

# 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](http://www.flcseniors.ca)

## FLC SENIORS NEWSLETTER 2017



### FLC Seniors Club Fun Casino

Friday March 3, 2017

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

**For ticket availability, check the FLC Seniors Web Page, under the Social Heading or call Marilyn Jones at 403-271-0289.**

Ticket Pickup – Friday, February 24, 2017

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**FLC Seniors Club members are invited to our Annual  
Summer BBQ**

**Saturday June 17, 2017**

**Horton Road Legion – 9202 Horton Road SW (Indoors)**

**Cocktails: 5:00 pm – 6:00 pm**

**Dinner: 6:15 PM (Steak Dinner and all the trimmings)**

**Cost: \$25.00 per person - Cash Bar – Dance to follow**

Watch the FLC Seniors Club Website for more information and sign up in May.

# FLC Seniors Club

## Annual FLC Seniors Golf Registration

Including all Golf Course information

**Saturday, April 8<sup>th</sup>**

**Trico Center – FLC Seniors Lounge**

**9:00 am to 12 noon**

**Please Note:** A current “FLC Seniors Club Membership” is required prior to your Golf registration.

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



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## **2017 BOARD OF DIRECTORS**

Contact – [flcboard@flcseniors.ca](mailto:flcboard@flcseniors.ca)

<b>PRESIDENT</b>	<b>DAN BELL</b>	<b>403-278-2664</b>
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<b>DIRECTOR</b>	<b>DOUG ANDERSON</b>	<b>403-281-1323</b>
<b>DIRECTOR</b>	<b>PETER WHITEHEAD</b>	<b>403-271-4016</b>

# FLC Seniors Club



## IMPORTANT DATES!

See [www.flcseniors.ca](http://www.flcseniors.ca) or contact activity coordinator for more information

**Tuesday, January to April**

**Swing into Spring - Golf Dome**

**February 10th – April 15<sup>th</sup>**

**“Drinking Habits” – FLC Stage West**

**Friday, March 3<sup>rd</sup>**

**March Into Spring – FLC Social Event**

**Wednesday, March 15<sup>th</sup>**

**“Office Hours” – FLC Workshop Theatre**

**Saturday, March 18<sup>th</sup>**

**“Our Man in Havana” – FLC Vertigo Theatre**

**Saturday, March 18<sup>th</sup>**

**FLC Curling Windup – Glenmore Inn**

**Saturday, March 25<sup>th</sup>**

**Annual Art Show and Sale – FLC Brushstrokes**

**Saturday, March 25<sup>th</sup>**

**“A Thousand Splendid Suns” – FLC Theatre Calgary**

**Saturday, April 8<sup>th</sup>**

**FLC Golf Registration – Trico Centre - Seniors Lounge**

**Saturday, April 15<sup>th</sup>**

**FLC Cycle Spring Workshop–Trico Centre–MP 7/8**

**Wednesday, April 19<sup>th</sup>**

**“Midsummer Jersey” – FLC Workshop Theatre**

**April 21<sup>st</sup> – June 25<sup>th</sup>**

**“Rock of Ages” – FLC Stage West**

**Saturday, May 6<sup>th</sup>**

**“Crazy for You” – FLC Theatre Calgary**

**Saturday, May 27<sup>th</sup>**

**“The Drowning Girls” – FLC Vertigo Theatre**

**Saturday, June 17<sup>th</sup>**

**Annual FLC Barbecue – FLC Social Event**

**June 30<sup>th</sup> – September 3<sup>rd</sup>**

**“Murder for Two” – FLC Stage West**

**Friday, July 7<sup>th</sup>**

**FLC Stampede Golf Tournament – FLC Golf**

# 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.

### **FLC Seniors - +55 Gentle Fitness and Coffee Time**

Our class is now averaging 15 to 20 participants per class. We have had as many as 30. All participants seem to enjoy the 45 minutes of workout with approximately 10 to 15 staying for coffee in the Trico Seniors Lounge after class.

