

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 FALL NEWSLETTER - 2015



FLC SENIORS CLUB ANNUAL GENERAL MEETING

All FLC Seniors Club Members are invited to your
Annual General Meeting

SATURDAY, OCTOBER 17, 2015

ACADIA RECREATION CENTER – ROSE HALL, 90TH AVENUE SE

Cocktails – 5:15 PM (Cash Bar)

Dinner – 6:00 PM

AGM – 7:00 PM

Cost \$20.00 Per Person

Tickets will be on sale at our Annual Registration, held on August 15, 2015 or they may be ordered by submitting an email to: social@flcseniors.ca. Please indicate your Name and FLC Membership Number. Tickets can also be purchased or picked up at the Trico Centre Foyer located by the FLC Seniors Lounge Entrance on Saturday October 10, 2015 from 11:00 to 1:00 PM. For further information contact Marilyn Jones at 403-271-0289.

FLC Seniors Club

FLC Seniors Club Annual Registration

Saturday August 15, 2015

10:00 AM – 2:00 PM

At the Trico Centre

FLC Seniors Club 2015/16 memberships still only \$10

You will need an FLC Seniors Club membership to register for activities

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

SEE YOU THERE

What's Happening?

FLC Seniors Club

There is a lot going on with the FLC Seniors Club Activities this FALL..

MORE DETAILS ARE INSIDE THIS NEWSLETTER AND ON OUR WEBSITE.

The **FLC Seniors Club** is pleased to announce we will be starting **Qigong** as a new activity this fall.

See the Qigong section of this Newsletter for full details.

Pickleball – The Calgary Pickleball Club will have a free learn to play pickleball clinics for FLC Senior Club members at the Willowridge Community Association Tennis Courts – 680 Acadia Drive SE, Calgary.

See the Pickleball section of this Newsletter for full details and for a closer look at this sport, visit the Calgary

Pickleball website – www.calgarypickleballclub.ca

The **FLC Seniors Alberta Ballet** - the coordinator, Susan Spragg, is needing someone interested in helping her out with the order and distribution of Ballet tickets as she is sometimes out of the country. She will help and guide interested party. Please contact Susan through albertaballet@flcseniors.ca or telephone 403-256-6834.

The **FLC Seniors BRUSHSTROKES CLUB and the FLC Seniors Club** would like to thank Rod Helm for his exceptionally conscientious and dedicated five years of service as President of the Brushstrokes Club. Rod will be stepping down this season and Shirley Kowalchuk will assume his duties. Thank you Rod, for all hard work you have done for the Brushstrokes Club and our FLC CLUB.

The FLC Seniors Brushstrokes Club is planning to have a display of some of their paintings at the Fish Creek Library during the month of October.

The **FLC Seniors Coffee Group** – is pleased to announce the addition of the following assistants to help coordinator Roxy Thomson – Ev Chesser, Marion Halpen, Jo Harvey, and Elaine Schnitzler

The **FLC Seniors Cycle Club** – some members of the Old Spokes cycling club biked to The Beltliner Diner to talk about their group and meet the crew of CBC Radio Calgary Eyeopener, which was broadcasting live from the diner.

The **FLC Seniors CURLING CLUB** plan to hold a 'Learn to Curl' Session for Beginners/Rusty Curlers. Watch for date announcement.

The **FLC Seniors GOLF CLUB** – as of July this year, we added two new members to our HOLE IN ONE membership list.

Bill Lee – Thursday, April 23rd, using his wedge on the 5th hole on GCCC.

Terry Keller – Friday, July 3rd, using his 7 iron on the 7th hole, Douglasdale Golf Course

Congratulations to you both...

