

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 CHRISTMAS SOCIAL

All FLC Seniors Club Members are invited to attend.

Sunday, December 6, 2015

2:00 to 5:00 p.m.

**Willow Ridge Community Hall
680 Acadia Drive S.E.**

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.

There will be a Prize given out for the Most Creative Sweater

**Bring an Appetizer to share
PLUS Food or Cash Donation to the Veteran's Food Bank**

***Please note: there is limited seating - doors will open at 2:00 p.m. with no
admittance after 3:00 p.m.***

To Register:

Visit our web site Social Activity – www.flcseniors.ca/activities/social

Click the **green Sign Up Button**

and enter your FLC Seniors Club membership number

(1 sign up per registration)

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

FLC Seniors Club



Field of Crosses Memorial

On November 4th, the Outdoor Club provided a Bus Tour to the Field of Crosses Memorial located on Memorial Drive in Calgary. The speaker, during the bus ride, was one of our FLC Seniors Members called Bob Andrew, whom explained to the bus group how the Field of Crosses Memorial originated in Calgary.

Pictured above Bob is standing in the Field of Crosses in front of his Father's White Cross, which is engraved with the following inscription:

Andrew Robert M 31 LtCalgH 13/03/45

The history of the beginning of this Memorial is documented below.

Murray McCann was driving through Georgia, U.S.A. in 2008, when he spotted a row of crosses stretching across the horizon, which had just been erected along the highway in preparation for Memorial Day. 'I realized, like I never have before, the number of lives lost so that I can enjoy the freedoms and lifestyle, which their sacrifice has given me.'

By the following year, Murray had paired up with the Calgary Poppy Fund and many volunteers.

The memorial project is an initiative of the McCann Family Foundation in association with the Calgary Popp Fund and numerous volunteers.

The Calgary Field of Crosses is now in its seventh year of life. Each Cross, of the 3,200 White Crosses along Memorial Drive, are inscribed with the Name, Rank, Regiment, Date of Death and Age at Death of Southern Alberta soldiers killed in action.

Soldiers who had died in the World War I, World War II, the Korean conflict, Afghanistan and various Peacekeeping missions, have a White Cross placed in their honour of his or her sacrifice.

The Calgary Field of Crosses is the only one of its kind in Canada. The Field of Crosses Memorial runs from November 1 through to November 11th each year.

Sharron Issak (Bob Andrew's late wife) instigated the Bus Tour last year.

The year 2014 marked the 100th Anniversary of the First World War and the 70th Anniversary of D-Day.

If you would like to read and learn more about this Project, please go onto the Field of Crosses Website (fieldofcrosses.com)

FLC Seniors Club



IMPORTANT DATES!

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

Wednesday, November 25 th	FLC Workshop Theatre - "Mounting Sex in the Afternoon Zone"
Wednesday, November 25 th	FLC Stage West - "80s Solid Gold2"
Wednesday, December 2 nd	
Wednesday, December 9 th	
Wednesday, December 16 th	
Wednesday, January 13 th	
Wednesday, January 20 th	
Wednesday, January 27 th	
Sunday, December 6 th	FLC Seniors Club Christmas Social
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 19 th	FLC Curling Club – First Half Windup
Thursday, December 17 th	FLC Alberta Ballet - "The Nutcracker"
Friday, December 18 th	
Saturday, December 19 th	
Sunday, December 20 th	
Wednesday, December 23 rd	
Thursday, December 24 th	
Tuesday, January 5 th	FLC Golf – The Golf Dome will be open
Saturday, January 16 th	FLC Alberta Ballet - "Shaping Sound"
Wednesday, January 27 th	FLC Workshop Theatre - "For a Mature Audience Only"
Saturday, January 30 th	FLC Vertigo Theatre - "Calamity Town"
Saturday, February 6 th	FLC Theatre Calgary - "The Little Prince"
Saturday, February 13 th	FLC Alberta Ballet - "Dynamic Directions"
Friday, March 4 th	FLC Seniors Club Social – March Into Spring
Wednesday, March 9 th	FLC Workshop Theatre - "Proof"
Saturday, March 19 th	FLC Vertigo Theatre - "The Turn of the Screw"

FLC Seniors Club

What's Happening?