Our **FLC Seniors Club** would like to welcome the following New Activity Coordinators. In doing so we would also like to thank ALL of the previous Activity Coordinators for their spectacular job in running their Activity. Without you volunteers we would not have such a terrific and well run FLC Seniors Club in Calgary.

**FLC Seniors Bridge – Thursday Evening (Drop In) – Carol Gunn**

**FLC Seniors Brushstrokes – Krista Gowland**

**FLC Seniors Coffee Group – Colette Kalmbach**

**FLC Seniors Line Dancing – Joan Gurel**

**FLC Seniors Mahjong – Kathy Haskell**

**FLC Seniors Outdoor Club – General Information – Jiri Bartek**

**FLC Seniors Tai Chi – Juliette Lemieux-Gordon**

**FLC Seniors Tile Rummy – Darlene Kendel**

**FLC Seniors Workshop Theatre – Joanne Anson**

The **FLC Seniors Cycling Club** will be holding their Spring Workshop on Saturday, April 15<sup>th</sup>. We look forward to seeing a great turnout.

The **FLC Seniors Curling Club** will be holding their March Windup Luncheon in a new venue at the Glenmore Inn. We look forward to seeing all our Curlers at this event.

The **FLC Seniors Tile Rummy** is a new activity within our FLC Seniors Club. This is a game to boost your Brain Power. So come out and try this new activity – Darlene Kendel would love to meet you. This is a Free Drop In Activity held every Monday in the Seniors Lounge at the Trico Centre. Please visit the FLC Seniors Tile Rummy Web Page for more detailed information.

The **FLC Seniors WORKSHOP THEATRE** is now back up and operational.

We look forward to your support and seeing you at our performances. Joanne Anson looks forward to meeting you all. Please visit the FLC Seniors Workshop Theatre Web Page for more detailed information.

# FLC Seniors Club



## FLC Seniors BRIDGE LESSONS

There are still a few spots available in the Intermediate session, Mar. 8 - Apr. 26. Please email [bridgelessons@flcseniors.ca](mailto:bridgelessons@flcseniors.ca) to register.

The registration for next year's bridge lessons, (Beginners in Fall 2017, and Intermediate in Winter 2018), will be held at the annual FLC Seniors Club Registration day in August.

Either session cost is \$45, and is held Wednesday evenings in the Seniors Lounge at the Trico Centre.

For more information, visit our FLC Seniors Bridge Web Page.



## FLC SENIORS BRUSHSTROKES



### ANNUAL ART SHOW AND SALE

**SATURDAY, MARCH 25<sup>TH</sup> ~ 10:00 AM – 4:00 PM**

**WILLOW RIDGE COMMUNITY CENTRE**

**680 ACADIA DR. SE**

We will have over 40 of our FLC Seniors Brushstrokes Artists displaying their 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 Seniors Brushstrokes Web Page.

## FLC Seniors BUS TOURS

In 2016, the Bus Tours Group hosted almost 400 travellers to six locations including Rimbey-Sylvan Lake, the Frank Slide and Bellevue Mine, a sightseeing tour of Banff, an historical tour of Calgary and two trips out to Rosebud Theatre. Bus tours usually run May to September and the Bus Tours Committee is currently working on trips for 2017. We have tentative plans to go Drumheller in July and we will likely make another trip to Rosebud in the summer. As plans are solidified, information will be posted on the FLC website. We welcome your suggestions for future trips. Please contact us via email at [bustours@flcseniors.ca](mailto:bustours@flcseniors.ca) or phone the Coordinator, Lynn Turner, at 403 259-4817. Please visit our FLC Seniors Bus Tours Web Page for more information.





# FLC Seniors Club



## FLC Seniors CALLIGRAPHY Spring Classes 2017

### **Uncial**

The Uncial alphabet is a very historical hand used by the monks in the early 18th Century, mainly to scribe historical texts.

Instructor: Margaret Van Diest

Date: Wednesday, March 1 - April 5, 2017

Time: 10:15 am - 12:15 pm

Place: Senior's Room, Trico Centre

### **Art for Non-Artists**

This is a class for calligraphers who wish to enhance their projects with artistic expression.

