

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

WINTER Newsletter – 2014



FLC Seniors CHRISTMAS SOCIAL

All FLC Seniors Club Members are invited to attend.

Come celebrate the start of the Christmas Season with friends.
Enjoy a potluck of appetizers, cash wine bar, eggnog, live
entertainment and Christmas Carol singing.

Sunday, December 7, 2014
2:30 to 5:30 p.m.
Willow Ridge Community Hall
680 Acadia Drive S.E.

Cost: An Appetizer to share & A Donation to the Veteran's
Food Bank

Registration is now being completed online by filling out the E-Mail Form
located on the Social Web Page.

For further information contact Marilyn Jones @ 403-271-0289.

FLC Seniors Club

New Curling Ice with Seasoned Curlers



We are profiling three Senior Curlers who have been with the FLC for a grand total of roughly 68 years. As the ARC has installed new ice for the 2014 curling season, we wanted to take this opportunity to acknowledge the men and women who had made the FLC Curling Club the club it is today. As much as we would have liked to profile every curler, time and space would not allow. Beginning from the left side of the above photo, in their own words, are their stories:

George Horne was introduced to curling the NWT's in 1948 in a one sheet Quonset hut using graduated weight stones, heaviest for the lead and lightest for the skip. In 1950 to the early 90's George enjoyed recreational curling in Edmonton and Calgary and many times played in the Oilman's Bonspiels when they used to get over 500 rinks and play on almost every club ice in the city and the Big 4's 48sheeter. In the early 90's George started curling with the FLC and in 1997/98 became the "Chair" with Wes Hartman as Treasurer (the guy's still the big T and still in demand), John McIntosh, Jim Curr and others. Today I feel curling is still healthy and fun and ... if you're fortunate enough to win a game, well ... it's a little more fun.

John Buysschaert started curling in 1993 and has curled exclusively with the FLC Seniors since.

Jan Debruyn started curling at the Trico Centre (which had 6 sheets of ice) in October 1983 in the men's league of the FLC Curling Club. In 1991 he retired from work and switched to the FLC Seniors Curling Club, skipping on Tuesday and sparing on Mondays and Thursdays. In December 2003 the FLC Curling Club was going to permanently shut down the Curling Rink at the end of March 2004. After a lot of work by Jim Curr and others, the FLC Seniors Club obtained ice times at the ARC. We started curling there in October 2004 on 10 sheets of ice and have never looked back. We have now just started our 11th season at the ARC on totally reconditioned ice surfaces, and in my opinion it is the best ice surface the Seniors Club has ever had to curl on.

FLC Seniors Club



IMPORTANT DATES!

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

Wednesday, November 26	"80s Solid Gold" – Stage West Theatre
Wednesday, November 26	"Fawlty Towers" – Workshop Theatre
Saturday, November 29	"The Game's Afoot" – Vertigo Theatre
Sunday, December 7	FLC Seniors Club Christmas Social
Wednesday, December 10	"The Lion, The Witch, and The Wardrobe" – Rosebud Bus Tour
Saturday, December 13	"A Christmas Carol" – Theatre Calgary
Saturday, December 20	Curling Fall Windup Luncheon
Saturday, December 20	"The Nutcracker" – Alberta Ballet
Sunday, December 21	"The Nutcracker" – Alberta Ballet
Tuesday, December 23	"The Nutcracker" – Alberta Ballet
Wednesday, December 24	"The Nutcracker" – Alberta Ballet
Saturday, February 7	"Bloodshot" – Vertigo Theatre
Saturday, February 14	"The Philadelphia Story" – Theatre Calgary
Wednesday, March 4	"The Steve Truscott Story" – Workshop Theatre
Saturday, March 28	"King Lear" – Theatre Calgary
Saturday, April 4	"The Haunting" – Vertigo Theatre
Saturday, April 11	Golf Registration – Trico Centre - Seniors Lounge
Saturday, April 11	Old Spokes Registration and Cycling Workshop
Saturday, May 15	"Dear Johnny Deere" – Theatre Calgary
Wednesday, May 13	"Goodnight Desdemona" – Workshop Theatre
Saturday, May 23	"Dial 'M' for Murder" – Vertigo Theatre

FLC Seniors Club

What's Happening?....

