

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

FLC SENIORS NEWSLETTER 2015



Reserve Tickets early as this Event sells out quickly.

Friday March 6, 2015

**Acadia Recreation Centre (ARC) – Rose Hall
240–90 Avenue SE**

COCKTAILS: 5:15 pm (Cash Bar - \$4:00 per drink)

DINNER: 6:15 pm – 7:00 pm

ENTERTAINMENT: Marty Antonini & Paradise Road

COST: \$25.00 per person

FLC Seniors Club Fun Casino

CASINO FUN: 7:00 pm – 9:30 pm (Play Money provided)

Bid for prizes with your winnings during the evening!

For tickets or further information regarding this event;

Visit our Social Page on the FLC Seniors Website

www.flcseniors.ca

Register there by FILLING OUT THE E-MAIL FORM

Or Contact Marilyn at 403-271-0289

**Ticket pickup date is Saturday, February 28 between 11:00-1:00 at the
Trico Centre.**

FLC Seniors Club

Golf and Cycling Registration

Saturday, April 11th at Trico Centre

9:00 a.m. – 12:00 noon

Please Note, a valid 2015 FLC Seniors Club Membership is required prior to the Golf and Cycling Registration.

FLC Seniors Club Memberships will be sold by the Seniors Lounge.



Annual Golf Registration and Course Information

Will be held in the Seniors Lounge



Cycle Registration and Work Shop

**Will be held in Multi Purpose Rooms 7 & 8
Cycling Registration will follow Cycling Workshop**

Visit our website, flcseniors.ca, for more information on Golf and Cycling.

FLC Seniors Club



BRUSHSTROKES

22ND ANNUAL ART SHOW AND SALE
SATURDAY, APRIL 11TH ~ 10:00 AM – 3:00 PM
WILLOW RIDGE COMMUNITY CENTRE
680 ACADIA DR. SE

We will have over 35 Artists displaying 250 paintings for sale.

We welcome everyone to come see the talent exhibited by our seniors and, maybe purchase an original art work, at a reasonable price.

NO CHARGE!! **EVERYONE WELCOME!!**

REFRESHMENTS... FREE Raffle of an original piece of art.

For more information, visit our FLC Brushstrokes Web Page.

FLC Seniors Club



IMPORTANT DATES!

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

| | |
|--------------------------------------|--|
| Saturday, February 14 th | “The Philadelphia Story” – Theatre Calgary |
| Wednesday, February 18 th | “And Then, the Lights Went Out” – Stage West Theatre |
| Wednesday, March 4 th | “The Steve Truscott Story” – Workshop Theatre |
| Friday, March 6 th | March Into Spring |
| Saturday, March 7 th | Cribbage Tournament |
| Saturday, March 21 st | Curling Windup – Horton Road Legion |
| Saturday, March 28 th | “King Lear” – Theatre Calgary |
| Saturday, April 4 th | “The Haunting” – Vertigo Theatre |
| Saturday, April 11 th | Golf Registration – Trico Centre - Seniors Lounge |
| Saturday, April 11 th | Cycling Registration & Workshop–Trico Centre–MP 7/8 |
| Saturday, April 11 th | Annual Art Show & Sale– Brushstrokes Club |
| Wednesday, April 29 th | “Monty Python’s Spamalot” – Stage West Theatre |
| Saturday, May 9 th | Cribbage Tournament |
| Wednesday, May 13 th | “Goodnight Desdemona” – Workshop Theatre |
| Saturday, May 16 th | “Dear Johnny Deere” – Theatre Calgary |
| Saturday, May 23 rd | “Dial ‘M’ for Murder” – Vertigo Theatre |
| Wednesday, June 3 rd | Rosebud – “Wizard of Oz” – Bus Tours |
| Thursday, July 2 nd | Trico Centre Casino |
| Friday, July 3 rd | Trico Centre Casino |
| Wednesday, July 22 nd | Medicine Hat - Medalta Pottery Company – Bus Tours |
| Saturday, August 15 th | Annual FLC Membership Registration – Trico Centre |
| Wednesday, August 19 th | Innisfail – Bus Tours |
| Friday, September 25 th | Stettler – Bus Tours |

FLC Seniors Club

What's Happening?....

