

SPRING NEWSLETTER 2012-13

MARCH INTO SPRING FUN CASINO



Friday, March 8, 2013 5:30 pm – 9:30 pm
Acadia Recreation Centre -- Rose Hall 240 - 90th Avenue SE
Tickets \$20.00 (Dinner and Prizes)
Order tickets at our Social Page on the Website or
Contact Marilyn Jones at 403-271-0289
Ticket pick up is Saturday, March 2nd 11:00 am to 1:00 pm
Trico Centre by the Seniors Lounge



Brushstrokes

20th Annual Art Show and Sale

Over 35 Artists displaying 250 pieces for sale

Refreshments Everyone Welcome

Free Raffle for an original piece of art

Saturday, April 13th 10:00 am – 3:00 pm

WillowRidge Community Centre - 680 Acadia Dr. SE

What's Happening?....

Elsie Whytock, one of the original Board Members for the FLC seniors Club visited the Trico Centre with her son on Feb 7th. It's the 30th Anniversary of our FLC Seniors Club and Trico. At 98 years young Elsie still looks great and is very proud of the clubs continued success. We are offering a small prize to each of the first 5 respondents who can tell us the location of the picture of the first board and where Elsie is in the picture. Send your response to news@flcseniors.ca.

BRUSHSTROKES will be holding its 20th annual ART SHOW & SALE on Sat. April 13th from 10 am to 3 pm at the WillowRidge Community Centre at 680 Acadia Drive S.E. Over 35 artists will be displaying some 250 pieces of art for sale. It's a chance to purchase original art at very reasonable prices. Cash or cheques only. REFRESHMENTS...FREE RAFFLE for an original piece of art. Everyone welcome!

After a very successful season the CURLING CLUB wind-up is at the Horton Road Legion on Saturday March 23. Doors open at 11 am ... Lunch served at 12 noon.

The COFFEE GROUP is a great mixer, with a unique way to stir up the coffee (or tea) and mix up the people. Valentine's Day was a special luncheon. The last meeting, until the fall, will be a luncheon on May 13th.

On June 19th the BUS TOURS group has planned a trip to Rosebud Theatre. Other trips being planned are to Canmore on July 24th and to the Hutterite Colony in time for the fall harvest in August. We have lots of ideas, however the bus won't be going anywhere unless we have volunteers to coordinate these trips. Please make inquiries by emailing from our Bus Tours Web Page.

CYCLING start up is a Safety Workshop and Information Session on Saturday April 6th at 1 PM in the FLC Seniors lounge. Our Cyclists ride Tuesday and Wednesday mornings beginning mid-April and offer 3 levels of cycling. Join them April 6th to learn more about this group.

Twenty members of the OUTDOOR CLUB snow shoeing group are booked into Wm Watson Lodge in Kananaskis for February 18-19-20-21. Next trip is a tour of the Glenbow Museum – March 27th. Sometime in April we hope to have a trip to the new Glenbow Ranch Park in NW Calgary. In May plans are developing for a bus trip to a ranch in the Water Valley area.

Calligraphy instructor Renate Worthington will be instructing a class in Italic Lettering beginning March 6th for beginners and those who would like to improve their technique. Check the website for more details.

Some 15 LINE DANCERS, accompanied by instructors Ann and Marie, went to Las Vegas in November for a "Line Dance Explosion Event". They had a great time learning new dances, socializing with new & old friends and of course found time to go shopping. All dancers are excited to return next November – in Calgary, Ann & Marie are kept busy with 15 classes a week. Classes dance to all kinds of music. For details see the website.



IMPORTANT DATES!

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

Monday, February 18 th – 21 st	"Wm Watson Lodge Snowshoe Trip" – Outdoor Club
Wednesday, February, 20 th	"Game Show" – StageWest Dinner Theatre
Wednesday, March 6 th	"The Time Machine" – Workshop Theatre
Friday, March 8 th	"March into Spring Fun Casino" – FLC Social
Saturday, March 23 rd	"Curling Windup" – Horton Road Legion
Saturday, March 23 rd	"The Ends of the Earth" – Vertigo Theatre
Wednesday, March 27 th	"Glenbow Museum" – Outdoor Club
Saturday, March 30 th & April 6 th	"God of Carnage" – Theatre Calgary
Saturday, April 6 th 1:00PM	"Spring Workshop & Registration" – Cycling Club
Saturday, April 13 th 9 to 12 PM	"Annual Registration" – Golf Club
Saturday, April 13 th 10 to 3 PM	"Annual Art Show & Sale" – Brushstrokes
Late April	"Glenbow Ranch Tour" – Outdoor Club
Wednesday, May 1 st	"Chicago" – Stage West Dinner Theatre
Saturday, May 11 th & 18 th	"Anne of Green Gables" – Theatre Calgary
Monday, May 13 th	"Windup Luncheon" – Coffee Group
Wednesday, May 15 th	"Night of the Living Dead" – Workshop Theatre
Late May	"Water Valley Ranch Tour" – Outdoor Club
Saturday, May 18 th	"Panic" – Vertigo Theatre
Saturday, June 1 st	"Annual Summer BBQ" – FLC Social
Wednesday, June 19 th	"Cotton Patch Gospel" – Rosebud Theatre – Bus Tours
Spring Newsletter	