The Cycle Club and the FLC heartily thank Coordinator Murray Karn for his 12 years of dedicated service to the Club.

Larry Patterson will be the new Cycle Coordinator.

The Line Dance Club and the FLC also thank Dean and Anne Nuell for their many dedicated years to Line Dancing.

Karen Balcombe will be the new Line Dance Coordinator.

Juliette Lemieux-Gordon will be the new Line Dance Vice Coordinator.

The Coffee Club meets regularly on 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.

Unfortunately the Cribbage Monday evening activity has been cancelled due to poor attendance.

The Calligraphy Activity has a time change. The new times are 10:15–12:15 pm.

The Curling Activity will wind up their first half with a Luncheon on December 20th.

All FLC curlers are really enjoying the new ice surface at the ARC.

Bridge Lessons will run again two sessions of lessons this year. Upcoming class dates, cost and registration information are online.

Mahjong has moved to Wednesday 1 to 4 pm in the seniors lounge. These are drop in games, and all players of all levels are welcome.

Tai Chi has a new session of classes. Please visit our Web Page for more information.

The Yoga activity has been well received at the new location, Lake Bonavista Recreation Center. The facility has more space and is more tranquil for our yoga exercises. See the Yoga Web Page for more information

FLC Seniors Club

Bus Tours

Our Bus Tours to Lethbridge, Fort McLeod and Canmore, during August and September, were very successful.



We planned an additional bus tour this year. We will be going to Rosebud on 10th December where we will enjoy a buffet lunch and will later watch 'The Lion, The Witch and The Wardrobe' at the Theatre. The town of Rosebud is always a pleasant place to be but so close to Christmas, it will be especially festive.

We are busily planning the 2015 bus tours. We have yet to determine the exact dates but our tentative schedule is:

June:	<p>Stettler is located in the <i>Heart of Central Alberta</i>.</p> <ul style="list-style-type: none">• Alberta Prairie Railway Excursions offers an exciting adventure on board a real steam or diesel-powered train. All excursions include a buffet meal in the town of Big Valley, on board entertainment and maybe even a train robbery. During your journey on board the train you will travel through the beautiful rolling and treed countryside of Alberta's Parkland.
July:	<p>Sylvan Lake, has an area of 42.8 square km and is one of the most popular tourist destinations in the province. Take a cruise on the lake's serene blue waters</p>
August:	<p>Innisfail</p> <ul style="list-style-type: none">• Discovery Wild Life Park is a 90 acre zoo. Their goal is to educate the public about wildlife rescue and conservation. Since 1988, they have provided a wildlife sanctuary for over 40 species of orphaned animals.• Innisfail and District Historical Village is one of the largest museums in Central Alberta.• RCMP Dog Service Training Centre is the home of the Canadian National Police Service Dog monument which was created in memory of all Police Dogs killed in the line of duty for all Police Services in Canada. A variety of techniques used in dog handling will be demonstrated.
September:	<p>Rosebud</p>

Please note these bus tour may need to be changed depending on availability.

FLC Seniors Club



BRUSHSTROKES



Brushstroke Classes are all full for the Fall Session, and registration for the Winter session will take place in November.

Many of our members provided photos of their paintings to create a slideshow for the FLC Seniors AGM in October.

Three members also donated beautiful paintings for door prizes at the AGM.

CALLIGRAPHY



“BLACKLETTER FOR BEGINNERS”

Come and try your hand at making these Germanic picket-fence kinds of letters and create a fun certificate, Christmas cards, or a favourite quotation. The instructor will provide graph paper to begin with. Plain practice paper will also be required as well as calligraphy pens. Tools will be explained in the first class if you are new to calligraphy.