Ron Antonchuck is stepping down as President of the FLC Seniors Club but will remain on the Board now assuming the Past President position. Ron has been on the FLC Seniors Board for four years and has been FLC Seniors Club President for two years.

In Ron's words "It has been a great honour to be the president of this club. I have been on the Board for four years and President for the last two. And I have thoroughly enjoyed the experience. I have been fortunate to be on the Board during a challenging transition phase. In the last four years the Board have upgraded the web site, completely changed our accounting procedure, written a Policy and Procedure Manual, and completed a Strategic plan, encouraged succession planning and expansion of activity committee and managed the growth of the club. For me, most importantly, I've had the pleasure of attending many of our activity functions and met a lot of wonderful people, whom I now call my friends. This past year our membership has grown to 2300 members, as a comparison to 10 years ago when membership was 670 – which equates to a membership increase of 300%."

From our FLC Seniors organization, we all thank you Ron, for all your accomplishments, dedication and hard work in making our FLC Seniors Club the **Best Seniors**

Club in Canada. Dan Bell will assume the position of FLC Seniors Club President for a two year term.

The **FLC Seniors Newsletter** will be changing the intervals the Newsletter is published. Starting in 2016, our Newsletter will be published twice a year, February 15th and July 15th.

FLC Seniors Brushstrokes have a display of their paintings at the Fish Creek Library through November 28th. This event was originally planned for October, but changed to November. Several of the original art works are also for sale by contacting the artist.

The **FLC Seniors Bus Tours** and the **FLC Seniors Club** would like to thank Donna Crowder for her dedication in making the Bus Tours Activity such an overwhelming success. Donna is stepping down this season and Lynn Turner will assume her duties. Thank you Donna, for all the hard work you have done for the Bus Tours Club and the FLC Seniors Club.

Jean Berg is the new Activity Coordinator for **FLC Seniors Mahjong**.

FLC Seniors Line Dancing instructors and dancers will be attending the **Vegas Dance Explosion Line Dancing Event** the week of November 16th. This activity will be holding their Christmas Wind ups on December 1st and December 4th.

On November 4th the **FLC Seniors Outdoor Club** took a bus to the Field Of Crosses Memorial to view the display of 3200 white crosses placed in tribute to those men and women who served and died for our freedom. From there the group walked to Poppy Plaza. This is a very popular trip and we hope to repeat it in the years to come.

FLC Seniors Club



FLC Seniors ALBERTA BALLET

Make plans now to see Alberta's favourite holiday tradition! The magical tale of Klara and her Nutcracker Prince continues to dazzle audiences across the country in our glittering production. The marvelous sets and costumes, and the Sugarplum Parties with pre-show activities for young and old alike. We have access to tickets at 25% off the retail price and our group pricing, plus dates and times are available on our website. If you are interested, please reply through the FLC Seniors Alberta Ballet Web Page or call Susan at 403-256-6834.



FLC Seniors BRIDGE

The next set of eight lessons will be for Intermediate level players played on the dates of February 17 – April 13, 2016.

We will be playing in the Seniors Lounge at the Trico Centre. The cost is \$45.00.

Please register by emailing bridgelessons@flcseniors.ca.

For more information regarding our group, please visit the FLC Seniors Bridge Web Page.



FLC Seniors BUS TOURS

A wild and reckless car ride adventure ends on Christmas Eve, when Toad of Toad Hall arrives home just in time for Christmas Eve. The evening festivities take Badger, Ratty, Mole and their orchestra on a storytelling journey through fanciful tales of battles with reluctant dragons and of monks with their singing donkeys. Festive fun for the whole family!

Please visit the FLC Seniors Bus Tours Web Page for more information.

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FLC Seniors BRUSHSTROKES



Two new classes with teachers and one with no teacher were added this fall to accommodate more people from our wait lists, giving us 10 weekly classes now in fine art painting. Please visit the FLC Seniors Brushstrokes webpage for more information about the classes. Registration will take place in November for the winter session which starts mid-January.

The Brushstrokes Christmas potluck lunch will be on December 12th in the Seniors Lounge at Trico.



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 10:15am - 12:15pm held in the Seniors Lounge at the Trico Centre.

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. Classes April 20 – May 25, 2016.

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



FLC Seniors CAMERA CLUB

We welcome digital photographers of all levels, from beginners who have just bought a new camera and want to know what all the buttons are for, to experienced photographers who would like to work on some new techniques. We offer indoor classes as well as photo field trips, a monthly lecture by a guest presenter, and a minimum of three bus trips each year.

