

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 2016

MARCH INTO SPRING



**Fun Casino c/w Dinner and Entertainment by
Marty Antonini & Friends**

Reserve Tickets early as this Event sells out quickly.

Friday March 4

Acadia Recreation Centre (ARC) – Rose Hall

Tickets: \$25.00

Cocktails: 5:15 pm Dinner: 6:15 pm

To order tickets and more details visit our website:

www.flcseniors.ca/activities/social/



Mark this date now – Saturday June 18th.

**Watch our website for more information closer to
this date.**

FLC Seniors Club

ANNUAL FLC GOLF REGISTRATION plus Golf Course Information

Saturday, April 9th

Trico Centre – Seniors Lounge

9:00 a.m. – 12:00 noon

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

FLC Seniors Club Memberships will be sold in front of the Seniors Lounge.



FLC CYCLING SPRING WORKSHOP

Saturday, April 16th

Trico Centre – Multipurpose Rooms 7&8

9:00 am

Please Note, a valid FLC Seniors Club Membership is required prior to the Cycle Workshop (available at Trico Centre).

If you do not hold a current Cycling Membership please do not wait, REGISTER NOW, as there will be limited registrations taken after the workshop.



Please visit the FLC Seniors Cycling and FLC Seniors Golf Web Pages for more information.

FLC Seniors Club



IMPORTANT DATES!

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

Friday, March 4th	March Into Spring – FLC Social Event
Saturday, March 19 th	“The Turn of the Screw” – Vertigo Theatre
Saturday, March 19 th	FLC Curling Windup – Horton Road Legion
Saturday, April 2 nd	“Romeo & Juliet” – FLC Alberta Ballet
Saturday, April 2 nd	“The Bad Jews” – FLC Theatre Calgary
Saturday, April 9 th	Annual Art Show and Sale – FLC Brushstrokes
Saturday, April 9 th	FLC Golf Registration – Trico Centre - Seniors Lounge
Saturday, April 16 th	FLC Cycle Spring Workshop–Trico Centre–MP 7/8
Saturday, April 23 rd	“Mad Men of Music” – A Cappella Male Chorus
Saturday, May 7 th	“Love Lies Bleeding” – FLC Alberta Ballet
Saturday, May 14 th	“The Light in the Piazza” – FLC Theatre Calgary
Saturday, May 21 st	“Sherlock Holmes” – FLC Vertigo Theatre
Monday, May 30 th	Wind Up Luncheon - TBA –FLC Coffee Group
Wednesday, June 8 th	“Outside Mullingar” – Rosebud – FLC Bus Tours
Saturday, June 18 th	Annual FLC Barbecue – FLC Social Event
Wednesday, July 20 th	Sylvan Lake – FLC Bus Tours

FLC Seniors Club

What's Happening?....

FLC Seniors – Be Fit & Age Well

Be Fit & Age Well is a group activity, consisting of a one hour continuous, low impact exercise class, facilitated by an Alberta Fitness Leadership Certified (AFLCA) Instructor in a safe environment. The hour consists of 10 minutes - warm up, 20 mins. – aerobics, 20 mins. – strength and endurance (using weights), 10 mins. – final stretch, cool down and breathing. The overall intention is to offer through cardiovascular, strength, balance and flexibility training an improved quality of life, increased mental capacity and a generally thrive centred attitude in our ageing years, suitable for COPD and arthritic sufferers among others. Be Fit & Age well is held each Friday in Studio 1 (Trico Centre) from 11:45 am – 12:45 pm. All welcome.

The **FLC Seniors Brushstrokes Club** will be winding up their Winter session in mid-March. Registration for the Fall Session will be held at the Annual FLC Registration. Brushstrokes has wait lists for all classes so it is best to contact the Brushstrokes Membership Coordinator to put your name on the wait list ASAP if you wish to join a class in the future. Please visit the FLC Seniors Brushstrokes Web Page for more information.

The **FLC Seniors Camera Club** were elated when member Larry Slinger, who leads some of our Photo Field Trips, recently achieved Elite status in the Bridges challenge on Gurushots. Congratulations Larry

The **FLC Seniors Coffee Club** held a Valentine's Luncheon on Monday, February 8th, at the Golf Bistro in Midnapore and will be holding their wind-up luncheon on Monday, May 30th at 11:30, with the destination to be announced.