Instructor: Renate Worthington

Date: Wednesday, April 19 - May 24, 2017

Time: 10:15 am - 12:15 pm

Place: Senior's Room, Trico Centre

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

We had a great response on Registration Day, when a record 103 members were signed up, and we are seeing excellent turnouts at our indoor sessions and photography walks. We now have two leaders for each walk, to cope with the increased numbers.

Several new features have been introduced this season, including Show and Tell, where club members present a short slideshow of their photos, and The Facebook Challenge in which



members are encouraged to post their photos on the topic of the week. A bus trip to the Kananaskis Loop in early October enabled members to photograph spectacular scenery and fall colours, and we celebrated the holiday season with a festive social afternoon.

Please visit the FLC Seniors Camera Club Web Page for more information or contact Dianne Williams at 403-271-8520 with any questions, or email [cameraclub@flcseniors.ca](mailto:cameraclub@flcseniors.ca).

# 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 in May, the date is yet to be determined.

Contact and Coordinator : Colette Kalmbach

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



## FLC Seniors CRIBBAGE

### Tuesday Afternoon

Crib is a very popular drop in game open to all seniors with a current FLC Seniors Club Membership. The game is played year round with the exception of Statutory Holidays. If you know how to play crib you are welcome to drop-in to play. It costs \$1 to play seven games and there is a coffee/cookie break and prizes. We play 1-4pm Tuesdays in the Seniors Room at the Trico Centre. Come and join us – it is advisable to be at least 20 minutes early as space is limited.

Contact and Coordinators: Roy and Jean Berg (403) 248-8220

### Saturday Afternoon

Crib Tournaments will be run once a month on Saturdays starting at 1:00 pm

Tournament Dates: February 4, March 4, April 1, May 6, June 3, July 8, August 5.

These tournaments run year round

They are held at the Trico Centre in the FLC Seniors Lounge.

Cost is \$10.00 per person and you must have a valid FLC Seniors Club Membership.

Contact and Coordinator: Donnalee Lamson (403) 281-6134

For more information please visit the FLC Seniors Crib Web Page.

# FLC Seniors Club



## FLC Seniors CYCLING Spring Workshop

Saturday, April 15<sup>th</sup>

Trico Centre – Multipurpose Rooms 7 & 8

9:00 am – 12 noon

FLC Senior's Cycling Club will now have their registration in August of each year to coincide with the FLC Seniors' membership date. Club memberships purchased in August 2016 will cover riders from September 1, 2016 to August 31, 2017. If you did register at the 2016 August registration, then you are **ALREADY** a member until August 31, 2017.

We offer 3 different Levels of Rides (Levels 1, 2 and 3) to accommodate all levels of riders. Level 1, 2 & 3 rides are offered each Tuesday and Level 2 rides are offered again on Wednesday and Thursday of each week. We explore the many different cycling paths in ALL areas of our great city.

To become a member of our Cycling Club you have to first purchase a \$10 FLC Seniors membership from the TRICO Centre (lower level). Then you will have to contact our Cycling Membership coordinator Julie-Ann Biggs via email at [cycling@flcseniors.ca](mailto:cycling@flcseniors.ca) to obtain a \$5 Cycling Club Membership.

**Old Spokes Cycling Club membership as of Jan. 23, 2017 is currently 240 members.**

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



## FLC Seniors CURLING

Our first half curling draw was successfully completed and our second half is well underway. Increased popularity resulted in the increase to 22 teams for Wednesday and Fridays remained the same at 20 teams.

In December we held our Christmas social at the Horton Legion. Our wind-up banquet is scheduled for March 18<sup>th</sup>; this year we have changed the venue to the Glenmore Inn. As usual, the sign-up for the banquet is on the scheduling board at the ARC. We hope to see all our both full time and spares curlers there.