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

Saturday, August 15 th	FLC Seniors Club Annual FLC Membership Registration – Trico Centre
Wednesday, August 19 th	FLC Bus Tours - Innisfail – Discovery Wild Life Part, etc.
Sunday, August 23 rd	FLC Stage West - “Rumours & Dreams”
Friday, September 4 th	FLC Outdoor Club - Annual Windup and Cheese/AGM
Tuesday, September 8 th	FLC Golf - Annual Fall Classic Golf Tournament – HeatherGlen Golf Course
Saturday, September 19 th	FLC Seniors Golf's Year end Wind-up Banquet at the Arc
Saturday, September 19 th	FLC Theatre Calgary - “The Shoplifter”
Friday, September 25 th	FLC Bus Tours - Stettler – Alberta Prairie Railway Excursion Tours
Saturday, September 26 th	FLC Alberta Ballet - “Balletlujah!”
Wednesday, September 30 th	FLC Camera Club - Fall Colors Trip (destination TBA)
Wednesday, October 14 th	FLC Workshop Theatre - “All the Kings Women” Theatre
Saturday, October 17 th	FLC Seniors Club AGM
Saturday, October 31 st	FLC Alberta Ballet - “Paul Taylor Dance Company”
Saturday, October 31 st	FLC Theatre Calgary - “The Crucible”
Friday, November 6 th	FLC Cycling Club - Wine(d) up Party at Trico Centre
Wednesday, November 25 th	FLC Workshop Theatre - “Love and Warcraft”
Wednesday, December 9 th	FLC Bus Tours - Rosebud Theatre – “A Wind in the Willows”
Saturday, December 12 th	FLC Theatre Calgary - “A Christmas Carol”
Saturday, December 17 th	FLC Alberta Ballet - “The Nutcracker”
Saturday, January 16 th	FLC Alberta Ballet - “Dynamic Directions”
Saturday, February 6 th	FLC Theatre Calgary - “The Little Prince”
Saturday, February 13 th	FLC Alberta Ballet - “Romeo & Juliet”
Wednesday, March 9 th	FLC Workshop Theatre - “Proof”
Saturday, April 2 nd	FLC Theatre Calgary - “Bad Jews”

FLC Seniors Club



FLC Seniors ALBERTA BALLET

We have the wonderful opportunity to book seats at all of the Alberta Ballet productions for the Saturday matinees. As FLC Members we receive a discount of 25-30% off regular ticket prices. The upcoming season is looking very interesting and exciting. We are proud to host the following productions:

- “Balletlujah!” - Saturday, September 26th (2:30 pm)
- “Paul Taylor Dance Company” - Saturday, October 31st (2:00 pm)
- “The Nutcracker” - Various dates and times from December 17th – December 24th

Please visit the FLC Seniors Alberta Ballet Web Page for more information on these productions.



FLC Seniors BRIDGE

All Bridge is played in the Seniors Lounge at the Trico Centre

Tuesday Social Duplicate Bridge

Social Duplicate Bridge is a drop in format. We draw for partners at each session. All bridge players are welcome. We play every Tuesday from 6:45 – 10:00pm – please arrive at 6:30pm.

Thursday Afternoon Bridge

This bridge is open to everyone and goes year round.

The charge is \$1.00 and all these funds are returned to the players in the form of prizes.

Doors open at 12:15 with play commencing at 12:30 – 4:00pm.

Thursday Evening Social Drop-In Multi Level Bridge

All levels of bridge players are welcome. We draw for partners and change every fourth round.

We love to see new participants, so please join us – we commence at 7:00 – 9:00 pm.

Wednesday Bridge Lessons

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

Beginner –September 16 to November 18, 2015

Intermediate – February 17 to April 13, 2016

Cost: \$ 45

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

E-mail: bridgelessons@flcseniors.ca

Sign Up on FLC Seniors Club Registration Day in August or by filling out the email form on the FLC Seniors Bridge Web Page. For more information visit our FLC Seniors Bridge Web Page.

FLC Seniors Club



FLC Seniors BRUSHSTROKES



Registration for the fall session will be held on August 15th. Our sessions will consist of 5 classes with instructors and 3 classes without instructors, all in fine-art painting.