Dates: Nov. 5 –Dec. 3, 2014 (5 weeks) Time: 10:15 am – 12:15 pm



“BOOKHAND”

This alphabet was developed from the older Carolingian hand in order to make the writing more legible. It was the model for real print and survives to this day as a less formal script that can be used for all occasions. In this class we will learn the lower and upper class letters and will apply them to a project in the six weeks.

Dates: March 4 –April 8, 2015 (6 weeks) Time: 10:15 am – 12:15 pm

Art for Non-Artists means having fun with certain aspects of art.

Dates: April 22 –May 28, 2015 (6 weeks) Time: 10:15 am – 12:15 pm

Connie Houlden, Coordinator: 403-271-4103

FLC Seniors Club



CAMERA CLUB

Program Fall/Winter 2014 – 2015

Our Vision Statement is to encourage and facilitate the learning of relevant digital photography skills; while having fun and exploring our creative talents.

We have a full range of skill development for the beginner to advanced digital photographer.

PHOTO LECTURE SERIES – presented at the Trico Seniors' Lounge – Sat. 1:00 to 3:00 PM

SPECIAL INTEREST GROUPS (SIGS) - Weekly: Sunday, Monday or Tuesday (9:00 – 12 noon).

WEEK-END FIELD TRIPS – We have planned out of town week-end field trips.

For more information, visit our Camera Club Web Page.



CURLING

We lost several of our curlers passing away the last few months.

Jack Baran curled with us for many years. Because of health issues Jack had to give curling up and he became the Coffee Man. He was just a lot of fun greeting the curlers as they came up for his brewed coffee. Several of our curlers attended his funeral service on July 4th.

George Kealey passed away on September 11. George also curled with us for many years and also did a great job as a spare coordinator. He has had health issues for several years but carried on. His funeral service was held in Ottawa.

Jim Curr passed away on September 17. Jim, who was a longtime curler with us and was very active serving as President for several years prior to Lorne Pepler. He was also President of the Family Leisure Centre Seniors Club in 2002/03 and 2003/04. He was a great friend of the FLC.

We were overbooked with curlers for the first half. We were off to a great start and then a few curlers had to withdraw with health problems. We had a bit of a scramble to replace.

As reported the curling area was completely rebuilt with the old concrete removed and replaced along with new piping. The results gave us wonderful ice. We started October 3 and the official ribbon cutting was October 18. We will wind up the first half with a luncheon on December 20.

FLC Seniors Club



GOLF

The FLC Golf activity ended their year with 404 golf members this year. They were out golfing each week on one of our 4 golf course, having lots of fun chasing that little white ball with friends. The 2014 Golf Yearend Windup was held on September 6th in the banquet room at the Acadia Recreation Centre. It was once again a fantastic success with 224 members attending. Fun was had by all with everyone enjoying a great meal, reminiscing and saying good-bye to the end of another great golf season. Golfing in fall is always a beautiful time of year watching all the leaves turn colour. Even though we had a nasty snow storm in late August this year, the weather got better and our members kept golfing at Douglasdale and HeatherGlen well into October. We have some exciting news next year for those who would like to just golf a nice 9 hole course. Next year the City's **Lakeview Golf course** will be added to our FLC golf course family, available for all our FLC members starting on May 7th in 2015. (Remember to check our Golf Webpage for updates) So rest up this winter and prepare for another great spring and another chance to get out for a great golf game with your FLC friends. Don't forget to practice those good golf swings at the Golf Dome in the new-year. Watch the Golf Web Page for the opening dates in January or February ..*See you all again in April 2015* ..



LINE DANCING

Not only do we dance in lines facing different walls, we also dance in lines that face each other!
And how about the occasional circle dance!