The Lead Instructor of the Camera Club is Emmett Hogan, who is a retired educator, assisted by Co-Instructor Rick Mar, who has expertise in all areas of digital photography.

Please visit our FLC Seniors Camera Club Web Page for more information.

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FLC Seniors COFFEE GROUP

We do a drop in gathering in the FLC Seniors Lounge, Mondays from 1:15 – 4:00pm. All senior club members with a current FLC Seniors membership are welcome. Both coffee and tea and goodies are provided at a nominal cost of 25 cents. Following coffee and stimulating conversations, we break around 2:30 for a fun card game for those who wish to stay longer. A Christmas lunch plus gift exchange will be held in December with a Date, Time and Location TBA. Come join us, make new friends and for more information please visit our FLC Seniors Coffee Group Web Page.



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 welcome you to drop-in to play. The location is the Seniors Lounge, 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 CURLING

Curling was off to a great start on the last day of September. We were initially faced with requiring a large number of spares as some of the regular team curlers were away on holidays. The introduction of the more senior curling skips forming the Gold and Silver Brooms 2 for Wednesdays and the Bronze Brooms for Fridays, appears to be working out well. These changes have allowed us to have six additional new skips on Wednesday and three on Friday. Looking ahead to the second half of the curling year, January to mid-March, we find it encouraging that we are nearly fully booked with only a few slots left on Friday. However, we know, seniors can get ill, hurt, or plan vacations that could change these numbers. Interest in curling is certainly on the uptrend and FLC Seniors members wanting to curl should complete and send in a registration form, which is available on our FLC Seniors Curling Web Page.

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FLC Seniors CYCLING

We are 28 weeks into our Cycling activities and the season has wound down with 2148 riders who have participated in 128 outings. There are 3 Levels of FLC Seniors Cycling and each Level has been out exploring our city trails. Our Leaders have been exceptional in developing interesting rides and sights for our members. Out of town trips have included Okotoks, Airdrie, Red Deer, Drumheller and Canmore. Level 3 alone has travelled 1290 km's.

Our Club exposure has mushroomed this season: We have been interviewed for Momentum magazine, some members were asked to participate with CBC Radio on the Calgary Eyeopener for a live radio broadcast, and others have appeared on Global TV. Seems our Jerseys are appearing everywhere.

FLC Seniors Old Spokes seasonal Wine'd up party was held at Trico Centre on November 6th which was well attended with over 112 members. We enjoyed appetizers, desserts and most of all the socializing and reminiscing of the fun we had and trails travelled this season.

Members are now anxiously waiting and anticipating our Spring Workshop which will be held at Trico Center on April 16, 2016 to kick off the 2016 season.

If you want to cycle with us, you require an FLC Seniors Membership (available at Trico Center) 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 mornings from mid-April to late October, with 3 levels of cycling.

FLC Seniors Old Spokes membership as of October 30, 2015 is currently 204 members.

For more information, please visit the FLC Seniors Cycling Web Page.



FLC Seniors GOLF

The FLC Seniors Golf Activity continued to break more records this year, expanding our Golf membership to 495 members. The clubs five golf courses welcomed everyone and offered a challenge to all types and calibers of golfers, with two gentlemen joining the elite **Hole in One** club this year.

Our July Stampede tournament and the September Fall Classic at HeatherGlen were once again a great success. So if you happened to miss this year's tournaments, make sure to watch the golf webpage for details and dates for next year's tournaments.

Our 2015 yearend Windup Banquet at the ARC once again was a huge success. This event keeps on providing a great chance to enjoy the comradery of your fellow golfers and also say adieu to another golf season.

As the golf season closes this year, be sure to keep your eyes on our FLC Seniors Golf Web Page 'News Box'.

The opening date for The Golf Dome is Tuesday, January 5 – come and join us as to practice those golf swings.

Cost is \$15.00 per mat.

See you all in the spring!!

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FLC Seniors LINE DANCING

The Fall session got off to a tremendous start with a large increase in the number of new dancers, which increased our classes to maximum capacity. For the approaching Winter session, be sure to register early to avoid disappointment! We offer 16 classes at 7 different ability levels.