The **FLC Seniors Line Dancing** would like to thank Val Robertson (one of their dancers) who has designed their new T-shirts. The Line Dancing Board has started to prepare for their new board, as their current term is ending.

We welcome our new **FLC Seniors Stage West Theatre** Co-ordinator – Kitty Whitehead - she is taking over from Carrol Howie. Welcome Kitty.

The FLC Seniors WORKSHOP THEATRE CHANGE

Unfortunately the Workshop Theatre activity has been suspended due to insufficient attendance and productions not of the genre agreeable to most members, which resulted in excessive bus fees. Thank you all for your past participation - Camella Dunbar

Thank you Camella for all your hard work and dedication in keeping this activity running successfully for so many years. – Your time and effort are greatly appreciated by the entire FLC Seniors Club.

The Western Hospitality Singers (Calgary's Premier A Cappella Male Chorus) PRESENT "Mad Men of Music", featuring 'Instant Classic'. There are two performances on Saturday, April 23, 2016 – 2:00 pm Matinee and 7:30 pm Evening – held at McDougall United Church 8516 Athabasca Street SE Calgary. To order and obtain further information please contact: Allan Stichbury @ 403-281-5700.

NOTE: TRICO POOL RENO SCHEDULE

Closing February 18th, 2016

Opening August 15, 2016

FLC Seniors Club



FLC Seniors ALBERTA BALLET

ROMEO & JULIET – Saturday April 2nd

This production is set to the musical genius of Sergei Prokofiev and will be played live by the Edmonton Symphony Orchestra and Calgary Philharmonic Orchestra.

LOVE LIES BLEEDING – Saturday May 7th

Excess, drama, eroticism and profusion of extravagant costumes. The mesmerizing multimedia ballet fuses the joy of pop/rock with the breathtaking physicality a ballet in dance spectacular on par with the boldest Broadway Productions.

Please visit our FLC Seniors Alberta Ballet Web Page for more details.



FLC Seniors BRIDGE LESSONS

Location: Trico Centre – FLC Seniors Lounge

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

Intermediate Session – February 18 to April 15 2016

Cost: \$ 45 for 8 lessons

Coordinator: Lynn Lester-Lee

E-mail: bridgelessons@flcseniors.ca to register.

Registration for the next Beginners Session, to be held September 2016, will be at the Annual FLC Registration day in August.

If you are interested in Bridge, please visit the FLC Seniors Bridge Web Page for more information.

FLC Seniors Club



FLC SENIORS BRUSHSTROKES



23RD ANNUAL ART SHOW AND SALE
SATURDAY, APRIL 9TH ~ 10:00 AM – 3:00 PM
WILLOW RIDGE COMMUNITY CENTRE
680 ACADIA DR. SE

We will have over 40 of our FLC Seniors Brushstrokes Artists displaying at least 300 original paintings for sale at reasonable prices. (Cash or Cheque only)
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 plus a Raffle of an original piece of art.
For more information, visit our FLC Brushstrokes Web Page.

FLC Seniors BUS TOURS

We have an exciting list of Bus Tours for the summer of 2016, which includes a trip to Rosebud.
Your FLC Seniors Bus Tour Committee is also currently planning trips for the months of August and September.



Rosebud – “Outside Mullingar” - Wednesday June 8th



Anthony and Rosemary are two introverted misfits straddling 40. Anthony has spent his entire life on a cattle farm in rural Ireland, a state of affairs that—due to his painful shyness—suits him well. Rosemary lives right next door, determined to have him, watching the years slip away. With Anthony’s father threatening to disinherit him and a land feud simmering between their families, Rosemary has every reason to fear romantic catastrophe. Will these two life-battered souls find their way towards solid ground and some kind of happiness? Their journey is heartbreaking, funny, and deeply moving

Sylvan Lake – Wednesday July 20th

Details to follow on our FLC Seniors Bus Tours Web Page.

If you would like your name added and/or deleted from the Bus Tour DATA Base, please email bustours@flcseniors.ca or visit our FLC Seniors Bus Tours Web Page and fill out the e-mail form.

