



**CELEBRATING CANADA'S 150 YEARS**

## **FLC Seniors Club Newsletter**

### **FLC SENIORS CLUB ANNUAL MEMBERSHIP REGISTRATION**

**Saturday August 19, 2017**

**10:00 AM – 2:00 PM**

**Trico Centre – Seniors Lounge**

**FLC Seniors Club 2017/2018 Membership cost  
is now \$15.00**

**You do require an FLC Seniors Club Membership to register for FLC Activities**

Please Note:

2017/18 memberships will not be available at the Trico Centre prior to Registration Day. Following Registration Day, memberships may be purchased at Trico Centre – Guest Services – starting Sunday August 20, 2017.

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

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### **FLC SENIORS CLUB ANNUAL GENERAL MEETING DINNER**

**All FLC Seniors Club Members are invited to your  
AGM to follow**

**SATURDAY, October 28<sup>th</sup>**

**ACADIA RECREATION CENTER – ROSE HALL**

**90<sup>TH</sup> AVENUE SE**

**Cocktails – 5:15 PM (Cash Bar)**

**Dinner – 6:00 PM**

**AGM – 7:00 PM**

**Cost - \$20.00 Per Person**

Tickets can be reserved at our FLC Seniors Club Annual Registration, held on August 19, OR they may be ordered soon by signing up on the FLC Seniors SOCIAL Web Page.

For further information contact Marilyn Jones 403-271-0289



### ***Board of Directors 2017 – 2018***

President	Dan Bell	403-278-2664
Past President	Ron Antonchuk	403-203-1772
Vice President	Marilyn Jones	403-271-0289
Secretary	Marge Bathgate	403-281-0983
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
Director	Mike Hughes	403-278-3669
Director	Ron Schaus	403-271-7171
Director	Don Gebauer	403-686-3760
Director	Doug Anderson	403-281-1323



# IMPORTANT DATES!

Visit our [www.flcseniors.ca](http://www.flcseniors.ca) website or contact the FLC Seniors Club Activity Coordinator for more information.

Friday, June 30 (opens)	Stage West Theatre – Murder for Two
Sunday, July 16 <sup>th</sup>	Bus Tours – Drumheller and the Passion Play
Wednesday, August 16 <sup>th</sup>	Bus Tours – Rosebud Theatre – The Spitfire Grill
Saturday, August 19 <sup>th</sup>	Annual Membership Registration
Tuesday, September 5 <sup>th</sup>	Golf Fall Classic Tournament-HeatherGlen
Friday, September 8 <sup>th</sup> (opens)	Stage West Theatre – I Love you, You're Perfect
Thursday, September 14 <sup>th</sup>	Bus Tours – Hutterite Farm Visit
Saturday, September 16 <sup>th</sup>	Annual Golf Windup Banquet at the Glenmore Inn
Saturday September 23 <sup>rd</sup>	Theatre Calgary – Blow Wind High Water
Wednesday, September 27 <sup>th</sup>	Workshop Theatre – Moon Over Buffalo
Saturday, September 30 <sup>th</sup>	Vertigo Theatre – Nine Dragons
Wednesday, October 25 <sup>th</sup>	Workshop Theatre – Deadly Illusions
Saturday, October 28 <sup>th</sup>	Theatre Calgary – The Sisters
Saturday, October 28 <sup>th</sup>	Annual General Meeting
Friday, November 17 <sup>th</sup> (opens)	Stage West Theatre – Pure 90's
Saturday, November 25 <sup>th</sup>	Vertigo Theatre – The 39 Steps
Sunday, December 3 <sup>rd</sup>	Annual Christmas Social
Saturday, December 9 <sup>th</sup>	Theatre Calgary – A Christmas Carol
Wednesday, December 13 <sup>th</sup>	Workshop Theatre – Beauty and the Beast
Tuesday, January – April	Golf Dome (Driving Range)
Saturday, January 27 <sup>th</sup>	Vertigo Theatre – Undercover
Friday, February 9 <sup>th</sup> (opens)	Stage West Theatre – Baskerville (Sherlock Holmes)
Saturday, February 17 <sup>th</sup>	Theatre Calgary – Twelfth Night
Wednesday, February 21 <sup>st</sup>	Workshop Theatre – Shackleton
Saturday, March 24 <sup>th</sup>	Theatre Calgary – The Humans
Saturday, March 31 <sup>st</sup>	Vertigo Theatre – The Lonely Diner
Friday, April 20 <sup>th</sup> (opens)	Stage West – Legally Blonde