Trico Centre has exercise classes specifically designed for seniors. We have 10 to 25 FLC seniors drop in regularly for each of the Gentle Fitness classes at 7:30 am and the Deep Water Workout classes at 8:00 am, both on Monday, Wednesday and Fridays. After exercise, come join us for coffee and chit chat in the seniors lounge. To encourage seniors to participate in exercise activities, the FLC Seniors Club offer a rebate on Trico memberships. Please visit our web page for full list of seniors exercise programs available for rebate, and details on how to qualify for the rebates. All you need to do is attend a minimum of available classes per quarter and, each time you come to a class, check off on the FLC Seniors log book at the reception desk.

Trico Centre Casino – staffed by FLC Senior Club Volunteers - is taking place Thursday July 2nd and Friday July 3rd at The Cash Casino.

The Coffee Club is thrilled to have one gentleman attending amongst all the females in attendance. We encourage other gentlemen, and ladies, to join us every Monday at 1:00 pm.

The Calligraphy Activity has a time change. The new times are 10:00–12:00 pm.

The Curling Activity will wind up their second half with a Luncheon on March 21st.

The Golf Club is pleased to announce they have added the Lakeview Golf Course to the FLC Golf Family. Play is on Thursday starting at 1:00pm.

We welcome our new Stage West Theatre Co-ordinator – Carrol Howie, she is taking over for Sandie Thomlinson. Welcome.

The Yoga activity is offering “For Men Only” Yoga classes to improve your flexibility, and hopefully improve your golf game. Even if it doesn't improve your game, it will make you feel better.

FLC Seniors Club

BUS TOURS



Our Bus Tour to Canmore last September was a huge success

We had an additional bus tour this year to celebrate the Christmas Season. Two busloads of FLC Seniors went to Rosebud on 10th December 2014 and dined on a hearty buffet lunch and thoroughly enjoyed watching 'The Lion, The Witch and The Wardrobe' at the Theatre.

The FLC Seniors Bus Tour Committee are busily planning the 2015 summer season.

2015 Prospective Bus Tours: *Please note that these tours and dates may be subject to change depending on availability.*

| | |
|--|--|
| Wednesday 3rd June: | Rosebud – “The Wizard of Oz” |
| Wednesday 22nd July: | Medicine Hat - -_MedAlta Pottery Company and more. |
| Wednesday 19th August: | Innisfail <ul style="list-style-type: none">• Discovery Wild Life Park• Innisfail and District Historical Village• RCMP Dog Service Training Centre |
| Friday 25th Sept: | <u>Stettler</u> - Alberta Prairie Railway Excursions: <u>Fall Colours Special to Big Valley</u> (Steam). This is a once a year opportunity. Depending on the year spectacular colours can be seen all along the tracks in the fall. |
| Wednesday 9th Dec: | Christmas in <u>Rosebud</u> - “A Wind in the Willows” |

FLC Seniors Club



ALBERTA BALLET

CARMEN AND FORGOTTEN LAND – Saturday March 28th

Alberta Ballet's Yukichi Hattori brings his interpretation of the provocative gypsy to life in an alluring world-premiere event that will entrance you the same way Carmen does to the men who dare to cross her path. The experience is complete with the Alberta Ballet premiere of Jiří Kylián's modern masterpiece *Forgotten Land*, the first time his choreography is performed on our stage.

LA BAYADÈRE: THE TEMPLE DANCER (HOUSTON BALLET) - Saturday May 2nd

A fire God, opium dreams, and a crashing temple – Stanton Welch's *La Bayadère* is classical ballet with a touch of Bollywood performed by the world-acclaimed Houston Ballet. This lively story features lavish scenery depicting the jungles of India and the famous Shades scene, staged for the entire corps de ballet.

We have the opportunity of excellent seating at excellent prices (in the \$40.00 range). Tickets need to be ordered from the website about 3 weeks in advance. Once tickets are ordered, they are considered confirmed. Tickets are available for payment and pickup as arranged by email at a date closer to the production.



