

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

Summer Newsletter - 2014



FLC Seniors Club members are invited to our Annual Summer BBQ
Saturday June 14, 2014

Horton Road Legion – 9202 Horton Road SW (Indoors)

Cocktails: 5:00 pm – 6:00 pm

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

Cost: \$25.00 per person

Cash Bar – Dance to follow

To reserve your tickets in advance, send an email to social@flcseniors.ca. Provide your name, membership number and how you would like your steak cooked - rare, medium, or well done.

Tickets will be available for pick up or purchase (if not reserved ahead of time) at the Trico Centre by the FLC Seniors Lounge Entrance on Saturday, June 14, 2014 from 11:00am to 1:00 PM.

For further information email: social@flcseniors.ca or contact Marilyn Jones 403-271-0289.

FLC Seniors Club

What's Happening?

There is a lot going on with the FLC Activities this Summer.

MORE DETAILS ARE INSIDE THIS NEWSLETTER

CRIBBAGE, and **THURSDAY EVENING BRIDGE** will continue all summer.

The **TAI CHI** activity is seeking 20 new students for their Introductory Tai Chi program to participate in weekly classes on Thursday morning from September to December.

The **OUTDOOR CLUB** offers members walking, birding and bus trips to interesting places.

The **GOLF CLUB** has many exciting tournaments lined up. See more details and book tee times through the FLC Seniors Golf Web page.

The **BUS TOUR CLUB** is offering a wide selection of places to visit.

The **CAMERA CLUB** members will be taking a bus trip out to Waterson National Park in June.

The **CURLING CLUB** Major Ice Renovation updates.

The **BRUSHSTROKES CLUB** registration for their Fall session will be on August 16 at Trico Centre.

The **CYCLING CLUB** membership has risen to over 180 members. Cyclists can now sign up for rides on the FLC Seniors Cycling Web Page.

The **CALLIGRAPHY CLUB's** celebration for the 30th Anniversary of the FLC Seniors took place on April 16, 2014.

The **LINE DANCING CLUB** will be dancing at some of the local Stampede Breakfasts, and they invite you to join them.

The **YOGA CLUB** would like to thank June Grant for her help throughout the many years and also welcome Luisa Bell, whom will be assisting Sheryl Tweten.

The **MAHJONG CLUB** meets every Monday afternoon.

The **COFFEE CLUB** will windup on May 19th and resume on September 8.

The **FLC Seniors Club AGM** is happening in the fall.

FLC Seniors Club



IMPORTANT DATES!

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

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
Wednesday, May 28 th	"Trip to Bow Valley Provincial Park – Walking & Birding – Outdoor Club
Saturday, June 7 th	"Mary Poppins" – Theatre Calgary
Saturday, June 14 th	"Annual Summer BBQ" – FLC Social
Wednesday, June 18 th	"Chickens" - Rosebud Dinner Theatre – Bus Tour Group
Monday, June 23 rd	"Photo trip to Waterton National Park" – Camera Club
Wednesday, July 2 nd	"Annual pre-Stampede Wiener Roast" – Outdoor Club
Friday, July 4 th	"Annual Stampede Golf Tournament" – Golf Club
Wednesday, July 23 rd	"Head-Smashed-In Buffalo Jump" – Bus Tour Group
Saturday, August 16 th	"FLC Seniors Club Registration" at the Trico Centre
Wednesday, August 20 th	"Japanese Gardens, Lethbridge/Fort Macleod" – Bus Tour Group
Tuesday, September 2 nd	"Annual Fall Classic Golf Tournament" – Golf Club
Friday, September 5 th	"AGM and Wine and Cheese" – Outdoor Club
Saturday, September 6 th	"FLC Year end Wind-up" – Golf Club
Saturday, October 10 th	FLC Seniors Club AGM

FLC Seniors Club



BRIDGE

The Bridge Lesson dates for the new Season are:

Beginner - September 17 – November 12, 2014

Intermediate - February 18 – April 15, 2015



BRUSHSTROKES



On April 12 we had our annual Brushstrokes art sale. We had 30 Brushstrokes artists with 268 original pieces of art for show and for sale. Nearly 300 visitors came to appreciate and purchase the fine art produced by our seniors.