FLC Seniors Club



FLC Seniors CALLIGRAPHY

Spring Classes 2016

Rotunda Script

This is a 16C Italian/Spanish alphabet.

Instructor – Margaret Van Diest - **Class Price** - \$35.00 (6 weeks) - **Dates:** March 2-April 16

Time: 10:15 am – 12:15 pm

The Box Special - Art for Non-Artists

Do you have a favourite box (perhaps from chocolates, cookies or stationery) that could be a special box for storing our art projects?

Instructor – Renate Worthington – **Class Price** - \$35.00 (6 weeks) – **Dates** April 20 – May 25

Time: 10:15 am – 12:15 pm

For further information about a class, please visit our FLC Seniors Calligraphy Web Page or contact Connie Houlden at 403-271-4103



FLC Seniors CAMERA CLUB

The Camera Club is really taking off this season. With 85 enthusiastic members, we have split our indoor classes into Novice and Intermediate/Advanced, to cater to the different levels of experience within our group. Our monthly guest presentations are open to all members.

During the Fall session we put the knowledge learned at the classes into practice with Photo Field Trips to local natural areas, and spent a very chilly evening photographing the Christmas lights at Spruce Meadows. The session wound up with a lively potluck social.

We were thrilled when member Larry Slinger, who leads some of our Photo Field Trips, recently achieved Elite status in the Bridges challenge on Gurushots, with several stunning photos including the one above.

We look forward to an interesting program which will run until the end of June, and will include two bus trips.

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

FLC Seniors Club



FLC Seniors COFFEE GROUP

Our Coffee Group meets Mondays from 1:15 pm – 4:00pm. All seniors, ladies and gentlemen, are welcome to join us. Our group is a drop in, gathering in the FLC Senior's Lounge and our group runs from September through to May each year.

A Valid FLC Club membership is the only requirement to join. Coffee, tea and enjoyable goodies are provided at a nominal fee 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.

We will be having our wind-up luncheon on May 30th, at 11:30 with destination to be announced at one of the Monday get together.

We will start up again, Monday September 12th.

Come join us, and make new friends. Also please visit our FLC Seniors Coffee Group Web Page.



FLC Seniors CRIBBAGE

This is a very popular afternoon drop in game. Cribbage is played year round except on Statutory Holidays. We have a vibrant group of seniors, who make the game fun and interesting. We average 52 players per week and hold an annual 10 week Crib Tournament at the beginning of February and a Christmas Party in mid-December.

If you know how to play crib, and are a member of the FLC Seniors Club, please drop-in to play. The cost is one dollar to play seven games which includes coffee, cookies and prizes.

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

Play Starts: 1:00 pm – 4:00 pm

Location: Trico Centre- FLC Seniors Lounge

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

Please visit us on our FLC Seniors Cribbage Web Page for more information.

FLC Seniors Club



FLC Seniors CYCLING

Members are now anxiously waiting and anticipating our Spring Workshop which will be held at Trico Center (Multipurpose Rooms 7 & 8) on April 16, 2016 at 9:00 a.m. to kick off the 2016 cycling season. We are pleased to announce that Calgary Parks Foundation will do a presentation on the Rotary/Mattamy Greenway pathway system. that upon completion, will circle the City of Calgary. Bow Cycle will also do a presentation with details to follow as this event approaches.

FLC Senior's Cycling Club will now have their registration in August of each year to coincide with the FLC Seniors' membership date. The Club membership will then cover riders from September 1 of the year purchased in August to August 31st of the following year. This should remove the confusion we have experienced in past years. If you did register at the 2015 August registration, then you are ALREADY a member until August 31st 2016, and we sincerely thank you. If you cannot make the August registration in any given year, you can register earlier, or later for the coming year.

If you have not previously cycled with us, or are a returning member, please do not wait for the April 16th meeting, PLEASE REGISTER NOW.

If you want to cycle with us, first you need an FLC Membership (available at Trico Center). Secondly contact our Cycling Membership Coordinator Larry White (cycling@flcseniors.ca) to obtain a Cycling Club Membership.

There will be cycling registration available on a limited basis this year, in April (if you have your FLC number) and **ONLY** after the April 16th workshop/meeting is concluded. New registrations will be accepted immediately following the conclusion of the meeting. **There will be NO registrations taken during the meeting.** 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.