We have had such a roaring success with our Absolute Beginner Class that we have decided that we shall have TWO classes! They have been renamed Beginner Class, with one in the evening and the other during the day. Here you will learn to combine the name of the steps to the music and to the dance, which is when you really learn to love dancing. A word of caution – it is very addictive and a lot of fun.

We also have a great Christmas dance and lots of food!!

This is what blows away the Winter Blues. We shall look forward to meeting you.

If you require any further information, please look at the Line Dancing Web Page or call Belle at 403-278-5176.

FLC Seniors Club



OLD SPOKES CYCLE CLUB

The end of October sees the winding down of a most successful cycling spring, summer, and fall. A large numbers of satisfied riders enjoyed many hours of cycling and camaraderie riding the numerous trails in the city and surrounding areas of Airdrome and Kooks, in the remarkably warm summer and fall weather.

Members were easily identified in their bright red and yellow Club Jerseys, which were new this season. Many compliments were heard as we cycled throughout the city. Next season we will also be sporting Name Tags!!!

We were pleased to be able to cycle some routes that had been flood damaged and now repaired. It was wonderful to be able to use the Sue Higgins and Douglas dale bridges in Fish Creek, as well as riding over the new Peace and St. Patrick's bridges downtown.

Members have become proficient in the use of the web site for Ride Sign-up, as well as a resource location. Excellent photographs taken by our members on rides have been posted and enjoyed by all. It's all available on the Cycling Web Page.

We encourage all who are interested in joining us to go to our Web Page and get to know who we are and what we do!!! You will enjoy it. Again register on line it's easily.

We will be planning our Annual Spring Cycle Workshop. Look for the date next spring on the website.

The Cycle Club heartily thanks Coordinator Murray Karn for his 12 years of dedicated service to the Club. We look ahead to next season under the direction of Larry Patterson, our new cycle Coordinator.



MAHJONG

Anyone for Mahjong?

Do you play Mahjong or have you always wanted to learn about the game played with Chinese tiles? The FLC Seniors Group now has a year round Mahjong group on Wednesday afternoons from 1:00 to 4:00pm in the Seniors Room at the Trico Centre. We play the Japanese version of the game. There will be 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 look at the Mahjong Web Page or call Donna at 403-366-9029.

FLC Seniors Club



OUTDOOR CLUB

WALKING GROUPS

Easy Walkers – lead by Jo Harvey and Ev Chesser

Intermediate and Fast walking group – lead by Sharron Isaak

Both groups meet at different locations to walk during the warm weather.

Email notification of locations and leader(s) are sent out weekly.

During the winter months everyone will meet at “The Ranch” at 10:00 on Wednesdays (weather permitting) and there will be no notices going out about walking. The washrooms are open and the paths are ploughed.

SNOW SHOEING

We had a large turnout at our orientation meeting lead by Pauline Schaus. There will be an in-town group and those that travel outside the city to snowshoe.

We meet Fridays (when snow conditions are favourable), usually at 10:00, unless the trip is out of town, then the time may change.

Pauline will send out a notice each week advising of meeting times and locations.

IN-TOWN BUS TRIPS

Our In-Town trips are only open to members of the Outdoor Club on a first sign up basis.

We have a bus trip planned for November 5th to the Memorial Crosses, downtown Calgary.

We will be meeting next month to decide on future trips.

BIRDING

Lead by Anne Belton and Deanna Jullyan, during the months of May and June.



TAI CHI

The Tai Chi activity will have a new session of classes, with classes weekly on Thursday mornings, starting in early January to mid April, 2015. Cost will be \$65 for new students only. We will try to set up a Novice class again which will be for students who have taken introductory before and who now wish to advance further.

Visit the Tai Chi Web Page or call Ron Huyber (403) 281-9427

FLC Seniors Club



THEATRE CALGARY **Senior Saturday Matinee**

There are four more plays scheduled for the current theatre season.

On Saturday December 13 we have Charles Dickens' "A Christmas Carol" Many of us have seen this play and quite a few more than once. But have your grandchildren, assuming you have some, seen this marvellous and touching play?