Registration for the Fall session will be on August 16th for 5 classes with instructors and 2 classes without instructors, all in fine-art painting. Fall classes in oil, watercolor and acrylics will begin mid-September for 10 weeks, with Brushstrokes members enjoying a separate free 3-hour demo by a local artist during the fall session.

FLC Seniors Club



BUS TOURS

The FLC Seniors Bus Tour Group spent the winter months planning for the upcoming 2014 summer bus tours.

Save these dates in your calendar:

***Rosebud Dinner Theatre
June 18, 2014***

Cost: \$70.00/FLC Seniors Member (price includes: transportation, a buffet lunch and entrance to the play).

***Head-Smashed-in-Buffalo Jump
July 23, 2014***

A schedule of events includes a performance of the "Drum and Dance" group, lunch and a personal guided tour of the site.

Further information on this event will be forthcoming on the FLC Seniors Website in Mid-May

***Japanese Gardens, Lethbridge / Fort Macleod
August 20, 2014***

We will be viewing the Japanese Gardens in Lethbridge in the morning and having lunch at Fort Macleod where we will then tour the museum as well as enjoy an RCMP musical ride demonstration during the afternoon.

The September Bus Tours will be forthcoming.

FLC Seniors Club



CALLIGRAPHY

Our celebration for the 30th Anniversary of the FLC Seniors took place on Wednesday afternoon, April 16, 2014 in the Seniors' Room. 20 people came to enjoy the demos, displays, refreshments and to socialize. Our instructors, Renate Worthington and Margaret Van Diest did demos in Funky letters and Neuland. Everyone had a great time experimenting with parallel pens to make letters and learn decorative floral techniques. What a wonder way to celebrate what our club has accomplished in the past 12 years.



CAMERA

*The Camera Club's last class for this session will be held on June 28.
The next session will start up in the First week in September.
More information will be forthcoming on the FLC Seniors Website.*

*On June 23, thirty-six of our members will be travelling to Waterton National Park, for the Wild Flower Festival for the day by Bus.
We have secured four marvelous guides inclusive of Neil L. Jennings,
a renowned Wild Flower Author from Alberta.*

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COFFEE CLUB

The Coffee Group meets Mondays from 1:15pm – 4:00 pm in the Seniors Lounge at the Trico Centre.

A Valid FLC membership is the only requirement to join this group.

The Cost is 25 cents each week.

On May 19th we have a Luncheon and will not meet again until September 8, 2014.



Curling

Major Ice Renovation Update

Al Brissette visited the Curling Acadia Recreation Complex on Easter Monday and took a look at the facility construction changes with Scott. The concrete has all been cut up into large squares.

The squared concrete will be drilled into and then lifted out of the rink to start, and then loaded onto transport trucks.

The hot and cold water pipes have been severed and the lines are being blown clear. Once that process is completed the old pipes are removed and new pipes put in place.

There is a lot of work to be done in preparation prior to the laying of the new concrete.

Things are moving ahead on schedule and the new ice should be ready to go in prior to our October start.

FLC Seniors Club



CYCLING

Cycling has been a little slow getting going due to our long winter this year.

What great participation we have experienced so far.

Our membership has risen to over 180 members.

This year we are able to offer our usual Tuesday, Wednesday and now a Thursday ride as well.

And we have special out of town rides planned in July and August.

We have been setting up a new computer weekly registration system this year, which is working out great.

We are anxiously waiting for our new club jerseys to come in, everyone has been very enthusiastic.