**FLC Seniors Club OPERATING CALENDAR
 2012-2013 SEASON**

Updated: Feb. 14, 2013

	MON	TUE	WED	THR	FRI	SAT
Seniors Room # 1 & 2	DWW Coffee Gr. 8:00-10:00AM		DWW Coffee Gr. 8:00-10:00AM	Tai Chi 9:00-10:15AM	DWW Coffee Gr. 8:00-10:00AM	Board Meetings Monthly First Sat. 9:30AM-11:59AM
	Yoga 10:30-12:00AM	Yoga 8:3 -11:45AM	Yoga 10:30-12:00AM	Yoga 10:30-12:00AM	Yoga 10:30-12:00AM	
	Coffee Group 1:00-4:00PM	Cribbage 12:15-4:00PM	Calligraphy 1:00-3:00PM	Bridge 12:30-4:00PM	Whist 12:30-4:00PM	Council Meetings Feb./May/ Aug 9:30-11:59AM
		Bridge 6:30-10:30PM	Bridge Lessons 6:30- 9:00 PM	Bridge 7:00-10:00PM		
	MON	TUE	WED	THR	FRI	SAT
MP 5&6			Line Dance Lv2 10:30-11:30AM			
			Line Dance Lv1 11:45-12:45PM			
	MON	TUE	WED	THR	FRI	SAT
MP # 7 & 8					Line Dance Lv3 9:00-10:00 AM	
	Yoga 9:00-10:30AM		Yoga 10:15-11:45AM	Tai Chi 10:15-11:15AM	Line Dance Lv2+ 10:15-11:15AM	
	Line Dance Lv2 6:15-7:15PM	Line Dance Lv3+ 12:30-2:00PM		Line Dance Lv1+ 11:30-12:30AM		
	Line Dance Lv1 7:30-8:30PM					
	MON	TUE	WED	THR	FRI	SAT
MP # 9			Brushstrokes 9:00-12:00PM	Brushstrokes 9:00-12:00PM		
	Brushstrokes 1:00-4:00PM	Brushstrokes 1:00-4:00PM	Brushstrokes 1:00-4:00PM	Brushstrokes 1:00-4:00PM	Brushstrokes 1:00-4:00PM	
	MON	TUE	WED	THR	FRI	SAT
Willowridge Community Centre 680 Acadia Drive S.E.		Line Dance Lv2+ 10:00-11:00AM			LineDanceLv2 10:00-11:00AM	
		Line Dance Lv1 1+ 11:15-12:15 PM			Line Dance Lv1 11:15 12:15PM	
		Line Dance Lv2 6:15-7:15PM				
		Line Dance Lv1 7:30-8:30PM				

<u>Activity</u>	<u>Coordinators</u>	<u>Phone Number</u>
Bridge - Tuesday evening (Duplicate)	Verouj Arslanian	403-271-7681
Bridge - Lessons (Wed evenings)	Lynn Lester-Lee	403-271-9440
Bridge - Thursday afternoon (Drop-In)	Neil Ferguson	403-254-4740
Bridge - Thursday evening (Drop-In)	Noreen Avey	403-271-4004
Brushstrokes	Rod Helm	403-238-9443
Bus Tours	Ron Schaus	403-271-7177
Calligraphy	Connie Houlden Sheila Jones	403-271-4103 403-257-1607
Casino	Bob Watterberg	403-271-2686
Coffee Group	Roxy Thomson	403-271-1671
Cribbage	Roy & Jean Berg	403-248-8220
Curling	Al Brissette	403-271-1903
Cycling	Murray Karn	403-236-8837
Fitness Program – Rebates	Bob Steele	403-278-1147
Fitness Program – Coffee Time	Bill Atchison	403-278-9300
Golf	Ralph Lefteruk	403-256-3710
Line Dancing	Dean & Ann Nuell	403-238-7888
Club Membership	Dan Bell	403-278-2664
Outdoor Club – General Information	Marilyn Patterson	403-726-0881
Membership	Mary Ann Oikawa	403-278-6505
Bird Watching	Deanna Jullyan	403-254-1229
Snowshoeing	Pauline Schaus	403-271-7177
Walkers – Intermediate and Fast	Sharron Isaak	403-254-1590
Easy Walkers	Marion Halpen Jo Harey	403-271-3718 403-271-4089
Tai Chi	Ron Huyber	403-281-9427
Stage West Theatre	Sandie Tomlinson	403-990-5562
Theatre Calgary	John Buysschaert	403-271-0622
Vertigo Theatre	Lynn Lester-Lee	403-271-9440
Workshop Theatre	Camella Dunbar	403-251-1690
Whist	Donnalee Lamson	403-281-6134
Yoga	Ollie Griffith	403-271-4782
Spring Newsletter		