# FLC Seniors Club

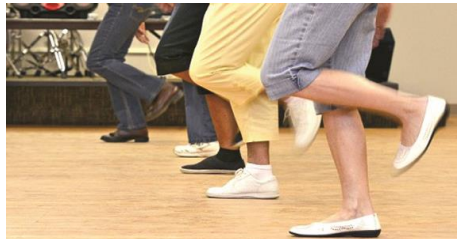


## FLC Seniors GOLF

The FLC Seniors Golf Activity remains a large active group of golfers. Last year the club continued to break membership records by registering 504 golfers. We look forward to seeing more new faces again this year. There is a golf course for everyone regardless of your golfing abilities. The clubs five golf courses open on or before May 1<sup>st</sup>, running Monday through Thursday each week until fall. Sign Up instructions are on the FLC Seniors Golf Web Page, currently located under the heading **2016 FLC Seniors Golf Course Dates-Fees-Sign Up Instructions** – the 2017 information will be posted in the coming weeks.

Keep your eye on our GOLF **NEWS BOX** (FLC Seniors Golf Web Page) each week to keep up with all the fun activities we have planned for you this season.

**Important Notice:** Your FLC Golf Club needs your help to fill some vacancies on your FLC Golf Committee .We know your time is valuable, but we only need just a little of it, to help make things run smoothly for everyone. Please approach any of the FLC Seniors Golf Committee Members, or ask for more information during the Golf registration on April 8<sup>th</sup>.



## FLC Seniors LINE DANCING

The Fall 2016 session got off to a tremendous start. With winter setting in we temporarily lose some of our dancers to warmer temperatures to the south, but nothing stopped our true north dancers of over 200 for the Winter 2017 session.

Line dancing is not just country-western music, we dance to pop, rock, Latin, etc., something for everyone. No partners required though you can bring a partner too. We offer 17 classes ranging from "Beginners" to "Level 3+" for women and men, and three musically inclined instructors to teach you! Classes are held at Trico Centre, Lake Bonavista Community Association, and Willow Ridge Community Centre.

Registration will begin soon for the Spring 2017 session so check out the class schedules on our FLC Seniors Line Dancing Web Page or call Ann at 403-254-9181, or Joan at 403-719-7763. You too can be part of our upcoming Fall Celebration of **TEN YEARS** of FLC Seniors Club LINE DANCING!

# 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: Kathy Haskell (403)280-4845 Email (mahjong@flcseniors.ca).  
Visit us our FLC Seniors Mahjong Web Page for updated information.



## FLC Seniors OUTDOOR CLUB

Once you have your FLC Membership, just call our Membership Co-ordinator 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. Carrying Emergency Medical Cards is mandatory at all Outdoor Club events. No guests are allowed.

**WALKING GROUPS** – We have scheduled walks year round on Wednesday mornings. An e-mail notice goes out each week with location and directions. In summer (April to October) we walk at various locations in Calgary, mainly at Fish Creek Park.

**Easy Walkers** – Our leaders are Ev Chesser & Lorraine Pfister.

**Intermediate & Fast Walkers** – Our leader is Donna Gibb.

**Birding runs May and June on Thursday** – Our leader is Anne Belton. Birding will resume in May.

**SNOWSHOEING** – Our leader is Pauline Schaus. As long as there is snow, we meet at 10:00 on Friday mornings. An e-mail notice goes out earlier in the week.

### **SPECIAL EVENTS**

Occasional bus trips, e.g. to Lake Louise Ice Sculptures, Lunchbox Theatre.  
July 5<sup>th</sup> is our Pre-Stampede Wiener Roast

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

# FLC Seniors Club



## FLC Seniors QIGONG

This season we will have a Winter and a Spring Session.  
The Winter Session will have 12 classes with a total cost of \$72.00.  
The Spring Session will have 13 classes with a total cost of \$78.00