Fall classes in oil, watercolor and acrylics will begin mid-September for 10 weeks and the winter classes will begin mid-January for 10 weeks.

Monday	Oil	1:00 pm – 4:00 pm
Tuesday	Oil, Watercolour & Acrylics (No Teacher)	9:00 am - 12:00 noon
Tuesday	Watercolour	1:00 pm – 4:00 pm
Wednesday	Acrylics & Watercolour	9:00 am - 12:00 noon
Wednesday	Oil	1:00 pm – 4:00 pm
Thursday	Acrylics & Watercolour	9:00 am – 12:00 noon
Thursday	Oil, Watercolour & Acrylics (No Teacher)	1:00 pm – 4:00 pm
Friday	Acrylics & Watercolour (No Teacher)	1:00 pm – 4:00 pm

Our Brushstrokes club is planning to have a display of some of our paintings at the Fish Creek Library during the month of October.

Please visit the FLC Seniors Brushstrokes Web Page for more information.



FLC Seniors CALLIGRAPHY

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

Classes are Wednesday morning 10:15-12:15pm.

FALL CLASSES 2015

A Roman holiday – Roman Capitals and Lower Case Italic. Bring out your inner Italian, first with the *Italic lower case*, then with those elegant **Roman Capitals**. This class will run 7 weeks (Sept. 9 - Oct. 21) and includes a one day Zentangle – “Doodling but with a plan” class.

Shades of Grey – Graphite and Pencil. A very simple tool with many possibilities. Classes October 28 – December 2.

SPRING CLASSES 2016

Rotunda Script – This is a 16C Italian/Spanish alphabet. Classes March 2 – April 6, 2016

The Box Social – Art for Non-Artists – In this class we will use different techniques and tools to decorate and fancy up many pieces of paper. Classes April 20 – May 25, 2016.

Visit the FLC Seniors Calligraphy Web Page for more detailed information. For further information about a class, contact Connie Houlden at 403-271-4103 or email calligraphy@flcseniors.ca

FLC Seniors Club



FLC Seniors Bus Tours

Everyone had a great time on the bus tour to Medicine Hat in July.

The summer of 2015 was a fantastic time for bus tours with the FLC Seniors. We filled up the buses as well as had wait lists for several of the tours.

We went to **Rosebud** in June, **Medicine Hat** in July and **Innisfail** in August.

Our remaining two bus tours in 2015 are:

Sept 25th: Friday	Stettler - Alberta Prairie Railway Excursions - <u>Fall Colours Special to Big Valley (Steam)</u> . This is a once a year opportunity. Depending on the year spectacular colours can be seen all along the tracks in the fall.
Dec 9th: Wednesday	Christmas in Rosebud - "A Wind in the Willows"

We are currently looking for members of the FLC Seniors to join our Bus Tour committee. The commitment to the committee is small as it involves attending one meeting a month (when you are available and not down south enjoying the sunshine!) to assist in planning and orchestrating bus tours throughout Alberta. If you are interested please contact the person below.

We contact our Bus Tour members through email and by phone approximately one month before a bus tour is scheduled in order to take registrations. If you are not already on our list and would like to be included on our email or phone list, please contact the Co-ordinator below.

Co-ordinator: Donna Crowder at 403-366-9029 or bustours@flcseniors.ca

FLC Seniors Club



FLC Seniors CAMERA CLUB

Program: Fall/Winter 2015 - 2016

In order to facilitate open discussion and learning, the Camera Club meets on three Saturdays of the month followed by a Photo Field Trip every week. After an orientation session for all members, those who consider themselves to be Novice photographers will meet with their instructor, and the following Saturday those who consider themselves Intermediate/Advanced Photographers will meet. On the third Saturday all members will meet together for the guest lecture series. Socialization is encouraged and coffee is provided. The Saturday sessions will begin on September 12, 2015 and end on June 25, 2016. Please visit the FLC Seniors Camera Club Web Page for more detailed information.