LINE DANCING

“YAHOO”

*It's that time of year when we set aside our Waltzes, Rock and Rolls, Broadway routines, Sambas, and Twists,
in favour of our latest **WESTERN** Line Dances.*

*We will be dancing again at some of the local Stampede Breakfasts, and we invite you to join us for some
great **FUN**. So ... don your favourite bolo tie or scarf, jeans or denim skirt, comfy shoes,*

*and let's get those feet **a-moving**'!*

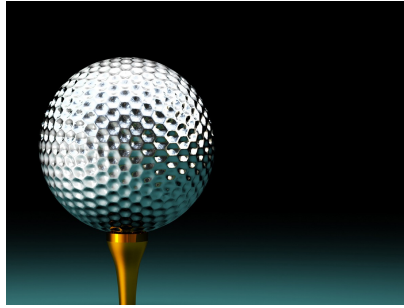
*In September, our classes will re-start with a special Brand New Beginner class,
for those who have never danced before.*

The Breakfast dates and locations will be posted on the Line Dancing website in June & July.

For more information on our popular Line Dancing Activity: call Dean at 403-238-7888, or email

linedancing@flcseniors.ca

FLC Seniors Club



GOLF

Out Golf activity has lots more fun planned this year. So get out and golf with your FLC friends at one of our 4 featured golf courses. You can challenge your golf skills, get more exercise or just have some laughs. Meet new friends or socialize with some old ones in the club house after a good game. Please refer to the FLC Golf page for more information on all the golf courses and more golf news.

Come and join us each month in a fun mini tournament at all of our 4 featured golf courses. Golf at your favorite course or try a new one, but come and have some fun and maybe win a prize.

Be sure to register for our 9th Annual Stampede Tournament, held this year on Friday July 4th at the Douglasdale Golf Course. Once again it is a shot gun start at 8AM sharp. See more Details & Book through the Golf web page. After golf everyone can socialize, enjoy a great steak dinner, catered by the Douglasdale Chef and his Staff, and have fun winning prizes.

Circle September 2nd on your calendar for our Annual Year End Fall Classic at HeatherGlen Golf Course. See more Details & Book through the Golf web page. It will be a shot gun start at 8AM sharp with lots of fun socializing, and having a great meal catered by the HeatherGlen Staff, and lots of prizes.

We will once again close our great golf year off with our year end Wind Up. This year it will be held on September 6th, at the Acadia Recreational Centre. See more Details & Book through the Golf web page. Please keep this date open to have a great time with friends, a great meal and lots of fun winning prizes. What a great way to finish the season.

Please remember that to make all this happen, “Your” Golf Committee requires the assistance of approximately 40 volunteers throughout the year to ensure a successful golf season.

We would like to thank all our great golf volunteers for their help and dedication throughout the year.

As we are always looking for more good people to help make the Golf Activity a super success each year, please contact one of the committee members for more information if you can contribute some time to help your club.

FLC Seniors Club



OUTDOOR CLUB

The Outdoor Club has been very busy over the winter month.

There is a \$5.00 fee to belong and you must belong to participate in any of the following activities.

Snow Shoeing

Fridays – under the guidance of Pauline we had a very successful season. I don't remember having a winter with so much snow. Pauline split the group in two, those who wanted to stay in town and go at a slower pace and those who took on a hillier terrain in areas surrounding Calgary.

Intermediate and Fast Walkers

Meet Wednesday at 10:00 AM – under the watchful eye of Sharron met all winter at The Ranch. The washrooms are open and the paths are plowed. Now that spring is here, Sharron will be scheduling different meeting locations.

Easy Walkers

Marion and Jo are looking for some help on their Wednesday walks.

The Birders

*Meet Thursday at 8:00AM and have started their spring season.
Contact Anne through the FLC Seniors Outdoor Club Web Page.*

Bus Trips

*February we went to the Lunch Box Theatre
March – we went to the Aero Space Museum
April – we went to the Music Museum*

Upcoming Dates

*May 28 – a trip to Bow Valley Provincial Park – Walking and Birding
July 2 – our Annual pre-Stampede Wiener Roast
September 5 – our AGM and Wine and Cheese*

FLC Seniors Club



MAHJONG

This is a very popular afternoon drop in game. The Mahjong group meets every Monday afternoon:

September 2013 – May 2014 – 3:00PM – 5:30PM

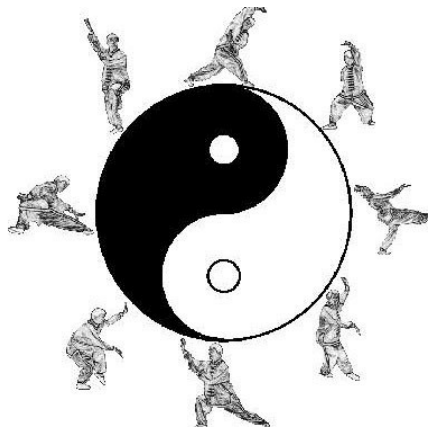
May 2014 – September 2014 – 1:00PM – 4:00 PM

We play the Japanese style of Mahjong.

There is a beginner table with a skilled teacher for anyone wanting to learn the game or for those who have some experience but require a refresher session.

Except for the minimal cost shared by all players for the coffee, etc.

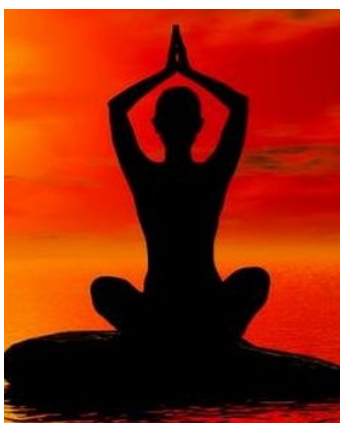
There are no additional fees to join this group.



TAI CHI

The FLC Tai Chi Activity is seeking 20 new students for their Introductory Tai Chi program to participate in weekly classes on Thursday mornings from September to December. Tai Chi is a Chinese martial art consisting of gently and rhythmic movement patters which promote flexibility, balance and vigor. Many practitioners have cited health benefits after regular practice of Tai Chi over a long term. Please visit the Tai Chi Activity page on our website for more information.

FLC Seniors Club



Yoga

*Yoga ran a short spring session this year that was well received by the students.
Yoga will resume in September with the Fall Session beginning September 8, 2014, running five
Beginner Classes and three Intermediate Classes each week for a total of thirteen weeks.
Luisa Bell has agreed to help the Yoga co-coordinator, Sheryl Tweten, with the intent of taking
the co-coordinator position in 2015.
We would also like to thank June Grant for all her help throughout the many years of the yoga
program and her continuing support.*

FLC SENIORS OPERATING CALENDER -2014 SEASON

Updated: May 15, 2014

	MON	TUE	WED	THU	FRI	SAT
Outdoor Activities	Golf Maple Ridge Tee off times: May 5 – Aug 25 (exluding May 19 & Aug 4) 8:00 - 10:15 AM	Golf HeatherGlen Tee off times: Apr 29 – May 27 9:30 – 11:30 AM June 3 – Aug 26 8:40 – 10:30 AM	Golf Douglasdale Tee off times: Apr 30 – May 28 9:02 – 10:38 AM June 4 – Aug 27 8:13 – 9:37 AM Sep 3 – Sep 24 9:02 – 10:38 AM	Golf Golf Canada Calgary Centre Tee off times: 9:00 AM Shot gun start		Board Meetings Monthly First SAT. 9:30 – 11:59 AM
		Cycling 10:00 AM Start	Cycling 10:00 AM Start			Council Meetings Feb/May/Aug 9:30 – 11:50 AM
			Outdoor Club Weekly Walks 10:00 AM start Call contact for location	Outdoor Club Bird Watchers 8:00 AM start Southcentre Parking Lot		Annual Registration Aug. 16, 2014
						Golf Meetings 9:30 – 1:00 PM Camera Club 1:00 – 3:00 PM Classes extended to June 28 th .