Old Spokes membership as of January 29, 2016 is currently 191 members.

Check out our FLC Seniors Cycling Web Page for more information.



FLC Seniors CURLING

Our 2nd half of curling (Jan-Mar) got off to a good start. Our games always start at 12:20 and finish at 2:30 PM. A coffee and sometimes cookies are available following curling each day.

We have started a 50-50 raffle that has become a success. A table is set up outside the entrance to the curling ice and tickets can be bought before curling for the price of \$1.00. The draw is made at 2:50 PM each curling day.

Our FLC windup banquet will be held at the Horton Road Legion on **March 19**. Cocktails at 11:00 AM and banquet lunch at 12:00 noon followed by announcements and prizes for curling team winners and for all curlers.

We receive a number of requests from potential curlers asking how to get involved to spare or curl on a team. Please visit our FLC Seniors Curling Web Page to read our notices, find and open the heading "FLC Seniors CURLING CLUB REGISTRATION FORM". Right click to PRINT and/or download the form to complete. We will then process your registration. If scanning is a problem, bring completed form to the 50-50 table on one of our curling days (Wednesday or Friday) and leave it with one of our curlers. Please visit our FLC Seniors Curling Web Page for more information.

FLC Seniors Club



FLC Seniors GOLF

Last year the Golf Club continued to break membership records, registering 495 golfers and we look forward to seeing new faces again this year. What a great way to get out for some exercise, make new friends and have fun golfing. There is a golf course for everyone regardless of your golfing abilities. We have fun mini tournaments on each course per month. The clubs five golf courses open in May running Monday through Thursday each week until fall. The clubs website offers you an easy way to sign up for a golf game by using the **Green Button** located beside each Golf Course. Once you choose your course, enter your FLC membership number and fill in all the boxes. Press the Sign Up button to send and register to golf at that golf course. Then go to the web page on the schedule posting date and press the "Schedule" button to view your tee time and see whom you will be golfing with. Remember to keep your eye on our Golf web page "**NEWS BOX**" each week for updated information. Just a reminder: Your FLC Golf Club needs your help to fill some vacancies on your golf committee. We know your time is valuable, but we only need just a little of it, to help make things fun for everyone. Please see one of the golf committee members for more details or talk to us during the golf registration to be held at the Trico Centre, Seniors Lounge, on **April 9th**. Visit our FLC Seniors Golf Web Page for more up-to-date information. **SEE YOU ON THE COURSE.**



FLC Seniors LINE DANCING

The **Fall 2015 session** saw our 300 dancers wearing their new magnetic name tags. Our dancers are also making quite an impression in their new royal blue T-shirts displaying a sparkly design of dancing musical notes with "FLC Line Dancers" scrolled below it.

The **Winter session** has 274 dancers, an increase to our usual lower Winter numbers.

The **Spring session** starts Monday, April 4, and ends Thursday, June 9. Demand for our popular Level 2+ classes keep growing, leading us to add a new class at the Willowridge Community Centre, Thursday at 10:15am. We offer seventeen classes at seven different ability levels. Registration will commence on Monday, March 14 and end on April 8. With the growing number of dancers it has become necessary to cap the classes. To ensure a spot, please register early.

Our **Summer activity** is participation at some of the Stampede Breakfast events. Check our FLC Seniors Line Dancing Web Page by late June for details.

A message specifically for the **Men of the FLC Seniors Club**: Gentlemen, are you reluctant to try Line Dancing? The answer may be found in an introductory level mini-session. If you are interested, please contact us at linedancing@flcseniors.ca by April 30. If we receive enough responses we will set this up during the Fall session. Class schedules and other information can be found on our FLC Seniors Dancing Web Page, or you may call BELLE (403-278-5176) or KAREN (403-271-0826).

FLC Seniors Club



FLC Seniors MAHJONG

The FLC Seniors Mahjong activity runs year round. The play commences every Wednesday afternoons (excluding statutory holidays) from 1:00pm to 4:00pm in the FLC Seniors Lounge at the Trico Centre.

We play the Japanese style but, if you are familiar with any style of Mahjong, you are welcome to join us as the basic rules for most styles are the same. This is a drop-in activity and limited to 15 tables. Please Note: This activity is free. Please bring your own beverage.