FLC Seniors COFFEE GROUP

The FLC Seniors Coffee Group is a drop in gathering in the FLC Seniors Lounge, Monday 1:15 to 4:00 pm.

All senior club members with a current FLC membership are welcome to attend. Both Coffee and Tea and enjoyable goodies are provided at a nominal cost of 25 cents. Those attending take turns bringing the treats.

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

This is a wonderful active seniors group which presents an opportunity to meet and/or to make new friends and enjoy each other's company.

Come join us, our first get together for fall will be Monday, September 7th 2015.

For more information, please visit our FLC Seniors Coffee Group Web Page.

FLC Seniors Club



FLC Seniors CYCLING

We are 16 weeks into our Cycling activities and 1348 riders have participated in 77 outings. There are 3 levels of Cycling and each Level has been out exploring our city trail system. Our Leaders have been exceptional in developing interesting rides and sights for our members. Out of town trips have included Okotoks, Airdrie, Red Deer and Canmore. Level 3 alone has travelled 764kms.

Unfortunately for this year, any out of town trips will be by car to be organized by each cycling Level if they so wish to participate in out of town trips.

If you want to cycle with us, first you require an FLC Membership (available at Trico Centre) and then contact our Cycling Membership Coordinator, Larry White, to obtain a Cycling Club Membership. We offer non-competitive rides for pleasure and socializing, while exploring our city and environs. We offer rides on Tuesday, Wednesday and Thursday morning from mid April to late October with 3 levels of cycling.

Old Spokes membership as of July 30, 2015 is currently 263 members.

Special Note to all our Members: Mark your calendar for our Season end Wine(d) Up Party which will be held on Friday, November 6th, 2015 at the Trico Center.

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

FLC Seniors Club



FLC Seniors GOLF

The FLC Golf activity continues to be a great place to get a little exercise and enjoy the outdoors golfing with some of the best people in Calgary. This year the FLC Golf welcomed its largest number of new members in history, growing the membership to a total of 495 members. We continue to offer a place to meet new people, flex those muscles and have fun while keeping us seniors active and healthy. A great Club full of great people

It's hard to believe that our 2015 golf season is coming to a close. But we still have lots of fun and events to come. Don't forget that we will continue golfing well into September or until the snow flies.

Be sure to Circle these important dates on your calendar:

(Visit the FLC Seniors Golf Web Page at www.flcseniors.ca/golf)

- **September 8th** – The Annual Fall Classic Golf tournament at HeatherGlen Golf Course. It is a shotgun start at 9:30 AM sharp with lots of fun socializing, prizes and a great meal catered by the HeatherGlen Staff. So keep your eye on the Golf web page for tournament and registration details.
- **September 19th** – Our Yearend Wind up Banquet. The Banquet will be held at the Acadia Recreational Centre, East of Macleod Trail on 90th Avenue SE. What a great way to finish the golf season having fun with your FLC friends, enjoying a great meal with lots of fun winning prizes. Watch
- for more details on the Golf web page and be sure to register to book a spot with your friends.

Please remember that to make all this happen, there is a lot of work from a great bunch of dedicated people on your Golf Committee. It also requires the assistance of approximately 40 other volunteers throughout the year to ensure you have a great golf season.

Thanks to everyone who have helped make this 2015 Golf season a great success!!

FLC Seniors Club



FLC Seniors LINE DANCING

As we enter our Ninth Year with the FLC Seniors Club, we look forward to more exciting years of Line Dancing.

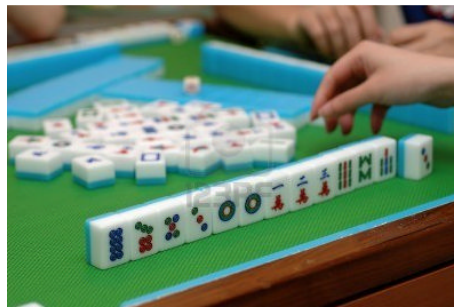
Not only do we dance to country and western music, we also cover a wide spectrum of ballroom and Broadway. We offer classes from absolute beginner to advanced levels. This is a great way to exercise mind, body, and spirit and an enjoyable way to meet new friends.