<b>DAYS</b>	<b>DATES</b>	<b>CLASS TIMES</b>
<b>Tuesday Winter Session</b>	<b>January 10 – March 28</b>	<b>9:30-10:30 &amp; 10:45 -11:45am</b>
<b>Thursday Winter Session</b>	<b>January 12 – March 30</b>	<b>11:00 -12:00 &amp; 12:15-1:15pm</b>
<b>Tuesday Spring Session</b>	<b>April 4 – June 27</b>	<b>9:30-10:30 &amp; 10:45-11:45am</b>
<b>Thursday Spring Session</b>	<b>April 6 – June 29</b>	<b>11:00-12:00 &amp; 12:15-1:15pm</b>

For any inquiries please call Barbara (403)816-5168

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



## FLC Seniors STAGE WEST

Stage West now offers some selected Tuesday evening performances as well as our Wednesday matinee performances at our discounted rate of \$52.00 plus GST per person.  
To book tickets, please call the Stage West Box Office directly at 403-243-6642.

Please refer to our FLC Stage West Web Page for more detailed information about these plays.

<b>Drinking Habits</b>	<b>February 10 – April 16, 2017</b>
<b>Rock of Ages</b>	<b>April 21 – June 25, 2017</b>
<b>Murder for Two</b>	<b>June 30 – September 3, 2017</b>

Contact and Coordinator: Kitty Whitehead 403-271-4016

# FLC Seniors Club



## FLC Seniors TAI CHI

Tai Chi is derived from the Martial Arts and has evolved over several centuries in China. We are extremely fortunate to have internationally recognized Master Geng Z. Cai and Master Vicky Wu as our instructors. Our classes are not competitive, with instruction focused on the quality, rather than quantity, of movements learned.

Last year we added a Spring session; this Winter we added a new class level; and this year's Spring session will be even longer than last year's!

This Spring session runs Thursdays, from April 6 to June 29.

For class schedules and other information please visit our FLC Seniors Tai Chi Web Page, or call Juliette at 403-225-1593.



## FLC Seniors THEATRE CALGARY (Senior Saturday Matinee)

We have a good start of the theatre season for 2017.

Please visit the FLC Seniors Theatre Calgary Web Page for more detailed information on these upcoming presentations.

### **A Thousand Splendid Suns - March 25**

In war torn Afghanistan, two women are brought together by fate and cruelty.

### **Crazy for You - May 6**

When a young banker is sent to the sleepy town of Deadrock to foreclose a rundown theatre, his heart and his life are turned completely upside down.

# FLC Seniors Club



## FLC Seniors Tile Rummy

**Be sure to come out and Support this New Activity**

FLC Seniors Club Tile Rummy is a tile-based game for two – four players, combining elements of the card game Rummy and Mahjong.

This is a FREE Drop-In Activity

**LOCATION:** FLC Seniors Lounge at the Trico Centre

**WHEN:** Every Monday 10:15 – 12:45 noon

For more information, please visit our FLC Seniors Tile Rummy Web Page.

**Contact & Coordinator:** Darlene Kendel (403)-281-1371



## FLC Seniors VERTIGO THEATRE

The following presentations are available for the 2017 Season:

**Our Man in Havana**      **March 18**

**The Drowning Girls**      **May 27**

Order tickets for these plays, \$25 each, by using the Green Sign Up Button on the FLC Seniors Vertigo Web Page, or email [vertigo@flcseniors.ca](mailto:vertigo@flcseniors.ca)



## 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](mailto:whist@flcseniors.ca)



# FLC Seniors Club



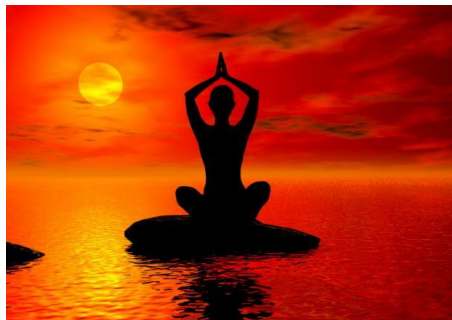
## FLC Seniors WORKSHOP THEATRE

Our Workshop Theatre Productions are held Wednesday evenings for a ticket price of \$20.00 for each production, which includes your theatre ticket and the bus trip to Pumphouse Theatre.