# *What's Happening?....*

## **FLC Seniors – Be Fit & Age Well**

Chronic pain can result from many different causes, but once pain becomes chronic, life becomes very difficult. The philosophy behind the Be FIT & Age Well program, being offered to older adults at the Trico Family Wellness Centre is “the more we move, the more we are capable of moving!” We stop moving because it hurts to move, or we fear that movement will make things worse, or we're too exhausted even to think about moving. Most of us have grudgingly accepted chronic pain and muscular atrophy as normal parts of aging. But now we know better. Neither chronic pain nor premature aging (which is often caused by pain) is really normal. Both can be greatly prevented with simple, gentle movements which the Be Fit & Age Well program is designed to address. Come and invest one hour in your own personal wellness at the Trico Centre, Studio 1, Fridays 11.45am until 12.45pm.

The **FLC Seniors Club** was chosen as Willowridge Community Association's Annual “Volunteer of the Year”.

The **FLC Seniors Brushstrokes** will be displaying their paintings again at the Fish Creek Library during the month of October.

The **FLC Seniors Cribbage Club** would like to thank Jean and Roy Berg for their many years of successfully running the Cribbage activity. Bill and Linda Tymchyshyn will now be taking over this activity.

The **FLC Seniors Curling Club** would like to thank Reg Kettler for his four years on the curling Board, including the last two years as President. Reg is stepping down as President of Curling. Al Brissette, Curling Board member and past president is to be recognized for his many years of leadership and guidance to the success of the Curling Club. Al is deservedly leaving the Board this year. Ron Antonchuk will take over as President.

The **FLC Seniors Coffee Club** will be resuming their gathering for coffee/tea and cards on September 11, 2017, after the summer months.

The **FLC Seniors Tuesday Duplicate Bridge** is finished for the summer and will restart Tuesday, September 5, 2017.

The **FLC Seniors Workshop Theatre** has been reinstated. Visit their web page for more detailed information.

The **FLC Seniors Club** is proud to offer a second season of **Acting Courses** on Monday nights. After successfully launching an introductory course for the Fall of 2016, we are excited about the upcoming 2017-2018 season. This year we will follow up the Fall Introductory course with a number of shorter classes in the winter season. Course suggestions for the second level to be offered in 2018 are:

Mondays with Shakespeare, Acting in Films, Improv, Getting ready for the Audition

For more information about these courses, please contact the Acting Activity Coordinator, Louise Day at [actingclub@flcseniors.ca](mailto:actingclub@flcseniors.ca) or sign up at our FLC Seniors Club Annual Membership Registration held on Saturday, August 19<sup>th</sup>.

The **FLC Seniors Club** is introducing **CERAMICS** as a new activity. Each week you can choose what you would like to paint from a large assortment of projects. Classes will run for 90 minutes and your projects will be glazed and fired and returned to you at the next class. The class cost is the price of your project chosen from the catalogue. You can register for all or specific dates you are available to attend. The maximum number of participants is 15 per class. Pictures and signup sheets for the first project will be available at the FLC Seniors Club Annual Membership Registration held on Saturday August 19<sup>th</sup>. More details to follow. Contact & Coordinator: Joanne Anson at [ceramics@flcseniors.ca](mailto:ceramics@flcseniors.ca)



## FLC Seniors BRIDGE LESSONS

Please come and join us at our Wednesday evening Bridge Lessons activity. We meet at the FLC Seniors Lounge at the Trico Centre from 7:00 pm – 9:00 pm. We meet for 8 weeks per session for a cost of \$45.00.