Gentlemen – Line Dancing is not exclusive to the Ladies, you are welcome to join us. We currently have a few gentlemen dancers in our activity and we would love to have more.

Classes start the week of September 14th. Hope to see you there!

We offer 16 classes at 6 different ability levels.

Please check out our FLC Seniors Line Dancing Web Page for more detailed information or contact: Belle (403-278-5176) or Karen (403-271-0826).



FLC Seniors MAH JONG

The FLC Seniors Mah Jong Club plays Wednesday afternoon at 1:00-4:00P in the Trico Centre Seniors Lounge. This is a drop-in activity that runs year round except for Statutory Holidays. If you know how to play Mah Jong, or would like to learn, come join us. We will have a beginner table starting the first Wednesday in September. You must have a valid FLC Seniors Club membership to take part in this activity.

For more information be sure to check our FLC Seniors Mah jong Web Page.

FLC Seniors Club



FLC Seniors OUTDOOR CLUB

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

Walking Groups – We have scheduled walks on Wednesdays from April until October. A notice goes out each week with location instructions.

During the winter months we meet at The Ranch and walk from there. The washrooms are open and the pathways are plowed. We have had a record number of walkers out this spring and summer. A big thank you to our enthusiastic leaders.

Easy Walkers – our leader is Ev Chesser

Intermediate and Fast Walkers – our leader is Donna Gibb

Birding – our leader is Anne Belton with Deanna Jullian helping.

Outings are scheduled for May and June, thank you to Anne and Deanna for a great season. I am sure everyone is looking forward to next year.

Snow Shoeing – our leader is Pauline Schaus. We are hoping for more snow this winter.

Pauline has an orientation meeting planned for October, a notice will go out to all members.

Special Events

May 6th – We had Wayne Meikle from the Friends of Fish Creek come and do a walk and talk at Shannon Terrace. Wayne is a wonderful historian and so enthusiastic and knowledgeable about Fish Creek Park. This event was very well attended even though it was a cold and windy day.

June 10th – We took a Traxx Bus to Red Deer, walked, birded and toured the Kerry Wood Nature Centre, then headed onto Lacombe to have lunch and tour the Ellis Bird Farm, a great day.

June 24th – We took a school bus up to Nose Hill, a great experience for everyone, a lot of our members had never been there. The bus was full, a very successful trip.

July 8th – was our annual Stampede Wiener Roast

September 4th – is our Annual Wine and Cheese/AGM

For all Outdoor Club information visit our FLC Seniors Outdoor Club Web Page.

FLC Seniors Club



PICKLEBALL

The Calgary Pickleball Club will have a free learn to play pickleball clinics for FLC Senior Club members at the Willowridge Community Association Tennis Courts - 680 Acadia Drive SE, Calgary.

The clinic will be two days from 9:00 – 11:00 am.

The first clinic will be held on Thursday August 20 and August 27

The second clinic will be held on Sunday August 23 and August 30

For a closer look at pickleball, visit the Calgary Pickleball Club website – www.calgarypickleballclub.ca

To register for the free clinics, you can sign up at the FLC Annual Registration on August 15th.

You can also email info@willowridge.ca with your name, FLC number and whether to wish to attend the Thursday or Sunday clinic.



FLC Seniors Qigong

QiGong is an ancient Chinese Health Care System that integrates physical postures, breathing techniques, meditations and focused intention.

Come see us at our QiGong desk on August 15th. We will answer any questions you may have about this ancient Chinese Health Care System and sign you up for this fall session.