Please visit our FLC Seniors Workshop Theatre Web Page for more detailed information on these upcoming presentations:

**Office Hours** - **March 15**  
**Midsummer Jersey** - **April 19**

Contact and Coordinator: Joanne Anson



## FLC Seniors Yoga

The FLC Seniors Yoga activity offers eleven yoga classes;

- Five classes of "Yoga Foundations" for beginner and continuing beginner.
- Four classes of "Yoga Foundations Plus" for more advanced or long time practicing yogis.
- One class of "Yoga Building Blocks" for gentle and restorative.
- One class of "Foundations for Men Only" for basic Yoga philosophy, etc. in an all-male class.

Three sessions per year;

- Fall for 13 classes (September – December)
- Winter for 13 classes (January – April)
- Spring for 6 or 7 classes (April – May)

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

# FLC Seniors Club

ACTIVITY	COORDINATORS	PHONE NUMBER
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)	Carol Gunn	403-271-4518
Brushstrokes	Krista Gowland	403-271-0337
Bus Tours	Lynn Turner	403-259-4817
Calligraphy	Connie Houlden	403-271-4103
Camera Club	Dianne Williams	403-271-8520
Casino	Mike Hughes	403-278-3669
Coffee Group	Colette Kalmbach	403-720-5969
Cribbage – Tuesday Afternoon	Roy & Jean Berg	403-248-8220
Cribbage – Saturday Afternoon	Donnalee Lamson	403-278-2664
Curling	Reg Kattler	403-454-9530
Cycling	Ron Schaus	403-726-7177
55+ Aqua Fitness & Coffee Time	Gwenda Raymond-Jones	403-460-3586
55+ Gentle Fitness & Coffee Time	Bob Watterburg	403-271-2686
55+ Rebate Program	Ron Antonchuk	403-203-1772
Golf	Terry Sly	403-256-7140
Golf Memberships	Linda Shepel	403-720-7876
	Lee Spaetgens	403-278-3470
Golf Course Directors		
Douglasdale	Harvey Lonn	403-474-5953
Golf Canada Calg Cntr	Mike Hughes	403-278-3369
HeatherGlen 9&18 Hole	Dan Bell	403-278-2664
Lakeview	Linda Lefteruk	403-256-3710
Maple Ridge	Pam Nutter	403-251-7374
NGA (Golf Dome)	Greg King	403-278-2207
Line Dancing	Joan Gurel	403-261-6290
Mahjong	Kathy Haskell	403-280-4845
Membership	Peter Whitehead	403-271-4016
Newsletter	Linda Shepel	403-720-7876
Outdoor Club – General Information	Jiri Bartek	403-274-6517
Membership	Mary Ann Oikawa	403-278-6505
Events	Nancy Ragan	403-278-3535
Bird Watching	Anne Belton	403-201-1570
Snowshoeing	Pauline Schaus	403-271-7177
Walkers – Intermediate and Fast	Marilyn Patterson	403-726-0881
- 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	Juliette Lemieux-Gordon	403-225-1593
Theatre Calgary	John Buysschaert	403-271-0622
Tile Rummy	Darlene Kendel	403-281-1371
Vertigo Theatre	Lynn Lester-Lee	403-271-9440
Whist	Donnalee Lamson	403-281-6134
Workshop Theatre	Joanne Anson	403-278-7616
Yoga	Luisa Bell	403-278-2664

# FLC Seniors Club

## Spring Programs at Trico Centre

403-278-7542 [www.tricocentre.ca](http://www.tricocentre.ca)



### REGISTERED PROGRAMS

#### Balance Builders: Fall Prevention Program for Older Adults (65 + yrs)

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 is a year-round program that allows you to start at any time and is not restricted to the start and end dates listed here. Please contact Michelle at 403-225-5563 to book an assessment to get started.