Contact & Coordinator: Jean Berg at 403-248-8220 Email (mahjong@flcseniors.ca). Visit us our FLC Seniors Mahjong Web Page for updated information.



FLC Seniors TAI CHI

The Tai Chi activity will be open to 20 new student registrations for our Fall Session of Introductory classes starting in early September and ending in early December, 2016. Classes will be held weekly on Thursday mornings at the Trico Centre. Our instructor, Master G. Cai, has developed a new instructional system named Cai Tai Chi, of which our students are pleased and enthusiastic. Please call Ron at (403) 281 9427 if you would like to be on our email list.

Visit the FLC Seniors Tai Chi Web Page for more information.

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 – there is a \$5.00 fee to register. You will then be able to participate in our activities.

WALKING GROUPS -All walkers will meet at Fish Creek Park at 10:00 am on Wednesdays, during the winter months (weather permitting), Mallard Point on the 1st Wednesday and The Ranch the remaining Wednesdays. The washrooms are open and the paths are ploughed.

Those who do not wish to walk outdoors may meet at South Centre Mall entrance by Starbucks at 9:00 am.

Easy Walkers – lead is Ev Chesser

Intermediate and Fast walking group – lead is Donna Gibb.

SNOW SHOENING – 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.

BIRDING – lead by Anne Belton

Birding will run during May and June on Thursdays at 8:00 am. Watch for notices to come out as to start dates, etc.

In-Town Bus Trips - - watch for – The Lunch Box Theatre, Stampede Weiner Roast, Annual Wine and Cheese/AGM and other activities being considered.

For more information, visit our FLC Seniors Outdoor Club Web Page.



FLC Seniors QIGONG

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

DAYS	DATES	CLASS TIMES
Tuesday	April 5 – June 28	9:30 & 10:45
Tuesday	April 5 – June 28	10:45 – 11:45
Thursday	April 7 – June 30	10:45 – 11:45
Thursday	April 7 – June 30	12:00 – 1:00

Cost per session is \$91.00 and registration will start March 8, 2016.

Please register at the class or contact Barbara via E-Mail at qigong@flcseniors.ca

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

FLC Seniors Club



FLC Seniors STAGE WEST

FLC Seniors Club Members have options to select Wednesday matinee dates, seating and payment of tickets by contacting directly: **THE STAGE WEST Box Office at 403-243-6642.**

Matinee Productions are: **Suite Surrender – February to March**
Young Frankenstein - April to June

Contact and Coordinator: Kitty Whitehead 403-271-4016

E-mail: stagewest@flcseniors.ca

Please check our FLC Stage West Web Page for more detailed information.



FLC Seniors THEATRE CALGARY (Senior Saturday Matinee)

We have a good start of the theatre season for the beginning of 2016 with two very different plays.

The **“Bad Jews”** is scheduled for Saturday, April 2nd. This presentation is described as a funny brawl between young cousins over religious tradition and family legacy.

To end out season, we have on Saturday, May 14th a musical named **“The Light in the Piazza”**, a romantic story in sundrenched Florence. Members who have participated in the Theatre program will receive the usual reminder of that performance.

Please visit our FLC Seniors Theatre Calgary Web Page to Sign Up and for more information.



FLC Seniors VERTIGO THEATRE

The following presentations are available for the 2016 Season:

The Turn of the Screw **March 19**

Sherlock Holmes and the Case of the Jersey Lily **May 21**

Come and join us and please visit our FLC Seniors Vertigo Theatre Web Page.

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

E-mail: vertigo@flcseniors.ca

FLC Seniors Club



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 for coffee and prizes only. **Location:** Trico Centre – FLC Lounge – Every Friday afternoon from 1:00 to 4:00 pm – doors open at 12:30. Contact and Coordinator: Donnalee Lamson. Email – whist@flcseniors.ca



FLC Seniors Yoga

The FLC Seniors Yoga activity is in the midst of its Winter Session. Spring sessions will be offered for all classes beginning in April and ending at the end of May. Unfortunately, “Men Only Yoga”, scheduled to begin February 14, 2016, for 10 classes, did not receive enough applicants so it had to be cancelled. We plan to offer Yoga for Men next year and will register all whom are interested at the August Membership Registration, this will give us a good head start on whether we conduct this class. For more information, please visit our FLC Seniors Yoga Web Page.