We will be holding two classes per week on QiGong

Location: FLC Seniors Lounge – Trico Centre

When: Tuesday mornings – 9:30 – 10:30 am

Tuesday mornings – 10:30 – 11:30 am (this class is yet to be finalized)

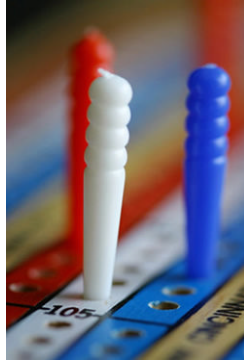
Thursday morning – 10:30 – 11:30 am

Contact & Coordinator: Barbara Bruhl-Lipiec – 403-816-5168

Please email any questions to gigong@flcseniors.ca

Our FLC Seniors Qigong Web Page is currently being constructed and will be available soon.

FLC Seniors Club

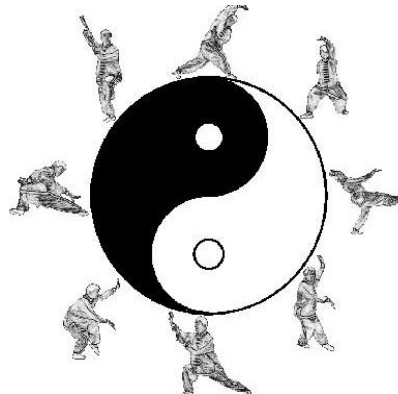


FLC Seniors Cribbage

This is a very popular card game open to all FLC Seniors Club Members. The cost to play seven games, with a coffee/cookie break and prizes is \$1.00. We play Tuesday afternoons and we welcome you to drop-in to play. The location is the Seniors Lounge at the Trico Centre, doors open at 12:30 with play commencing at 1:00 pm sharp – 3:30 pm.

We will be running Saturday afternoon Cribbage Tournaments. These tournaments are open to all FLC Seniors Club Members on a first come first serve basis.

Please visit our FLC Seniors Cribbage Web page for tournament dates and updated information.



FLC Seniors TAI CHI

Our Tai Chi classes are conducted weekly in Yang style Tai Chi, the most popular form practiced in China. Tai chi has become very popular among seniors for achieving and maintaining your health and well-being. We have two sessions of weekly classes - all on Thursday mornings.

The Fall Session runs from September through December.

You can register at our desk at the annual registration, or by contact us by email.

For more information and dates, please visit the FLC Seniors Tai Chi Web Page.

FLC Seniors Club



FLC Seniors STAGE WEST

Don't forget to mark your calendars for the Sunday, August 23rd presentation of "Rumours & Dreams: A Look Back at Fleetwood Mac"

Blending British blues, rival and California folk-rock, Fleetwood Mac, having achieved great success with their previous albums, was reshaped by the addition of Stevie Nicks and Lindsey Buckingham.

Sign up on the FLC Seniors Stage West Web Page.



FLC Seniors THEATRE CALGARY

Senior Saturday Matinee

The 2015-2016 theatre season promises to be an excellent one.

Besides the traditional Charles Dickson's **A CHRISTMAS CAROL**, for which we have tickets reserved for the Saturday December 12 matinee, our season consists of two musicals, two very amusing comedies and one drama.

Our special matinee program starts on Saturday, September 19 with **THE SHOPLIFTER**, a Canadian Premiere of a comedy that takes a hilarious look at the difference between society's haves and have-nots. Next comes **THE CRUCIBLE** on Saturday, October 31. Based on the Salem witch trials, it's Arthur Miller's masterpiece which remains one of the most powerful plays of our time.

Our first matinee of 2016 is Saturday, February 6 and is the musical **THE LITTLE PRINCE**. Inspired by a universally cherished book, the musical is described as a huge explosion of wondrous sounds and images, and totally enchanting, perfect for both adults and children.

On Saturday, April 2, comes **BAD JEWS** which was rated by the New York Times as the best comedy of the season there. It deals with three young Jewish cousins forced to bunk together, which results in a wickedly funny and ferocious brawl over religious traditions and family legacy.