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FLC SENIORS OPERATING CALENDER -2014 SEASON

Updated: May 15, 2014

	MON	TUE	WED	THU	FRI	SAT
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 May 19 th the hours will change to: 1:00 PM – 5:00 PM	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 Classes extended to June 28 th .
			Bridge Lessons 6:30 – 9:00 PM			
MP #5 & 6			Line Dance Lvl 2 10:30 – 11:30 AM			
			Line Dance Lvl 1 11:45 – 12:45 PM			
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					
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	
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				

FLC Seniors Club

<i>ACTIVITY</i>	<i>COORDINATORS</i>	<i>PHONE NUMBER</i>
Alberta Ballet	Susan Spragg	403-256-6834
	Gisela Ironside	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
Camera Club	Margaret Jones	403-726-1040
Club Membership	Dan Bell	403-278-2664
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
Mahjong	Donna Crowder	403-366-9029
Newsletter	Linda Shepel	403-720-7876
Outdoor Club – General Information	Marilyn Patterson	403-726-0881
Membership	Mary Ann Oikawa	403-278-6505
Bird Watching	Deanna Jullian	403-254-1229
Snowshoeing	Pauline Schaus	403-271-7177
Walkers – Intermediate and Fast	Sharron Isaak	403-254-1590
Easy Walkers	Jo Harey	403-271-4089
	Marion Halpen	403-271-3718
Stage West Theatre	Sandie Tomlinson	403-990-5562
Tai Chi	Ron Huyber	403-281-9427
Theatre Calgary	John Buysschaert	403-271-0622
Vertigo Theatre	Lynn Lester-Lee	403-271-9440
Workshop Theatre	Camella Dunbar	403-251-1690

FLC Seniors Club

Whist
Yoga

Donnalee Lamson
Luisa Bell
Sheryl Tweten

403-281-6134
403-278-2664
403-257-5306

FLC Seniors Club Annual Membership Registration



Saturday August 16, 2013

10:00 AM – 2:00 PM

Trico Centre (Home of the FLC Seniors) – FLC Seniors Lounge

FLC Seniors Club



Welcome to Trico Centre

As well as being the home of the FLC Seniors Club, Trico Centre for Family Wellness is a recreational hub for South Calgary. At Trico Centre, you can enjoy swimming, skating, and working out in our older-adult friendly fitness centre. Community spirit and friendships are important to us at Trico: there are lots of good spots at Trico Centre to sit down for a chat, either in our upper food court area or on one of our comfy couches.

Your Health

Do you want to be more active and healthy?

Trico Centre is a great place to make that happen. You can walk around the track, go for a swim or a skate, or drop in to one of our more than 55 weekly drop-in fitness classes (more than 70 during non-summer months.) Many of these classes are specifically geared towards older adults, like Gentle Fitness 55+, Fit and Fab!, and Deep H2O Workout 55+.

Memberships

A Trico Centre membership is convenient and affordable.

MEMBERSHIP FEES (+GST)	ANNUAL	CONTINUOUS MONTHLY
60 Plus (60 yrs and up)	\$465	\$38.75
60 Plus Couple	\$710	\$59.17

Additionally, to make our memberships work for those who may be travelling for an extended period of time, we have a convenient **start and stop option** for up to 3 months. This allows you to take time off, and quickly jump back into your routine when you return. You can also **pause your membership for medical reasons.** (Doctor's note required. Please Contact Guest Services for more information.)

Drop-In Programs

Just a few of the drop-in (free with membership) programs for older adults available over the summer

Gentle Fitness 55+

Join this active class designed to enhance your cardiovascular/respiratory systems with brisk walking techniques. Then maintain or improve your bone density and balance with strength-building exercises. And finally, enjoy a 10-minute relaxation and stretch at the end of class to start your day off balanced. **7:30-8:15am, Monday, Wednesday & Friday | Drop In**

Fit and Fab!

If you are active, you'll enjoy this gentle aerobic and muscle-conditioning class. Improve balance, aerobic endurance, flexibility, and muscle tone. **10:30-11:30am, Monday, Wednesday & Friday | Drop In**

Deep H2O Workout 55+

Explore the benefits of deep water aqua with this total body workout that uses varying tempos, hand positions, and ranges of motion to modify the movement intensity. This class will improve your mobility, flexibility, cardio and endurance. **7:30-8:30am, Monday-Friday | Drop In**

Check our Fall 2014 Program Guide for many more older adult drop-in and registered options. Or, go to www.tricocentre.ca and click on the