### Our Sessions for 2017/2016

Beginners September 13<sup>th</sup> – November 8<sup>th</sup>

Intermediate February 28<sup>th</sup> – April 25<sup>th</sup>

Please register for this activity on August 19, 2017 at our FLC seniors Annual Membership Registration.

For further information visit the FLC Seniors Bridge Lessons Web Page or contact Lynn Lester-Lee at [bridgelessons@flcseniors.ca](mailto:bridgelessons@flcseniors.ca).



## FLC SENIORS BRUSHSTROKES



We held our annual Brushstrokes art sale on March 25<sup>th</sup> with 34 artists displaying 249 original pieces of art for show and for sale. Nearly 352 visitors come to appreciate and purchase the fine art produced by our seniors. \$101.50 was collected for the Calgary Food Bank at the sale.

Registration for the Fall Session will be on August 19<sup>th</sup> at our FLC Seniors Club Annual Membership Registration, for 5 classes with instructors and 3 classes without instructors, all in fine-art painting. Fall classes in oil, watercolor and acrylics will begin the week of September 11<sup>th</sup> for 10 weeks and the winter session will commence the week of January 8<sup>th</sup>. Brushstrokes has wait lists for all classes so it is advisable to contact the Brushstrokes Membership Coordinator to put your name on the wait list if you wish to join a class for a future session.

No refunds of membership fees will be made after the start of classes. Prior to the commencement of classes, refunds will only be made for registrant medical reasons, a death in the family or out-of-town-relocation.

Brushstrokes will be having a meeting for all members on October 7<sup>th</sup> in the Seniors Lounge from 9:00-11:30 a.m. Our Christmas luncheon will be on November 25<sup>th</sup> in the Seniors Lounge. The annual meeting to plan for the Art Sale will be held in the Seniors Lounge on February 17<sup>th</sup> from 9:00-11:30am.

A demo will be held for Brushstrokes members on October 28<sup>th</sup> from 9:00-12:00 noon in the Seniors Lounge.

We will be displaying our paintings again at the Fish Creek Library during the month of October.

For further information visit the FLC Seniors Brushstrokes Web Page or contact Krista Gowland at [brushstrokes@flcseniors.ca](mailto:brushstrokes@flcseniors.ca)



## FLC Seniors BUS TOURS

2017 has been another busy year for the Bus Tours Group. In May we went on a very informative historic tour of Calgary which included lunch and a tour of the Lougheed House. In June, we travelled to *Cool Little Towns* in Southern Alberta - starting in Nanton at the Bomber Command Centre, then High River, then Okotoks and the Chinook Honey Company, and finishing with a delightful stroll through Vale's Garden Centre in Black Diamond. The July trip is to Drumheller to take in the Royal Tyrrell Museum and the Passion Play. The ever-popular Rosebud Theatre is scheduled for August, with another trip scheduled in early December. We have plans to visit a Hutterite farm in Pincher Creek in September.

The Bus Tours Committee is working on plans for trips in 2018. Waterton National Park is a likely destination. We welcome your suggestions for future trips.

Please join us on these tours by visiting our FLC Seniors Bus Tours Web Page for signup dates, cost and bus departure times.

For further information visit the FLC Seniors Bus tours Web Page or contact Lynn Turner at [bustours@flcseniors.ca](mailto:bustours@flcseniors.ca)



## FLC Seniors CALLIGRAPHY

Calligraphy is the fine art of decorative letter writing. It is an art that anyone can learn. Come and join the FLC Seniors Calligraphy group and explore this beautiful art. All Classes will be held at the FLC Seniors Lounge – Trico Centre on Wednesdays from 10:15 am – 12:15 pm. Each class fee is \$42.00 for a duration of 6 weeks.