BRIDGE LESSONS

Location: Trico Centre – FLC Seniors Lounge

When: Wednesday 7:00 -9:00 PM – 8 weeks per session
Beginner – mid September to mid November 2015
Intermediate – mid January to mid March 2016

Cost: \$ 45

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

E-mail: bridgelessons@flcseniors.ca or

Sign Up on FLC Seniors Club Registration Day in August

FLC Seniors Club

CALLIGRAPHY



“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.

Instructor – Margaret Van Diest

Class price - \$35.00

Dates: March 4 – April 8, 2015 (6 weeks) Time: 10:00 am – 12:00 noon

“A CALLIGRAPHIC BAG OF TRICKS”

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

We will explore our own handwriting to create new individual calligraphic letters, plan a design using curves and circles, find ways to use numbers as a focal point, and much more.

Instructor – Renate Worthington

Date: April 22 – May 28, 2015 (6 weeks) Time: 10:00 am – 12:00 noon

For further information about a class, contact the Coordinator, Connie Houlden at 403-271-4103



CAMERA CLUB

The Camera Club is really taking off this year, with a number of enthusiastic new members joining our ranks, and in fact it was necessary to start a waiting list. Our regular Saturday sessions feature educational lectures and videos, as well as presentations by expert guest photographers. Our weekly field trips, under experienced guidance, give us an opportunity to practise what we have learned in a variety of settings, both outdoors and inside, and the willingness of members to share their knowledge and help each other contributes to a great atmosphere. Two or three bus trips are in the planning stage for the coming weeks, and we look forward to recording the beauty around us as the seasons unfold.

For more information, visit our FLC Camera Club Web Page.

FLC Seniors Club



COFFEE GROUP

Our Coffee Group meets Mondays from 1:15 pm – 4:00pm. All seniors, ladies and gentlemen, are welcome to join us.

A Valid FLC Club membership is the only requirement to join this group. The cost is 25 cents and we are averaging 25 people each week. Special celebration luncheons will be held on February 9 and May 25th.



CRIBBAGE

Tuesday Afternoon

This is a very popular card game open to all FLC Senior Club Members. We have a vibrant group of seniors who make the game interesting and fun. If you know how to play Crib, we welcome you to drop-in to play. The cost to play 7 games, with a coffee/cookie break and prizes, (based on points accumulation) is \$1.00.

It is advisable to come at least 20 minutes early as this activity is limited to 60 participants on a first come first serve basis.

When: Every Tuesday afternoon - Doors open @12:30PM

Play Starts: 1:00PM sharp and is usually finished by 3:30PM

Location: Trico Centre- Seniors Lounge

Contact by phone: Co-ordinators: Roy & Jean Berg (403) 248-8220 or

Contact by filling out this email form: cribbage@flcseniors.ca

Saturday Afternoon Cribbage Tournaments

This year we have started Saturday cribbage tournaments for FLC Seniors members. The tournaments are limited to 15 tables. Please check our web page for scheduled tournament dates. Our next tournament is March 7th. Hope to see you there.

FLC Seniors Club



CURLING

We have had to bring new curlers on board for the second half as we had people going South for that period and several others with medical problems. We were fortunate to place the last recruit needed on January 21. However we will continue to look for added spares as many of our curlers take a vacation for one, two or three weeks. We needed ten spares on January 21. If you have curled before and want to get back into this great Canadian game, call us and we will fit you in.

On the positive side we are enjoying great curling ice, great friendships both on the ice and upstairs for coffee after the draws. Our spring season will be completed on Friday March 20 and on Saturday 21 our Wind Up hot luncheon at the Horton Road Legion.



GOLF

Golf is open to all FLC members. Please join us on Registration day (Saturday, April 11th).

Register for the FLC golf program and learn more about the FLC Golf Activity and all the different golf programs available. Keep checking the golf webpage for start dates, times and new information each week.

We offer a number of different golf courses for every level of player. This year we are excited to include the City 9 hole Lakeview course on Thursday afternoons, for those who just want to walk a nice 9 hole course before meeting up with friends for lunch just 1 block over, near the Tennis Academy white dome. What a nice way to Stay Active while having fun with your FLC friends.

Please Note:

Your New 2015 Golf membership fee includes the Golf Wind-Up Banquet in September.