Cycling Workshop & Registration

“Cycling safely”
Saturday, April 6th, 1:00 pm
Seniors Lounge, Trico Centre

Our Cycling Club welcomes all FLC members to come and join us, whatever your cycling ability. We offer non-competitive riding for pleasure and socializing. Choose a level that suits your ability. We ride Tuesday and Wednesday mornings from Mid April to late October. Five dollar membership includes Year End Wine and Cheese Party.



Annual Golf Registration

Saturday, April 13th 9:00 am to 12:00 pm
Seniors Lounge Trico Centre

Golf is open to all FLC members. We offer four different golf experiences for every level of player. Join us on this day and learn about the different golf programs available. Twenty dollar membership includes golf wind up dinner in September.

Up Coming FLC Seniors Club Social



FLC Seniors Club members are invited
To our Annual Summer BBQ
Saturday June 1, 2013

Horton Road Legion – 9202 Horton Road SW (Indoors)

Cocktails: 5:00 pm – 6:00 pm

Dinner: 6:15 PM (Steak Dinner with all the trimmings)

Cost: \$20.00 / person

Cash Bar – Dance to follow



FLC Bus Tours



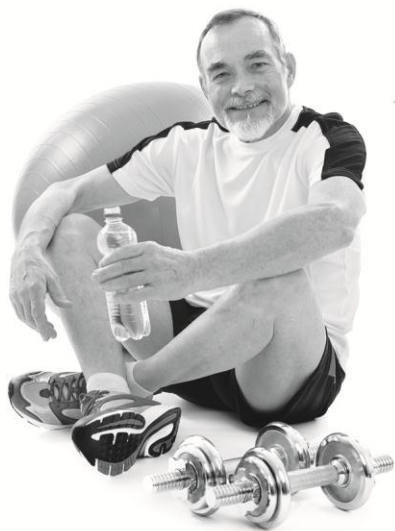
Bus Tour To Rosebud Theatre

“Cotton Patch Gospel”

Wednesday, June 19th, 2013

Check the Bus Tours Web Page for more information!

Tickets Available June 1st



Trico Centre for Family Wellness

Active kids. Healthy families. Vibrant seniors!

Trico Centre has been supporting active living for over 30 years — promoting a lifelong habit for health.

For childhood to older adult, we provide unique membership and program options to make fitness affordable and fun.

With senior rates not only starting at 60 years, but some of the best in South Calgary for Community Partners, Trico Centre is a great place to pursue your wellness goals.

MEMBERSHIP FEES (GST NOT INCLUDED)	COMMUNITY PARTNER'S PRICE	
CATEGORIES	ANNUAL	CONTINUOUS MONTHLY PLAN
60 Plus (60+ years)	\$445	\$37.09
60 Plus Couple (60+ years)	\$670	\$55.84

Great Prices. Great Value.

Receive the Community Partner's Price if you are a resident of a partnered community and with payment of the Community Support Fee (\$30 per household or \$15 per Senior household, valid for one year.)

Annual Memberships are valid for 12 months (of fun and fitness). You can pay for an annual membership in one payment upon purchase. We also offer two-payment and four-payment options. Ask us for details.

Continuous Memberships do not expire until you notify us. A continuous membership has a monthly pay option only. Choose this option if you want a membership term shorter than a year.

Cancellation Policy: Trico Centre wants its membership options to suit your life - and life can change. Annual and continuous memberships can be cancelled with 30 days written notice (but cannot be cancelled in the first 30 days of membership) with no penalties or fees.

10-Visit Pass: You can still enjoy our facility without a membership. The 10-Visit Pass is perfect for those who plan to access our facility once/week at most.



Trico Centre for Family Wellness

11150 Bonaventure Drive NE
 403-278-7542
 www.tricocentre.ca