2017 Fall Classes	Old English Letters	September 13 <sup>th</sup> – October 18 <sup>th</sup>
	Graphite Magic & Pointed Pen Elegance	October 25 <sup>th</sup> – November 29 <sup>th</sup>
2018 Winter Classes	Calligraphy for Beginners	January 24 <sup>th</sup> – February 28 <sup>th</sup>
2018 Spring Classes	Italic Letters	March 7 <sup>th</sup> – April 11 <sup>th</sup>
	Legend	April 18 <sup>th</sup> – May 23 <sup>rd</sup>

For further information visit the FLC Seniors Calligraphy Web Page or contact Connie Holden at [calligraphy@flcseniors.ca](mailto:calligraphy@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, every Friday afternoon from 1:00pm – 4:00 pm at the FLC Seniors Lounge – Trico Centre, with doors open at 12:30 pm. Except for minimal cost shared by all players for the coffee, etc. there are no addition fees to join this group.

For further information visit the FLC Seniors Whist Web Page or contact Donnalee Lamson at [whist@flcseniors.ca](mailto:whist@flcseniors.ca)



## **FLC Seniors CAMERA CLUB**

We have had an excellent spring season, learning and practising techniques. “Show and Tell” has continued to be a popular feature of our Saturday classes, where individual members present short slide shows of their images and share the stories behind the photos. The large TV screen in the Seniors Lounge continues to be an invaluable asset at our indoor classes.

Our weekly walks have provided opportunities to experiment with many different types of photography, including flowers, birds, wildlife, architecture, street photography, waterfalls and landscapes, as well as some evening walks where we worked on sunsets and city lights. An optional extra this season was a video course on Lightroom for those members who wanted to learn more about post processing.

Our season concluded on 24 June with a lively get together and lunch.

For further information visit the FLC Seniors Camera Club Web Page or contact Dianne Williams at [cameraclub@flcseniors.ca](mailto:cameraclub@flcseniors.ca).



## **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 start up again, Monday September 11<sup>th</sup>. Come join us, and make new friends.

For further information visit the FLC Seniors Coffee Group Web Page or contact Colette Kalmbach at [coffee@flcseniors.ca](mailto:coffee@flcseniors.ca)



## FLC Seniors CRIBBAGE

Crib is a very popular drop in game that is held every Tuesday of the year, except for statutory holidays and Christmas Break. What you need to join this activity is a current FLC Seniors Club Membership. If you know how to play crib or have not played in a while you are welcome to drop-in to play. The cost is \$1.00 to play seven games with a coffee/break plus prizes. We play from 1:00pm - 4:00pm in the FLC Seniors Lounge at the Trico Centre. Come and join the fun, doors open at 12:30pm. It is best to be here at least 20 minutes prior to the start time as space is limited.

For further information visit the FLC Seniors Cribbage Web Page or contact Bill and Linda Tymchyshyn at [cribbage@flcseniors.ca](mailto:cribbage@flcseniors.ca).



## FLC Seniors CYCLING

FLC Seniors Cycling has approximately 300 members. Five different groups ride weekly:

Level 1 – Tuesday

Level 2 – Tuesday, Wednesday and Thursday

Level 3 – Tuesday

The FLC Seniors Cycling Club Annual membership registration is August 19<sup>th</sup> at the Trico Centre from 9:00 – 12:00 noon. Our annual windup party will be held at the Willowridge Community Association Centre on November 9<sup>th</sup> from 7:00-9:00 pm. Our past president, Larry Patterson, worked with the Rotary/Greenway, Park Foundation Calgary to have them include our cycling group in a short video presentation that will be aired shortly. Members are encouraged to go online @[www.greenway150.com](http://www.greenway150.com) and register to ride 150 km on the Greenway Pathways from now until September 2<sup>nd</sup> in honor of Canada's 150 year celebrations. On September 2<sup>nd</sup> the cycling club will have an information table at the Greenway wind-up function to be held at the South Glenmore Park location.