The final play of the season come on May 14 and is the musical **THE LIGHT IN THE PIAZZA**. It deals with boy meets girl in the piazzas of Florence and Rome.

To order you tickets or for any information regarding our program, visit the FLC Seniors Theatre Calgary Web Page and follow the instructions. If you are on the Senior Matinee mailing list, just watch your email and within a couple of weeks, you will receive the first message of the new theatre season

FLC Seniors Club



FLC Seniors WORKSHOP THEATRE PRODUCTIONS

We are looking forward to another upcoming season of presentations from Workshop Shop Theatre. The cost, per production, is \$18.00 which includes bus transportation to and from Pumphouse Theatre, your ticket to the play as well as a light refreshment after the play.

Our first Workshop presentation will be on Wednesday, October 14, titled **“All the Kings Women”**. The story of Elvis Presley told through the eyes of 17 Women! Some Enthralled! Some Appalled! ALL OBSESSED! A fast paced series of 5 comedic plays and 3 monologues based on the Life of Elvis Presley. From Tupelo, Mississippi where 11 year old Elvis wanted a BB Gun instead of a guitar, to The Steve Allen Show, from President Nixon’s office, to Any Warhol’s studio, from Cadillac Salesmen, to the Graceland guards, this is a touching, bring-the-family comedy with a heart that captures the effects that fame, generosity and just being a nice guy brings to others.

Our second Workshop presentation will be on Wednesday, November 25th, titled **“Love and Warcraft”**. A synopsis of the plays will be available on the FLC Workshop Theatre Web Page as well as Newsletters closer to the production dates.

Please come out and spend an enjoyable evening with your fellow FLC members.

Visit our FLC Seniors Theatre Calgary Web Page for more information.



FLC Seniors VERTIGO THEATRE

We are pleased to present the following productions for the 2015/2016 season. These presentations are Saturday afternoon Matinees starting at 2:00 pm.

“I’ll Be Back Before Midnight”

“The Mousetrap”

“Calamity Town”

“The Turn of the Screw”

“Sherlock Holmes and the Case of the Jersey Lily”

September 26th

November 21st

January 30th, 2016

March 19th, 2016

May 21st, 2016

Visit our FLC Seniors Vertigo Theatre Web Page for more information.

FLC Seniors Club



FLC Seniors WHIST

If you have not played Whist in some time, please do not hesitate to come and join us – we have people that will be willing to help you through those first few games.

Whist players, currently holding a valid FLC Seniors Membership, are invited to play Friday afternoons in the Seniors Lounge at Trico - doors open at 12:30 and games start at 1:00 – 4:00pm, excluding statutory holidays. Please visit our FLC Seniors Whist Web Page for more details.



FLC Seniors Yoga

The FLC Seniors Yoga activity looks forward to the 2015 – 2016 season. The fall session will begin the week of September 14, 2015 for 13 weeks.

Offered are eight classes – five beginner classes and three intermediate classes.

We have five instructors conducting our various classes.

Sheryl teaches 3 intermediate and 1 beginner class.

Peggy teaches 2 beginner classes.

Beth and Lonnie each teach a beginner class.

Classes are held at the Lake Bonavista Rec Centre, Multipurpose Room.

If you have any questions or inquiries, please email us at yoga@flcseniors.ca or call the FLC Seniors Yoga Coordinator, Luisa Bell at 403-278-2664.

Be sure to check our FLC Seniors Yoga Web Page for more information.

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	Shirley Kowalchuk	403-271-2046
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	Reg Kattler	403-454-9530
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	Jean Berg	403-248-8220
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	Donna Gibb	403-278-4388
- Easy Walkers	Ev Chesser	403-873-2008
Qigong	Barbara Bruhl-Lipiec	403-816-5168
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



On June 3, The FLC Seniors Club received recognition for their outstanding commitment to Alberta Seniors, from the Government of Alberta, Alberta Seniors.