There will be no classes the week of November 16th – our instructors, and many of our dancers, will be attending the **Vegas Dance Explosion Line Dancing Event**. The Instructors always return refreshed and with new and exciting dances for our group.

Our Christmas wind up parties are on Tuesday, December 1st, at the Willowridge Community Centre, and Friday, December 4th at the Trico Centre. We look forward to these dates as they are a great opportunity to enjoy dancing and socializing together.

Please visit our FLC Seniors Club Line Dancing Web Page for more detailed information or contact: Belle (403-278-517) or Karen (403-271-0826).



FLC Seniors MAHJONG

This is a very popular afternoon drop in game played in the Seniors Lounge at the Trico Centre, Wednesday afternoons from 1:00 – 4:00. This activity runs Year Round (except for Stat Holidays).

If you would like to participate please visit our FLC Seniors Mahjong Web Page or call Jean at 403-248-8220.



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

FLC Seniors Club



FLC Seniors OUTDOOR CLUB

Once you have your current FLC Seniors Membership, call our outdoor Club Membership Co-ordinator, Mary Ann Oikawa, and she will add you to our Outdoor Club – there is a \$5.00 fee to register. You will then be able to participate in all our activities.

WALKING GROUPS – We have scheduled walks on Wednesday from April through to October. A notice will go out each week with location instructions. During the winter months we meet at The Ranch **unless** a notice advises an alternate location.

Easy Walkers – lead is Ev Chesser

Intermediate and Fast walking group – lead is Donna Gibb

SNOW SHOEING

Leader is Pauline Schaus. As soon as there is a snow base, an email notice will go out advising of where to meet. Pauline will help anyone at that time new to snow shoeing.

IN-TOWN BUS TRIPS

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

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

BIRDING

Leader is Anne Belton assisted by Deanna Jullyan. Outings are scheduled in May & June via weekly notices.



FLC Seniors QIGONG

Starting 2016, we will have two groups of 13 classes.

<i>DAYS</i>	<i>DATES</i>	<i>CLASS TIMES</i>
Tuesday	January 5 – March 29	Two Classes – 9:30 & 10:45 am
Tuesday	April 5 – June 28	Two Classes – 9:30 & 10:45 am
Thursday	January 7 – March 31	One Class - 10:45 am
Thursday	April 7 – June 30	One Class – 10:45 am

Cost per session is \$91.00. Registration for January and/or April classes will commence November 17, 2015.

Barbara would open another class, Thursday at 9:30am, if there is enough interest, so please contact Barbara via e-mail at qigong@flcseniors.ca.

Also visit our FLC Seniors Qigong Web Page for more information and updates.

FLC Seniors Club



FLC Seniors STAGE WEST

NEW THIS YEAR

FLC Senior Club Members will now have options to select matinee dates, seating and pay for their tickets by contacting directly, The STAGE WEST Box Office at 403-243-6642. Please visit our FLC Seniors Stage West Web Page for more detailed information.



FLC Seniors TAI CHI

NEW SESSION OF CLASSES

The FLC Seniors Tai Chi activity group will be holding a session of new classes from early January to mid-April 2016.

We will be seeking 20 new students for the Introductory Class. The cost is low at \$65.00 (which includes a \$15.00 T-shirt) and at least 12 classes will be held.

SPECIAL DEMONSTRATION OF TAI CHI

The instructors that we hire for our classes have been running a Tai Chi and Martial Arts School in north Calgary for twenty years. They will be presenting a demonstration of Tai Chi and other Martial Arts on Saturday, December 5th in the west gymnasium of Mount Royal College, as part of their anniversary celebration. We would like to invite FLC Seniors members to attend this show. It is FREE and lasts about 2 hours. Some students from our FLC Seniors Tai Chi activity classes will be performing in the demo.

For more information, please visit our FLC Seniors Tai Chi Web Page.



FLC Seniors THEATRE CALGARY Senior Saturday Matinee

Our Saturday, December 12, matinee will be our traditional presentation of Charles Dickens' A Christmas Carol. While many of us have seen this play before, this could be a great opportunity to bring your young grandchildren to enjoy live theatre and be immersed in the spirit of the Christmas season.

Please join us for this and upcoming Presentations and visit our FLC Seniors Theatre Calgary Web Page for further information.

FLC Seniors Club



FLC Seniors VERTIGO THEATRE

The following presentations are available for 2016 Season.