This could be the opportunity to introduce them to professional life theatre. Our bargain price for some of the best seats of the house is \$45.00.

After New Year the first play on Saturday February 14 is "The Philadelphia Story" the delicious romantic comedy. You may remember Katherine Hepburn in the film that was nominated for Oscar, but this is life Theatre, and no film beats that.

Shakespeare's "King Lear" comes to us on Saturday March 28. Some call "King Lear" Shakespeare greatest play as it provides the ultimate family drama and a riveting portrait of human nature.

Theatre Calgary has always ended their season with a musical, and they are doing it again this year. This time, however, instead of giving us a musical that played in Broadway or London well before it came here as so often happens, we have something a lot closer to home. "Dear Johnny Deere", as you can tell just by the title, is all about farming and we only have to just step outside Calgary to be in farming country. The play is described as being a heart warming and hilarious musical, and Calgary is honoured for having its Western premiere. The Seniors' Matinee, for which our Club has a large number of reserved seats, is scheduled for Saturday May 15 and the ticket price is just \$ 45.00.

Anyone interested in ordering tickets for any of the above plays can just go to the Theatre Calgary page on our Club's website and just sign up by pressing the green button.

Please join us for the upcoming Presentations and visit our Web Page.



VERTIGO THEATRE

The following presentations are available for 2014/2015 Season.

The Game's Afoot	November 29, 2014
Bloodshot	February 7, 2015
The Haunting	April 4, 2015
Dial "M" for Murder	May 23, 2015

Come and join us for the upcoming Presentations.

FLC Seniors Club



WORKSHOP THEATRE PRODUCTIONS

The following presentations are available for 2014/2015 Season

"Fawlty Towers"	November 26, 2014
"The Steve Truscott Story"	March 4, 2015
"Goodnight Desdemona"	May 13, 2015

The cost is \$18.00, which includes your ticket, bus to theatre, and a light snack after production. To book tickets, a maximum of 4, please visit our Workshop Web Page.



CRIBBAGE

TUESDAY AFTERNOON CRIB CLUB

If you know how to play crib (we do not teach) and are a member of the FLC Seniors Club, you can drop-in to play Crib Tuesday afternoons 1-4 in the Seniors Lounge at the Trico Centre. We charge \$1 entry fee to play seven games – the money collected covers coffee, cookies and prizes. Doors open at 12:30PM and play starts 1:00PM - It is advisable to be at least 20 minutes early.

Co-Coordinator: Jean & Roy Berg (403) 248-8220



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 only for coffee and prizes.

Location: Trico Centre – FLC Lounge – Every Friday afternoon from 1:00 to 4:00 pm – doors open at 12:30.

FLC Seniors Club



ALBERTA BALLET

THE NUTCRACKER

The magical tale of Klara and her Nutcracker defeating the evil Rat Tsar and his army of mice continues to dazzle audiences in our glittering production set to Tchaikovsky's timeless score.

Tickets for the Alberta ballets are usually on the main floor with the exception of The Nutcracker. Tickets are usually in the \$40.00 range and ordered 3-4 weeks prior to the production and once ordered are non-refundable.

Information about upcoming ballets and dates are posted on the FLC website or email if you have your name on the list.

Please email any questions to albertaballet@flcseniors.ca or call Susan Spragg at 403-256-6834.



YOGA

Everyone has settled comfortably into their Yoga classes in the Multipurpose Room at the Lake Bonavista Recreation Centre. The feedback has been very positive from both students and instructors.

We are very happy with our new location, more convenient parking and a larger and quieter room. However, our move to the new facility comes with an increase in the rental cost for our program so the fee has been increased to \$104.00 for the upcoming 13 classes in each session.

For more information, please visit the Yoga Web Page.