For further information visit the FLC Seniors Cycling Web Page or contact Ron Schaus at [cycling@flcseniors.ca](mailto:cycling@flcseniors.ca).





## FLC Seniors CURLING

Make the great Canadian game of curling part of your winter activity. Our mixed curling is a great blend of fun, social, competition, and some skill. The level of curling is of little importance.

We'll fit you in. If you are new to curling, or want to take up the game again, come talk to us at registration.

The 2017/18 curling season will start in early October. Sign up for the season will begin at the FLC Club Annual Membership Registration on August 19<sup>th</sup>. Come out to registration, sign up for curling and get a chance to catch up on your summer with old curling friends. At present the ARC has not finalized the fees for the season, but we expect the fees to be similar to last year. Once the fees are finalized, we will publish the fees, along with the start dates, on the web site, plus send an email out to all our last year's curlers. If you cannot attend the FLC registration, you can contact us after August 19<sup>th</sup>, by email, or telephone.

For further information visit the FLC Seniors Curling Web Page or contact Ron Antonchuk at [curling@flcseniors.ca](mailto:curling@flcseniors.ca).



## FLC Seniors GOLF

The Golf dome was very active again right up to April 25<sup>th</sup> this year.

Our April 8<sup>th</sup> FLC Annual Golf Registration was extremely busy this year, thanks to all our volunteers. This year we managed to sign up 510 members in just 3 hours. Wow what a busy day....What a treat it was this year to get everyone through so quickly and easily, with very little line up.

Registration Stats:

- This year total 510 members with 361 renewals and 149 new members
- Compared to last year's total of 455 members with 358 renewals and 97 new members.

To-date, we have 570 golfers signed up and ready to golf. Another new record!

Once again we have lots of fun things planned, including our favorite Stampede tournament on July 7<sup>th</sup>, along with monthly mini tournaments on all five of our courses. We will once again end our golfing season with our Fall Classic Tournament at HeatherGlen on September 5<sup>th</sup> and our 2017 Season Wind-up Banquet on September 16<sup>th</sup>. Remember to keep your eye on our Golf News portion each week to be kept informed of things we have planned throughout the season. We are continually looking for new members to fill some vacancies on your Golf committee. If you are interested please see one of the golf committee member's for more details or ask someone during our annual Golf Registration in April 2018.

For further information visit the FLC Seniors Golf Web Page or contact Terry Sly at [golf@flcseniors.ca](mailto:golf@flcseniors.ca).



## FLC Seniors LINE DANCING

We had a great year of Line Dancing ending with two successful parties; one at Willow Ridge Community Centre and one at Lake Bonavista Community Association. A shout out of thanks goes to all the volunteers, dancers and dancing instructors because without them there would be no line dancing.

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 16 classes ranging from "Beginners" to "Level 3+" for women and men, and three talented dance instructors to keep you on your toes! Classes are held at Trico Centre, Lake Bonavista Community Association, and Willow Ridge Community Centre. Registration has begun for the Fall 2017 session and two classes are already full, so don't miss out register now. We will also be taking registrations at the Annual FLC Seniors Membership Registration at Trico Centre on August 19<sup>th</sup>. You too can be part of our upcoming Fall Celebration of TEN YEARS of FLC SENIORS CLUB LINE DANCING which will be held on the 15<sup>th</sup> of October.

For further information visit the FLC Seniors Line Dancing Web Page or contact Joan Gurel at [linedancing@flcseniors.ca](mailto:linedancing@flcseniors.ca)



## FLC Seniors MAHJONG

MahJong is a challenging ancient Chinese game played with domino like tiles. 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 but you must have a current FLC Seniors Club Membership to play. We play every Wednesday afternoon from 1:00 - 4:00 pm in the Seniors Lounge at the Trico Centre (except for Statutory Holidays). We ask that all players be there by 12:45pm so we can make up the tables. Attendance has been up and we have a total of 40 members.