Calamity Town	January 30 th
The Turn of the Screw	March 19 th
Sherlock Holmes and the Case of the Jersey Lily	May 21 st

The cost per ticket is \$25.00. Please order tickets by emailing vertigo@flcseniors.ca at least 3 week prior to performance date.

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



FLC Seniors WORKSHOP THEATRE PRODUCTIONS

Our next Production is titled "Mounting Sex in the Afternoon Zone". In this hilarious comedy, a theatre is mounting a new production of "Sex in the Afternoon". The playwright changes the genre of the play four times before opening night. The play starts out as a British farce, than a Canadian comedy, then a musical Canadian comedy and finishes as a sci-fi musical. The actor in the play is caught between his wife who is playing his mistress and vice versa.

The cost is \$18.00, which includes your ticket, bus transportation to and from Pumphouse Theatre, and a light refreshment after the production. Please come out and spend an enjoyable evening with your fellow FLC members. For more information and to sign up, visit our FLC Seniors Workshop Theatre Web Page.



FLC Seniors YOGA

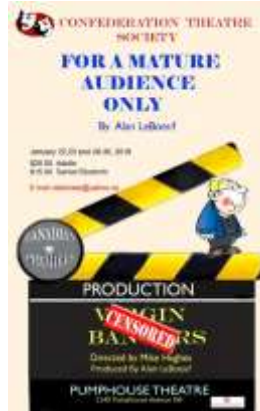
The FLC Seniors Yoga activity is in the midst of its Fall session. We have added 2 new classes in September for a total of 6 Beginner classes and 4 Intermediate. We now offer an Intermediate class on Tuesday from 12:30 pm – 2:00 pm and a Beginner Class on Thursday from 9:00 am – 10:30 am. The Winter session will begin the week of January 11th for 13 weeks. All classes are held at the Lake Bonavista Rec Centre. Visit 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	403-225-1631
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	Lynn Turner	403-259-4817
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	Gwenda Raymond-Jones	403-460-3586
55+ Gentle Fitness & Coffee Time	Bob Watterburg	403-271-2686
55+ Rebate Program	Camella Dunbar	403-251-1690
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	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

A NEW YEARS



THEATRE TREAT

***FLC Seniors will be putting on a bus
For an extra theatre show this
Season to see a performance at the
Pumphouse theatre of a new farce
That will be directed by our very own***

MIKE HUGHES

***For a new community theatre group
"Confederation Theatre Society"
It is called
"For a Mature Audience Only"
For which FLC Senior Members truly
Qualify to attend***

***This will be on Wednesday, January
27th 2016 and the cost is only
\$15.00 per person***

***So don't delay – sign up today by
Contacting Camella Dunbar at***

workshop@flcseniors.ca



FLC Seniors Club CASINO

The FLC Seniors Club has been assigned Casino dates at Cash Casino

Day 1 – Thursday May 12th

Day 2 – Friday May 13th

In February we will be looking for volunteers for this Casino
If you have time, please help your club and volunteer.

FLC Seniors Club



SEASON'S GREETINGS

Each year, during the holidays, we take great pleasure in setting aside our everyday tasks 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 2015 – 2016

President	Dan Bell	403-278-2664
Past President	Ron Antonchuck	403-203-1772
Vice President		
Secretary	Marge Bathgate	403-281-0963
Treasurer	Peter Weir	403-225-1631
Rebate Program	Camella Dunbar	403-251-1690
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	Lee Reiner	403-278-6703
Director	Don Gebauer	403-686-3790
Director	Doug Anderson	403-281-1323

FLC Seniors Club

WINTER PROGRAMS for Older Adults at Trico Centre

REGISTERED PROGRAMS

Balance Builders: Fall Prevention for Older Adults

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.

74947	Tu, Th	3:30-2:15pm	Nov 3-Dec 22	Classes: 75	M \$90.00	NR \$90.00
74948	Tu, Th	3:30-2:15pm	Jan 5-Mar 31	Classes: 26	M \$156.00	NR \$156.00

Bone Builders: Weight Training for Older Adults

Muscle pulling on bone "overloads" bone, making denser, stronger bones. Weight lifting (or load bearing) is one of the best exercises for building bones as well as improving muscle strength, coordination & balance. Trainer Diane Thuna. Maximum 4 people.