FLC Seniors Club



LINE DANCING

There were fantastic reports on the annual November line dance trip to Vegas, everyone coming back with wonderful memories, learning new dances, and dancing the evenings away. They also did a "little" shopping - their bags were busting at the seams!

Our evening Christmas Party at the Willow Ridge Community Centre was fully attended! We had lots of dancing, and there was an excellent spread of food including lots of desserts -----back to the floor to dance away the calories.

Our daytime Christmas Party was, as usual, a roaring success. There was lots of glitter, great dancing, and a wonderful lunch served by our hard working hostesses where we had our usual fabulous selection of food, great cooking, and a great turn out of people.

After the Christmas break we all enjoyed getting back to line dancing. Soon we'll be getting ready to practice for St. Patrick's Day dances with those lovely Irish tunes and beautiful toe/heel and tapping feet.

A warm welcome to all new comers and welcome back to all the regulars; keep warm, stay healthy, and keep dancing!

For further information please call Belle at #403-278-5176 or email - linedancing@seniors.ca.



MAHJONG

The FLC Seniors Group now has a year round Mahjong group on Wednesday afternoons from 1:00 to 4:00pm in the FLC Seniors Lounge at the Trico Centre. We play the Japanese version of the game. We currently do not have a beginner/refreshers table with a skilled teacher but will offer lessons again next September and October.

Contact and Coordinator: Donna Crowder at: 403-366-9029

E-mail: mahjong@flcseniors.ca if you have any questions.

FLC Seniors Club



OLD SPOKES CYCLE CLUB

Please join us on Saturday, April 11th for our Registration day and workshop.

This spring workshop is the official kick-off for the 2015 cycling season.

We are pleased to have Richard Klassen from Bent Knee Bike Repair to present an hour session on bicycle maintenance.

Old Spokes Cycling Club welcomes all FLC members to come and join us, whatever your cycling ability. We offer non-competitive rides for pleasure, and socializing while exploring our city and environs. We offer rides on Tuesday, Wednesday and Thursday mornings from mid April to late October, with 3 levels of cycling.

Check out the Cycling webpage at flcseniors.ca for more information.

Join us on April 11th, whether you have cycled with us before or are just thinking about joining the group.



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

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OUTDOOR CLUB

Once you have your FLC Membership, call our Outdoor Club Membership Co-ordinator – Mary Ann Oikawa - she will make arrangements for you to join. You will then be able to participate in our activities.

WALKING GROUPS

Easy Walkers – lead by Jo Harvey and Ev Chesser (more leaders are needed for this group).

Intermediate and Fast walking group – had been lead by Sharron Isaak for the last couple of years. We are very saddened by her passing in January after a battle with cancer. She will be greatly missed.

During the winter months everyone will meet at “The Ranch” at 10:00 on Wednesdays (weather permitting). The washrooms are open and the paths are ploughed.

SNOW SHOEING – lead by Pauline Schaus

Our two groups meet on Fridays (snow conditions and weather permitting).

Notices go out each week.

The Leisure group meet at 10:00 at in-town locations and go for about 2 hours.

The Intermediate group does longer outings, sometimes car-pooling for out of city outings.

A four day snow shoeing trip to William Watson Lodge in February is being planned.

BIRDING – lead by Anne Belton and Deanna Jullian

Birding will run during May and June. Watch for notices to come out as to start dates, etc.

Anne and Deanna are also planning a bus trip for birders and walkers this spring.

The Outdoor Club Executive has organized a Winter Wonderland Trip to Lake Louise for January. In-Town Bus trips – watch for – The Lunch Box Theatre, Stampede Weiner Roast, Annual Wine and Cheese/AGM and other activities being considered.

For all FLC Outdoor Club information, visit our Outdoor Club page on the FLC Seniors website.

FLC Seniors Club



STAGE WEST

Don't forget to mark your calendars for the Wednesday, April 29th presentation of **Monty Python's Sir Spamalot**.

This hilarious musical comedy has been lovingly ripped off from the motion picture "Monty Python and the Holy Grail."

Check the website for more information and to reserve your tables.

Contact and Coordinator: Carrol Howie 403-238-7751

E-mail: stagewest@flcseniors.ca



THEATRE CALGARY

Senior Saturday Matinee

There are three more plays left in the 2015 season.