For further information visit the FLC Seniors Mahjong Web Page or contact Kathy Haskell at [mahjong@flcseniors.ca](mailto:mahjong@flcseniors.ca).



## FLC Seniors TAI CHI

Tai Chi is derived from the Martial Arts and has evolved over several centuries in China. We offer Cai's Tai Chi which is based on the Yang style, a string of 105 sequenced movements practiced in a slow-moving and gentle fashion. 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.

Classes: Level 1 (Beginner) to Level 5 (Advanced).

FALL Session - September 7 to December 7 for \$70

WINTER Session – January 11 to March 22 for \$70.

Dates & Times: all classes are on Thursdays and are one hour.

For further information visit the FLC Seniors Tai Chi Web Page or contact Juliette Lemieux-Gordon at [taichi@flcseniors.ca](mailto:taichi@flcseniors.ca)



## 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. During the winter months, we walk at Fish Creek Park only: we meet at Mallard Point the first Wednesday of each month, at Bow Valley Ranch the rest of the month. Washrooms are open at both locations and the paths are plowed.

**Leisure Walkers** – our leaders are Ev Chesser and Lorraine Pfister.

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

**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. You have a choice between an easier shorter route usually finished by noon, and a little longer faster group who take their lunch with them. Watch for two different locations and make your choice.

### **SPECIAL EVENTS**

FLC Seniors Outdoor Club brick will be laid near Fish Creek Park's Visitor Centre.

Occasional bus trips, e.g. to

Friendship Trail between Black Diamond and Turner Valley,  
Field of Crosses at Sunnyside Bank Park,  
Calgary Zoo Lights.

For further information visit the FLC Seniors Outdoor Club Web Page or contact Jiri Bartek at [outdoorclub@flcseniors.ca](mailto:outdoorclub@flcseniors.ca)



## FLC Seniors QIGONG

There will be a total of 13 classes per Session for a cost of \$65.00. Your cheque must be made out to FLC Seniors Qigong.

### **2017 Fall Session Schedule**

<b>Tuesday</b>	September 12 – December 5	9:30 – 10:30 am
	September 12 – December 5	10:45 – 11:45 am
<b>Thursday</b>	September 14 – December 7	11:00 – 12:00 pm
	September 14 – December 7	12:15 – 1:15 pm

### **2018 Winter Session Schedule**

<b>Tuesday</b>	January 2 – March 27	9:30 – 10:30 am
	January 2 – March 27	10:45 – 11:45 am
<b>Thursday</b>	January 4 – March 29	11:00 – 12:00 pm
	January 4 – March 29	12:15 – 1:15 pm

For further information visit the FLC Seniors Qigong Web Page or contact Barbara Bruhl-Lipiec at [qigong@flcseniors.ca](mailto:qigong@flcseniors.ca)



## FLC Seniors STAGE WEST

The current play is Murder for Two: "an ingenious and drop-deal funny play" opens June 30<sup>th</sup> through to September 3<sup>rd</sup>. Our dates for FLC members and friends rate are all Sunday brunches and Tuesday evenings July 4, 11, 25, August 8 and 22. Our FLC special price is \$54.60 per person. Please contact the Box Office directly at 403-243-6642 to purchase your tickets for the show.

### Season's plays

**I Love You, You're Perfect, Now Change - Opens September 8, 2017**

**Pure 90's - Opens November 17, 2017**

**Baskerville (Sherlock Holmes) - Opens February 9, 2018**

**Legally Blonde - Opens April 20, 2018**

**Red Rock Diner - Opens June 29, 2018**

We will advise you of the dates available for our special FLC rates as they become available for future shows.