A 2015 Minister's Senior Service Award certificate, from Alberta Minister of Seniors, was presented to the Club at an awards ceremony held at the Bow Cliff Seniors Centre in Calgary. Ron Antonchuk and Marge Bathgate attended to accept the certificate.

The club is honoured to be recognized for the service it provides to seniors and to the community. The club offers seniors an outlet to be physically, mentally, and most importantly, socially active, and by doing so, stay healthy, vibrant seniors. The growth in the membership of the club attests to the value of the club to seniors in our community.

New Horizons for Seniors Grant

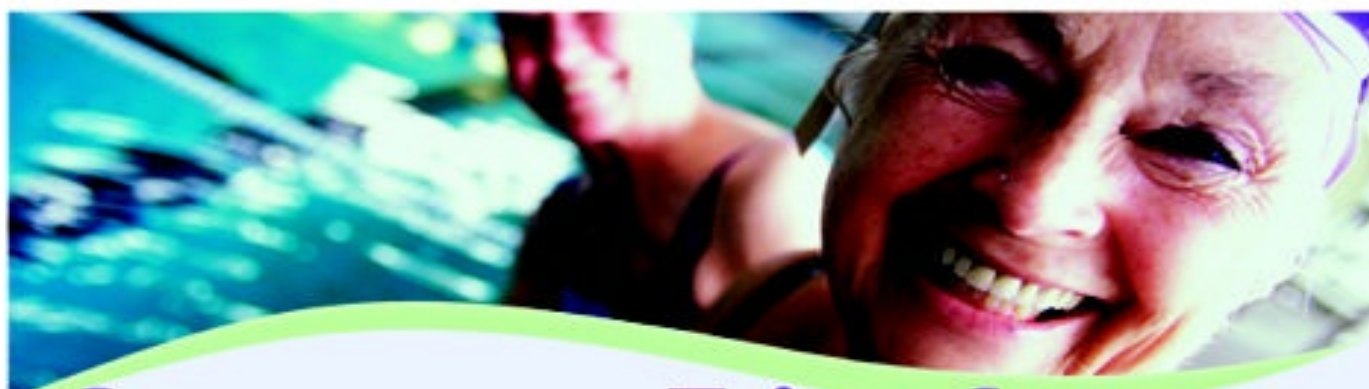
The FLC Seniors Club received a grant of \$14,980 from **Canada's New Horizons for Seniors Program**. The grant was used for a large screen smart TV monitor, new chairs, and modification to the existing chair storage cupboard all in the Seniors Lounge in the Trico Centre.

The large screen TV monitor can be connected to in-house Wi-Fi or to a lap top computer and can be used by our activity groups for instructions, teaching, demonstrations, and meetings. Once in place our seniors will find many uses for the system.

The existing arm chairs were recovered and new arm chairs purchased to replace all the folding chairs. The folding chairs are unsuitable and a safety concern for our older members; the chairs do not have arms which our older seniors need. The Club has activities scheduled in the Seniors Lounge 3 times a day, 6 days a week; quality chairs are required.

The Club would like to thank Brenda Smith of Trico Centre for her support of this project, and the staff of **Canada's New Horizons for Seniors Program** for their assistance with this grant.

FLC Seniors Club



Summer at 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.) A number of these classes qualify for the [FLC Rebate Program](#). For more information on the rebate program, contact the FLC Seniors Club.

Memberships

A Trico Centre membership is convenient and affordable.

MEMBERSHIP FEES (+GST)	ANNUAL	CONTINUOUS MONTHLY
60 Plus (60 yrs and up)	\$483	\$38.75
60 Plus Couple	\$738	\$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 5 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.) Only 24 hours' notice is required to cancel or start and stop your membership. 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

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 to Friday | Drop In**

Check our Fall Winter 2015 Program Guide for many more older adult drop-in and registered options. The guide will be on stands at the end of June. Or, go to www.tricocentre.ca and click on the Older Adult Programs and Services tab.