The '**Philadelphia Story**' is scheduled for Saturday, February 14. This is only just a few weeks from now and the response from our FLC Club members had been above expectation.

The next play is Shakespeare's '**King Lear**' and is scheduled for Saturday, March 28. Members who have participated in the Theatre program will receive the usual reminder of that performance.

The final play of the season is the local musical '**Dear Johnny Deere**' and is scheduled for Saturday, May 16.

When I say local that is to indicate this play is all about farming, something that is in the background of many of us Seniors'.

FLC Seniors Club



WORKSHOP THEATRE PRODUCTIONS

The following presentations are available for the 2015 Season

“The Steve Truscott Story” March 4, 2015

In the summer of 1959, a sleepy town in rural Ontario was rocked by a tragedy that changed the community forever and sent shockwaves around the world. A 12 year old girl named Lynne Harper was found raped and strangled to death. Days later, 14 year old Steven Truscott was charged with her murder. After a two week trial by jury, the boy was found guilty and sentenced to hang, marking him the youngest person to sit on Canada’s death row.

“Goodnight Desdemona” May 13, 2015

What if Shakespeare’s greatest tragedies we actually comedies? After a professor steals her thesis, Constance Ledbelly is transported into the Bard’s world of Orthello and Romeo & Juliet, where she inadvertently sends his stories in new directions.

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 FLC Workshop Web Page.



VERTIGO THEATRE

The following presentations are available for the 2015 Season:

The Haunting April 4, 2015

Dial “M” for Murder May 23, 2015

Come and join us for the upcoming Presentations.

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

E-mail: vertigo@flcseniors.ca

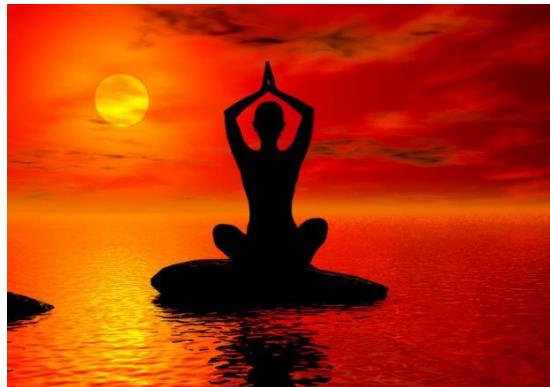
FLC Seniors Club



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.



YOGA

The FLC Seniors Yoga activity is not only enjoying the Winter session but also the beautiful weather. The Winter session began January 5th, 2015 and will end beginning of April. We are happy to report that the FLC Seniors Yoga activity is thriving and all seem to be very happy with our program and instructors.

In the past year the FLC Seniors Yoga activity has been asked by many FLC Seniors Golf members if we could offer "For Men Only" yoga classes to improve or enhance their golf game. The response we received was great so the room (Multipurpose Room at the Lake Bonavista Rec Centre) and the instructor (Sheryl) have been booked and as of this writing we have 17 registered.

The six-week class will begin Thursday, February 19 and end March 26, 2015 from 1:30 – 3:00.

Contact and Coordinator: Luisa Bell 403-278-2664

E-mail: yoga@flcseniors.ca

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 | Dwight Bathgate | 403-281-0963 |
| 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 | Marilyn Patterson | 403-726-0881 |
| - Easy Walkers | Jo Harvey | 403-271-4089 |
| Social | Marilyn Jones | 403-271-0289 |
| Stage West Theatre | Carrol Howie | 403-238-7751 |
| 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



Fast-Acting Senior Gives the Gift of Life

For curling buddies Bill Peters and Willie Moline, the last Wednesday in October started out just like any other. They both headed for the Acadia Recreation Centre to meet nearly 80 other seniors for a 9:30 am curling session. Little did they know the day would forever change their lives and cement their connection? Events would unfold that would test Bill's courage, requiring him to rise and meet the challenge of a lifetime, allowing him to give the greatest gift possible; the gift of life.