For further information visit the FLC Seniors Stage West Web Page or contact Kitty Whitehead at [stagewest@flcseniors.ca](mailto:stagewest@flcseniors.ca)



## FLC Seniors THEATRE CALGARY (Senior Saturday Matinee)

Our Theatre program will resume again in September and once more we will have the opportunity to enjoy five new plays besides the traditional December presentation of Charles Dickens' A CHRISTMAS CAROL.

### Play Dates

**BLOW WIND HIGH WATER September 23.**

**SISTERS October 28.**

**A CHRISTMAS CAROL December 9**

**TWELFTH NIGHT February 17**

**THE HUMANS March 24**

**THE SECRET GARDEN May 5**

As each of those dates approach, you will find a brief outline of the play on our FLC Seniors Theatre Calgary Web Page, and the opportunity to order your tickets if you wish to attend the presentation.

As usual, members who have attended a play in the past two theatre seasons, as well as members who have expressed interest in the program, will receive and email, a few weeks prior to each play date, to remind them of the coming play.

For further information visit the FLC Seniors Theatre Calgary Web Page or contact John Buysschaert at [theatrecalgary@flcseniors.ca](mailto:theatrecalgary@flcseniors.ca)



## FLC Seniors VERTIGO THEATRE

Vertigo offers us excellent professional theatre at a very reasonable price, \$30.00 per ticket. We attend a Saturday matinee of each mystery play they offer. Tickets are ordered using the Green Button sign up on the FLC Seniors Vertigo Web Page.

### 2017/2018 Season Presentations

**Nine Dragons September 30**

**The 39 Steps November 25**

**Undercover January 27**

**The Lonely Diner March 31**

**Sherlock Holmes and the American Problem May 26**

For further information visit the FLC Seniors Vertigo Theatre Web Page or contact Lynn Lester-Lee at [vertigo@flcseniors.ca](mailto:vertigo@flcseniors.ca)



## FLC Seniors Tile Rummy

FLC Seniors Tile Rummy is a tile-based game for two to four players, combining elements of the card game rummy and mahjong. There are 104 number tiles in the game. This is a drop-in activity but you must have a current FLC Seniors Club Membership to play. We play every Monday from 10:15 – 12:45 pm in the Seniors Lounge at the Trico Centre (except for Statutory Holidays). We welcome you to come and join us.

For further information visit the FLC Seniors Tile Rummy Web Page or contact Darlene Kendel at [tilerummy@flcseniors.ca](mailto:tilerummy@flcseniors.ca)





## FLC Seniors WORKSHOP THEATRE

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

### UPCOMING PRESENTATIONS

**Moon Over Buffalo September 27**

**Deadly Illusions – Murder Mystery Fund Raiser October 25**

**Beauty and the Beast December 13**

**Shackleton February 21**

For further information visit the FLC Seniors Workshop Theatre Web Page or contact Joanne Anson at [workshop@flcseniors.ca](mailto:workshop@flcseniors.ca)



## 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 practioner.
- 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 with the Fall session beginning the week of September 11, 2017 for 13 weeks, Winter session beginning in January, 2018 for 13 weeks and Spring session for 6 to 8 weeks depending on the day of the week registered. All classes are held at the Lake Bonavista Community Association. For more detailed information and description of classes please check our FLC Seniors Yoga Web Page.

For further information visit the FLC Seniors Yoga Web Page or contact Lusía Bell (Coordinator) or Ann Feher (Yoga Foundations Plus Coordinator) at [yoga@flcseniors.ca](mailto:yoga@flcseniors.ca).

