+ 11:30 – 12:30 PM		
	Line Dance Lvl 1 7:30 – 8:30 PM					
	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
MP #9			Brushstrokes 9:00 – 12:00 PM	Brushstrokes 9:00 – 12:00 PM		
	Brushstrokes 1:00 – 4:00 PM	Brushstrokes 1:00 – 4:00 PM	Brushstrokes 1:00 – 4:00 PM	Brushstrokes 1:00 – 4:00 PM	Brushstrokes 1:00 – 4:00 PM	
	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
Willowridge Community Centre		Line Dance Lvl 2+ 10:00 – 11:00 AM #13			Line Dance Lvl 2 10:00 – 11:00 AM #10	
680 Acadia Dr. S.E.		Line Dance Lvl 2 6:15 – 7:15 PM #4			Line Dance Lvl 1 11:15 – 12:15 PM #11	
		Line Dance Lvl 2 6:15 – 7:15 PM #4				
		Line Dance Lvl 1 7:30 – 8:30 PM #5				

FLC SENIORS CLUB

<u>Activity</u>	<u>Coordinators</u>	<u>Phone Number</u>
Alberta Ballet	Susan Spragg Gisela Ironside	403-256-6834 403-254-8116
Bridge - Tuesday evening (Duplicate)	Verouj Arslanian	403-271-7681
Bridge - Lessons (Wed evenings)	Lynn Lester-Lee	403-271-9440
Bridge - Thursday afternoon (Drop-In)	Neil Ferguson	403-254-4740
Bridge - Thursday evening (Drop-In)	Noreen Avey	403-271-4004
Brushstrokes	Rod Helm	403-238-9443
Bus Tours	Donna Crowder	403-366-9029
Calligraphy	Connie Houlden	403-271-4103
Casino	Bob Watterberg	403-271-2686
Coffee Group	Roxy Thomson	403-271-1671
Cribbage	Roy & Jean Berg	403-248-8220
Curling	Al Brissette	403-271-1903
Cycling	Murray Karn	403-236-8837
Fitness Program – Rebates	Bob Steele	403-278-1147
Fitness Program – Coffee Time	Bill Atchison	403-278-9300
Golf	Terry Sly	403-256-7140
Line Dancing	Dean & Ann Nuell	403-238-7888
Club Membership	Dan Bell	403-278-2664
Outdoor Club – General Information	Marilyn Patterson	403-726-0881
Membership	Mary Ann Oikawa	403-278-6505
Bird Watching	Deanna Jullyan	403-254-1229
Snowshoeing	Pauline Schaus	403-271-7177
Walkers – Intermediate and Fast	Sharron Isaak	403-254-1590
Easy Walkers	Marion Halpen	403-271-3718
	Jo Harey	403-271-4089
Tai Chi	Ron Huyber	403-281-9427
Stage West Theatre	Sandie Tomlinson	403-990-5562
Theatre Calgary	John Buysschaert	403-271-0622
Vertigo Theatre	Lynn Lester-Lee	403-271-9440
Workshop Theatre	Camella Dunbar	403-251-1690
Whist	Donnalee Lamson	403-281-6134
Yoga	Ollie Griffith	403-271-4782



Trico Centre for Family Wellness

Active kids. Healthy families. Vibrant seniors!

Trico Centre has been supporting active living for over 30 years — promoting a lifelong habit for health.

For childhood to older adult, we provide unique membership and program options to make fitness affordable and fun.

With senior rates not only starting at 60 years, but some of the best in South Calgary for Community Partners, Trico Centre is a great place to pursue your wellness goals.

MEMBERSHIP FEES (GST NOT INCLUDED)	COMMUNITY PARTNER'S PRICE	
CATEGORIES	ANNUAL	CONTINUOUS MONTHLY PLAN
60 Plus (60+ years)	\$445	\$37.09
60 Plus Couple (60+ years)	\$670	\$55.84

Great Prices. Great Value.

Receive the Community Partner's Price if you are a resident of a partnered community and with payment of the Community Support Fee (\$30 per household or \$15 per Senior household, valid for one year.)

Annual Memberships are valid for 12 months (of fun and fitness). You can pay for an annual membership in one payment upon purchase. We also offer two-payment and four-payment options. Ask us for details.

Continuous Memberships do not expire until you notify us. A continuous membership has a monthly pay option only. Choose this option if you want a membership term shorter than a year.

Cancellation Policy: Trico Centre wants its membership options to suit your life - and life can change. Annual and continuous memberships can be cancelled with 30 days written notice (but cannot be cancelled in the first 30 days of membership) with no penalties or fees.

10-Visit Pass: You can still enjoy our facility without a membership. The 10-Visit Pass is perfect for those who plan to access our facility once/week at most.



Trico Centre for Family Wellness

11150 Bonaventure Drive NE
403-278-7542
www.tricocentre.ca