Just after 11:30 am after the crew of seniors had played their matches, they headed to the lounge for coffee and socializing. It was then that Willie keeled over face down at the table. He was in the midst of a conversation, mid-sentence. And he was having a heart attack. "The last thing I remember is placing my ticket in the 50/50 draw at 9:30am, then I woke up in the hospital and four days had passed," said Willie. If it hadn't been for Bill and the quick actions of the other curlers, Willie may never have woken. "We had to do something quickly," said Bill, who had taken a basic CPR course several years earlier. They placed Willie on the floor and Bill began CPR. The current procedure requires that the chest be depressed two inches at 100 beats per minute. Mouth-to-mouth resuscitation is no longer the norm.

"The Cardiologist said I'm lucky I had a big strong guy working on me," says Willie, who experienced some bruising and torn cartilage from the event. But, those side-effects are minor; if done correctly, the side-effects of CPR can even include broken ribs.

"One of the worst places to have an emergency is where there are a lot of people around because everyone thinks someone else is going to do it." Bill was the only one who stepped up to perform CPR. Everyone chipped in to help – "Someone called 911, someone else talked to Willie while I did CPR, it was all very calm," said Bill.

Willie was in hospital for eight days, four of which were spent in a medically-induced coma. He can't remember the incident nor curling just before. "The nurse told me my heart stopped three times, once at the rink, once at the Rockyview Hospital and then once at the Foothills Hospital," Willie said. Bill joked that his friend had nine lives. "I owe everything to this guy," said Willie, his arm around Bill. "If it wasn't for him, I wouldn't be here." Bill beamed sheepishly. It is amazing how a bunch of old fogeys can come together to save someone's life.

It's never too late to take first aid and CPR. You never know when you'll need it.

FLC Seniors Club

PERSONAL REMINDERS

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

FLC Seniors Club

Older Adult Programs at TRICO CENTRE

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 our Program Guide or check www.tricocentre.ca for all the details.

REGISTERED PROGRAMS

Balance Builders: Fall Prevention for Older Adults

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.

72551 Tu, Th 1:30-2:15pm Apr 7-Jun 2 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.

| | | | | | | |
|-------|----|---------------|---------------|------------|-----------|------------|
| 72554 | Tu | 10:30-11:30am | Apr 14-May 12 | Classes: 5 | M \$60.00 | NM \$75.00 |
| 72552 | Th | 10:30-11:30am | Apr 16-May 14 | Classes: 5 | M \$60.00 | NM \$75.00 |
| 72713 | Tu | 10:30-11:30am | May 19-Jun 16 | Classes: 5 | M \$60.00 | NM \$75.00 |
| 72553 | Th | 10:30-11:30am | May 21-Jun 18 | Classes: 5 | M \$60.00 | NM \$75.00 |

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.

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

Drop-In Fitness Classes

Included in your Trico Centre membership are more than 70 weekly drop-in fitness classes. Several of these classes are geared specifically to older adults.

A number of these classes qualify for the **FLC 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.

www.tricocentre.ca
403-278-7542



Older-Adult-Friendly Features at Trico Centre

Pool

Trico Centre's pool is kept at a balmy 29 degrees; warmer than most pools in Calgary. Also, the pool has a gradual beach-front-type entry which is great for those who might have mobility issues or who are supervising young children.

Walking Track

There is a three-lane walking track in the Fitness Centre for those who want to make walking or running part of their healthy lifestyle, but aren't keen on inclement weather.

Relaxed, Friendly Atmosphere

Trico Centre is a pretty low-key place - there are people here of all fitness levels and there is always a staff member to ask if you have any questions. In the Fitness Centre, a Fitness Monitor is on duty at all time if you want to find out how to use a piece of equipment.

Personal Training

If you aren't sure what will work for you in the Fitness Centre or want some personalized attention, we have friendly, expert personal trainers, many of whom specialize in fitness for older adults.

Socializing

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. Drinks, snacks, and healthy food available from on-site Jugo Juice.

Memberships that Work for You

Trico Centre memberships are affordable with both an annual and continuous monthly-pay option. One of the reasons that our rates are so affordable is that we are a non-profit, community-owned facility.

To ensure that our memberships work for those who may be travelling for an extended period of time, we have a convenient **stop and start option**. This allows you to take time off and then get back into your active lifestyle when you return. You can also **pause your membership for medical reasons** (with a doctor's note - contact Guest Services for more information.)