FLC Seniors Club

ACTIVITY	COORDINATORS	PHONE NUMBER
Alberta Ballet	Susan Spragg	403-256-6834
Bridge – Tuesday evening (Duplicate)	Peter Weir	403-225-1613
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	Rod Helm	403-238-9443
Bus Tours	Donna Crowder	403-366-9029
Calligraphy	Connie Houlden	403-271-4103
Casino	Mike Hughes	403-278-3669
Camera Club	Dianne Williams	403-271-8520
Coffee Group	Roxy Thomson	403-271-1671
Cribbage – Tuesday Afternoon	Roy & Jean Berg	403-248-8220
Curling	Al Brissette	403-271-1903
Cycling	Larry Patterson	403-726-0881
55+ Aqua Fitness & Coffee Time	Bill Atchison	403-278-9300
55+ Gentle Fitness & Coffee Time	Bob Watterburg	403-271-2686
Golf	Terry Sly	403-256-7140
Line Dancing	Karen Balcombe	403-271-0826
Mahjong	Donna Crowder	403-366-9029
Membership	Dan Bell	403-278-2664
Newsletter	Linda Shepel	403-720-7876
Outdoor Club – General Information	Marilyn Patterson	403-726-0881
- Bird Watching	Anne Belton	403-201-1570
- Snowshoeing	Pauline Schaus	403-271-7177
Walkers – Intermediate and Fast	Sharron Isaac	403-254-1590
- Easy Walkers	Jo Harvey	403-271-4089
Social	Marilyn Jones	403-271-0289
Stage West Theatre	Sandie Thomlinson	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
Whist	Donnalee Lamson	403-281-6134
Workshop Theatre	Camella Dunbar	403-251-1690
Yoga	Luisa Bell	403-278-2664

FLC Seniors Club



SEASON'S GREETINGS

Each year during the holidays we take great pleasure in setting aside our everyday task to send a heartfelt message of thanks to our good friends and their families. We have had another successful year because of your help and dedication to our FLC Seniors Club. May your holidays be filled with joy and the coming year be overflowing with all the good things life has to offer. Best wishes to you and your families.

From the FLC Seniors Club Board of Directors 2014 – 2015

President	Ron Antonchuck	403-203-1772
Past President	Rick Babcock	403-650-3165
Vice President	Dan Bell	403-278-2664
Secretary	Marge Bathgate	403-281-0963
Treasurer	Peter Weir	403-225-1631
Director	Ian Nelson	403-701-2233
Rebate Program	Bob Steele	403-271-1147
Room Bookings	Margaret Jones	403-726-1040
Social	Marilyn Jones	403-271-0289
Trico Board Representative	Jan DeBryun	403-278-5198
Casino Manager	Mike Hughes	403-278-3669
Director	Ron Schaus	403-271-7177
Director	Rod Helm	403-238-9443

FLC Seniors Club

Older Adult Programs at TRICO CENTRE

www.tricocentre.ca
403-278-7542



Trico Centre has many program options for older adults: registered programs, registered wellness workshops, and drop-in adult fitness (70 classes a week, included in memberships.) See the Fall 2014 Program Guide or check www.tricocentre.ca for all the details.

REGISTERED PROGRAMS

Chair Yoga (14+ yrs)

Beginner Intermediate Advanced

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 can be adapted to sitting on a chair. The class includes breathing, meditation, stretching, strengthening, and a lot of fun. This class is for all levels.

69547	W	12:00-1:00pm	Jan 14-Mar 4	Classes: 8	M \$72.00	NM \$88.00
69548	W	12:00-1:00pm	Mar 11-Apr 29	Classes: 8	M \$72.00	NM \$88.00

Balance Builders: Fall Prevention for the Older Adult

Beginner Intermediate Advanced

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 program is for adults 65 years of age and over. Participants are assessed and monitored. Participants must attend at least 75% or 6 out of 8 classes per month. Please call 403-225-5563 to register.