70452	Tu, Th	1:30-2:15pm	Mar 2-Apr 27	Classes: 17	MS102	NM5102
81317	Tu, Th	1:30-2:15pm	May 2-Jun 29	Classes: 18	MS108	NM5108

#### Bones and Balance (14 + yrs)

Move through life with spontaneity and confidence! Learn techniques and exercises to safely build dense, strong bones particularly around the wrists, hips and spine—even if you've already been diagnosed with osteopenia/osteoporosis. We'll work to improve your sense of balance, keeping you upright, and smiling no matter where you roam.

70751	W	1:00-2:00pm	Mar 8-Apr 26	Classes: 8	MS72	NM508
80214	W	1:00-2:00pm	May 3-Jun 28	Classes: 9	MS81	NM509

#### Chair Yoga (14 + yrs)

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 on a mat can be adapted to sitting on a chair. The class includes breathing, meditation, stretching, strengthening and lots of fun. For all levels.

70482	W	12:30-1:30pm	Mar 8-Apr 26	Classes: 8	MS72	NM508
80379	W	12:30-1:30pm	May 3-Jun 28	Classes: 9	MS81	NM509

#### Golf Conditioning (16+ yrs)

Get the most out of your efforts on the green! Designed for golfers of all levels, this training program is devised to minimize your risk of injury, increase the quality of your golf swing and improve your overall fitness. Learn some tips and exercises to help improve your golf game. Each day will focus on a different area of functional ability related to successful golf performance.

81380	Th	12:00-1:00pm	Apr 6-Apr 27	Classes: 4	MS45	NM555
81382	Th	12:00-1:00pm	May 4-May 25	Classes: 4	MS45	NM555

#### Red Cross First Aid/ CPR Full Certification (12+ yrs)

Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. 3-year certification in Standard First Aid and CPR C.

81118	Sa, Su	7:00-8:00pm	Apr 8-Apr 9	Classes: 2	81118	NM5125
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#### Beginner Yoga (14 + yrs)

Have you always wanted to try yoga but are hesitant to just drop into a class? This beginner yoga program will teach you all aspects of yoga to prepare you for any class. The yoga teacher will not only teach you the main asanas but also teach you different styles of yoga such as Hatha, Yin, and flow so that you feel confident as you explore adding yoga to your fitness and wellness routine.

81378	W	7:00-8:00pm	May 3-Jun 28	Classes: 8	MS81	NM509
81378	F	9:00-10:00am	May 5-Jun 30	Classes: 8	MS81	NM509

#### Foam Roller Workshop

Learn how to use gentle force to release myofascial knots and improve flexibility. This workshop covers a full-body massage as well as stabilization exercises. Decrease muscle pain and loosen up!

80334	Sun	1:00-2:30pm	Jun 11	Classes: 1	MS23	NM510
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#### FOCUS on Learning the Basics (15+ yrs)

Overwhelmed by all the equipment? Not sure where to begin? Join this small group of beginners, learn safe techniques, and get comfortable with all aspects of a proper program, from warmup, machines, and free weights right through to the stretching. Upon completion of this class, you'll be ready to get rocketed to success with our offer of one discounted 90-minute personal training session.

80325	Th	10:30-11:30am	May 4-Jun 8	Classes: 6	MS54	NM566
80326	Th	6:00-7:00pm	May 4-Jun 8	Classes: 6	MS54	NM566

## STRAIGHTEN UP!

### A Free Information Seminar followed by a 4-Week Workshop Series for Youth and Adults (12 + yrs)

Our free Straighten Up info session will help you achieve a stronger foundation for your life. It will explain how incorrect posture can influence chronic pain and address the importance of proper body alignment. This series will start you on your path toward conquering different posture issues and detail the steps you can take to implement correct form in your day-to-day life.

81572	W	6:00-7:00pm	May 3	Classes: 1	M Free	NM Free
81373	W	6:00-7:00pm	May 17-Jun 28	Classes: 7	M 1144	NM 5190

**Drop-In Fitness for Older Adults** Drop-in for aquafitness, yoga, and other fitness classes specifically designed for older adults.

**Questions: Call Michelle M at 403-225-5563**