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	Bill & Linda Tymchyshyn	403-454-4947
Cribbage – Saturday Afternoon	Donnalee Lamson	403-278-2664
Curling	Ron Antonchuk	403-203-1772
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	Bill Tymchyshyn	403-454-4947
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	Dwight Bathgate	403-281-0963
Newsletter	Linda Shepel	403-720-7876
Outdoor Club – General Information	Jiri Bartek	403-274-6517
Membership	Mary Ann Oikawa	403-278-6505
Events	Maria Keil	403-256-0158
Bird Watching	Anne Belton	403-201-1570
Snowshoeing	Pauline Schaus	403-271-7177
Walkers – Intermediate and Fast	Marilyn Patterson	403-726-0881
- Leisure Walkers	Ev Chesser	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

# Stay healthy and active 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 and improve balance, help you stay strong and maintain independence. The exercises focus on core stability, balance and gait, muscle strengthening, flexibility, and endurance. Please contact Michelle at 403-225-5563 to book an assessment to get started.

82289	Tu, Th	1:30-2:15pm	Sep 5–Oct 26	Classes: 30	P \$96	NP \$106
82290	Tu, Th	1:30-2:15pm	Oct 11–Dec 21	Classes: 30	P \$96	NP \$106
84084	Tu, Th	1:30-2:15pm	Jan 2–Mar 29	Classes: 26	P \$156	NP \$156

### Bones and Balance

Move through life with spontaneity and confidence! Learn exercises to safely build dense, strong bones particularly around the wrists, hips and spine—even if you've already been diagnosed with osteopenia/osteoporosis.

82281	W	1:00-2:00pm	Sep 6–Oct 25	Classes: 8	P \$72	NP \$88
82281	W	1:00-2:00pm	Nov 1–Dec 20	Classes: 8	P \$72	NP \$88
84087	W	1:00-2:00pm	Jan 10–Mar 28	Classes: 12	P \$120	NP \$144

### Chair Yoga

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. Class includes breathing, meditation, stretching, strengthening and lots of fun.

82291	W	12:00-1:00pm	Sep 6–Oct 26	Classes: 8	P \$72	NP \$88
82291	F	12:00-1:00pm	Sep 8–Oct 27	Classes: 8	P \$72	NP \$88
82292	W	12:00-1:00pm	Nov 1–Dec 20	Classes: 8	P \$72	NP \$88
82294	F	12:00-1:00pm	Nov 1–Dec 15	Classes: 7	P \$63	NP \$77
84093	W	12:00-1:00pm	Jan 1–Mar 21	Classes: 12	P \$120	NP \$144
84094	F	12:00-1:00pm	Jan 5–Mar 23	Classes: 12	P \$120	NP \$144

### Walking Pole Clinic

Walk your way to better health and cardiovascular fitness while improving 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.

84075	Tu	1:30-2:30pm	Jan 23	Classes: 8	P Free	NP Free
84076	Tu	1:30-2:30pm	Feb 6	Classes: 8	P Free	NP Free

**REGISTER IN PERSON OR AT  
[WWW.TRICOCENTRE.CA](http://WWW.TRICOCENTRE.CA)**

## Drop by for a free tour

**The Fitness Monitor can answer  
any question you may have**

## Walk around the track

**Use the weights and machines -  
a personal trainer can show you  
how and create a personalized  
program for you**

**Register for a class - meet other  
seniors....**

## Come to a drop-in fitness class

**P.S. You don't have to be a Trico passholder  
- choose a daily admission or 10-visit pass**

**Questions: Call Michelle at 403-225-5563 or Diane at  
403-225-5561.**

## DROP-IN FITNESS OPTIONS

Trico Centre has more than 70 drop-in fitness classes every week. They are included in your monthly pass or you can participate with a daily admission or 10-visit pass. Many drop-in classes are specifically designed for older adults. See [www.tricocentre.ca/schedules](http://www.tricocentre.ca/schedules) for details. Options include:

- Aquacise: Deep H<sub>2</sub>O 55+, H<sub>2</sub>O Arthritis & Fibromyalgia
- Yoga: Stabilize and Restore
- Fitness: Gentle Fit, Fit & Fab, Be Fit Age Well