70762	Tu, Th	1:30-2:15pm	Feb 3-Mar 31	Classes: 17	M \$99.00	NM \$99.00
-------	--------	-------------	--------------	-------------	-----------	------------

Bone Builders: Weight Training for Older Adults

Beginner Intermediate Advanced

Muscle pulling on bone builds bone, so weight-bearing exercise builds denser, stronger bones. Weight lifting (or load bearing) is one of the best exercises for building bones as well as improving heart health, muscle strength, coordination & balance. Trainer Diane Thuna. Maximum 4 people.

70612	Tu	1:00-2:00pm	Jan 13-Feb 17	Classes: 6	M \$84.00	NM \$90.00
70609	Th	10:30-11:30am	Jan 15-Feb 19	Classes: 6	M \$84.00	NM \$90.00
70611	Th	7:00-8:00pm	Jan 15-Feb 19	Classes: 6	M \$84.00	NM \$90.00
70613	Tu	1:00-2:00pm	Feb 24-Mar 31	Classes: 6	M \$84.00	NM \$90.00
70614	Tu	7:00-8:00pm	Feb 24-Mar 31	Classes: 6	M \$84.00	NM \$90.00
70610	Th	10:30-11:30am	Feb 26-Apr 2	Classes: 6	M \$84.00	NM \$90.00

Bone Builders: Continuing

Beginner Intermediate Advanced

For those who have completed Bone Building for Older Adults, take your training to the next level as you progress to more complex exercises. Let, Personal Trainer, Diane Thuna guide you in this small group weight training course. Maximum 4 People.

70616	Th	11:35-12:35pm	Jan 15-Feb 19	Classes: 6	M \$84.00	NM \$90.00
70617	Th	11:35-12:35pm	Feb 26-Apr 2	Classes: 6	M \$84.00	NM \$90.00

DROP-IN FITNESS

There are more than 70 drop-in classes to choose from every week. Many are specifically geared to older adults. All classes are included in membership, or you can access with a 10-Visit pass or a one-day admission.

Gentle Fitness Mon, Wed and Fri 7:30-8:15am Join this active class designed to enhance your cardiovascular/respiratory systems with brisk walking techniques, strength-building exercises, relaxation and stretch.

Fit N Fab Mon, Wed and Fri 10:30-11:30am Improve balance, aerobic endurance, flexibility, and muscle tone.

Deep H2O 55+ Mon- Fri 8am-9am Tues and Thurs 3pm-3:45pm and Wed at 11:30am-12:15pm. This total body workout that uses varying tempos, hand positions, and range of motions to modify the movement intensity.

Be Fit- Age Well Fri at 11:45am-12:45pm Low-impact routines in a safe, professionally-led environment. Functional and enjoyable - endorsed by Alberta Health Services for all levels of fitness including COPD and arthritic sufferers.

55+ Yoga Mon and Thurs 9am-10am. The teacher will guide you through a combination of standing, seated and lying postures that will promote balance, strength, mobility, and flexibility. Class also includes a breathing and relaxation practice.

Yin/Restore Yoga Mon, Wed and Fri 10:30-11:30am The first half of this class will include long, gentle holds focusing on the connective tissues and the joints as well as opening hips, back and shoulders. The second half will move towards supported poses using props such as bolsters, blocks and blankets to allow the body to open, relax and renew.

Turf and Surf Wed and Fri 8:30-9am in Fitness Centre and 9:15-10:15am in the Pool Start your workout on land with strength and conditioning, and finish in the water with invigorating cardio and core-based exercises. This class is designed to maximize the benefits of both land and water.

Rebate Program: Starred (*) drop-in programs qualify for a unique rebate program. FLC Seniors Club members who are also Trico Centre members (annual or continuous) who attend at least 65% of the weeks of a drop-in class, receive a rebate of \$5 per quarter applied to their Trico Centre account (maximum of \$10 per quarter and \$40 per year.) For more information on the rebate program, contact the FLC Seniors Club.