74942	Tu	10:30-11:30am	Jan 12-Feb 16	Classes: 6	M \$72.00	NR \$90.00
74944	W	1:00-2:00pm	Jan 13-Feb 17	Classes: 6	M \$72.00	NR \$90.00
74943	Tu	10:30-11:30am	Feb 23-Mar 29	Classes: 6	M \$72.00	NR \$90.00
74945	W	1:00-2:00pm	Feb 24-Mar 30	Classes: 6	M \$72.00	NR \$90.00

Chair Yoga

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.

74952	W	12:00-1:00pm	Jan 8-Feb 17	Classes: 7	M \$63.00	NR \$72.00
74953	W	12:00-1:00pm	Feb 24-Mar 30	Classes: 6	M \$54.00	NR \$66.00

Mindful Relaxation (14+ yrs)

Learn the science behind meditation, how meditation affects the brain and how it can help you achieve peace and relaxation in your everyday life. Train your brain like an athlete trains his/her body for a marathon. Discover why companies like Microsoft are turning to meditation to help their employees become more creative, foster better relationships, lead calmer lives, and sleep better at night. Instructor: Tracy Morgan

75336	W	6:00-4:45pm	Jan 20-Mar 2	Classes: 6	M \$94.00	NR \$66.00
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ONE-DAY WORKSHOPS

Ease Parkinson's Disease **NEW**

Discover the power of exercise to ease many of the symptoms of Parkinson's Disease. Specially designed large amplitude and coordination exercises improve motor performance and increase strength, balance and stability. Start living well!

75008	F	1:00pm-2:00pm	Nov 27	Classes: 1	M \$32.00	NR \$40.00
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Urban Poling Clinic (14+ yrs) **NEW**

Walk your way to better health and cardiovascular fitness and improve posture, confidence and core strength with this growing fitness trend. You'll learn how to choose the correct poles and master the proper poling technique to engage more muscles and burn more calories when you walk. Poles will be available for you to try and also an option to purchase. Time and date TBA.

DROP-IN FITNESS CLASSES

More than 70 drop-in fitness classes are offered in the fitness Centre every week - and are included in your membership. Several are specifically geared towards older adults. A number of the drop-in classes qualify for the FLC Seniors Rebate Program. For more information on the rebate program, contact the FLC Seniors Club.



	Monday	Tuesday	Wednesday	Thursday	Friday
7-8am					
8-9am	Gentle Fit 55+ 7:30-8:15am		Gentle Fit 55+ 7:30-8:15am		Gentle Fit 55+ 7:30-8:15am
	Deep Water 55+ 8:00-9:00am Turf/Hydro Fit (Fit Cntr) 9:15-10:15 (Pool)	Deep Water 55+ 8:00-9:00am Aqua Fitness 9:15-10:15am	Deep Water 55+ 8:00-9:00am Turf & Surf 8:30-9:00am (Fit Cntr) 9:15-10:15 (Pool)	Deep Water 55+ 8:00-9:00am Aqua Fitness 9:15-10:15am	Deep Water 55+ 8:00-9:00am Turf & Surf 8:30-9:00am (Fit Cntr) 9:15-10:15 (Pool)
10:30-11:30am	Fit & Fall 10:30-11:30am		Fit & Fall 10:30-11:30am		Fit & Fall 10:30-11:30am
	Vin/Restore Yoga 10:30-11:30am	HydroFit 11:15-12:15pm	Stabilize & Restore Yoga 10:30-11:30am	HydroFit 11:15-12:15pm	Vin/Restore Yoga 10:30-11:30am
11:30-12:15pm	Deep Water 55+ 11:30am-12:15pm		Deep Water 55+ 11:30am-12:15pm		Be Fit Age Well 11:45am-12:45pm
12:15-1:00pm	Deep Water Stretch 12:15-1:00pm		Deep Water Stretch 12:15-1:00pm		Deep Water 55+ 12:15pm-1:00pm
3:00-3:45pm		Deep Water 55+ 3:00-3:45pm		Deep Water 55+ 3:00-3:45pm	

Dryland

Aquatics

Mind/Body

You don't have to be a member to drop in to a class. Try a one-day admission (\$7.43) or 10X admission (\$66.87.)

Note: Aqua classes are available until Feb. 19, 2016 due to Pool Refurbishment. For more info, see Guest Services.