2016 BOARD OF DIRECTORS

Contact – flcboard@flcseniors.ca (or info@flcseniors.ca)

PRESIDENT	DAN BELL	403-278-2664
PAST PRESIDENT	RON ANTONCHUCK	403-203-1772
VICE PRESIDENT	TO BE ANNOUNCED	
SECRETARY	MARGE BATHGATE	403-281-0963
TREASURER	PETER WEIR	403-225-1631
ROOM BOOKINGS	MARGARET JONES	403-726-1040
SOCIAL	MARILYN JONES	403-271-0289
TRICO BOARD REP.	JAN DEBRUYN	403-278-5198
CASINO DIRECTOR	MIKE HUGHES	403-278-3669
DIRECTOR	RON SCHAUS	403-271-7177
DIRECTOR	DON GEBAUER	403-686-3760
DIRECTOR	DOUG ANDERSON	403-281-1323

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	403-276-4388
- Easy Walkers	Ev Chasser	403-873-2008
Qigong	Barbara Bruhl-Lipiec	403-816-5168
Social	Marilyn Jones	403-271-0289
Stage West Theatre	Kitty Whitehead	403-271-4016
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
Yoga	Luisa Bell	403-278-2664

FLC Seniors Club

TRICO CENTRE for Family Wellness

The FLC Seniors Club is located in the Trico Centre facility. The next time you are at a FLC Seniors activity, why not check out what Trico Centre has to offer.

First off, **you don't have to be a member** to come to Trico Centre. A Trico Centre day pass for ages 60 Plus costs just \$7.43 or a 10-Visit Pass is \$66.87. With this pass, you can work out in the Fitness Centre or take part in Drop-In Fitness classes.

In our Fitness Centre, you can walk around the track - or use one of the many workout machines - such as the treadmill, elliptical, or rower. You can work out at your own pace and join the many other seniors who already do so. There is always a staff member to ask if you want some "how tos" on machines or equipment and the best way you can use them for anything in the Fitness Centre.

Trico Centre also offers a huge variety of Drop-In Fitness classes. A Drop-In Fitness class is one you can just "drop-in" to whenever works for you - no registration is required. Many Drop-In classes are specifically designed for older adults (for example, Fit n' Fab, Yin/Restore Yoga, and Gentle Fit 55+.) You can find a schedule at our Guest Services desk or on our website at www.tricocentre.ca. 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.

TOP 6 FOR 60 PLUS

1. If you have never been in, drop by the Fitness Centre for a tour and to find out about options for older adults.
2. Walk around the track - or work out at your own pace. Admission is just \$7.43 or \$66.87 for a 10-Visit Pass.
3. Pick up a Drop-In Fitness Schedule at Guest Services and check out the many designed-for-seniors options.
4. Book a personal training session with one of our many trainers who specialize in older adult health and wellness. They can help you get oriented and figure out a good program that fits your health needs and schedule.
5. Consider a registered program. These are weekly programs designed around a specific theme or skill. See below for a list of registered programs - for full details see our Spring Summer Program Guide.
6. You may also want to consider a membership. Trico Centre offers affordable memberships for those aged 60 Plus. With a membership, you get access to the whole facility. Plus, you receive 20% off personal training and registered programs - and all Drop-In Fitness classes are included. We also have a start and stop option if you travel and a medical pause option. See Guest Services for more information.

REGISTERED PROGRAMS FOR SPRING/SUMMER 2016

Balance Builders: Fall Prevention for Older Adults
Bone Builders: Weight Training for Older Adults
Brain Builders
Sore Joints Training
Fit 101: For Absolute Beginners (An Intro to Fitness)
Chair Yoga
Golf Conditioning Program
Urban Poling Workshop



Pool Refurbishment Project: Trico Centre's Aquatics area, including pool and hot tub, is getting a makeover starting February 19 for several months and will not be accessible. Please note steam rooms are still open. Check our website at www.tricocentre.ca for updates on the project. And, several new classes have been added to the Drop-In Fitness schedule in place of those usually offered in the pool.