

Summer
Newsletter 2013
Published May 2013



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 and all the trimmings)
Cost: \$20.00 pr person
Cash Bar – Dance to follow

To reserve your tickets in advance send an email to social@flcseniors.ca. Indicate your name, membership number and how you would like your steak cooked, medium rare, medium, or well done.

Tickets can be purchased or picked up at the Trico Centre by the FLC Seniors Lounge Entrance on Saturday May 25th, 2013 from 10:00am to 12:00 PM.

For further information contact Marilyn Jones 403-271-0289 or email social@flcseniors.ca

HOW DO YOU IDENTIFY AN FLC SENIOR

In short you can't. They move amongst us in relative ease, although to be fair a few yes do show some minor signs of their status.

If approached on the street and if the conversation becomes friendly their status may be revealed. However do not ask them for their age. Although several of them may be octogenarians and above they will not let you know nor should they because being a participant with FLC Seniors is the important word, meeting others I loosely call "Seniors" but in most cases it would not be apparent.

Rightfully so, these people come together to enjoy one another's company and where possible participate in art, craft, exercise or sport which maintains their brain and body. I come from an era where it was not uncommon for a person (mostly men) to reach the magic age of 65 receive a gold watch or equivalent and be expected to respectfully disappear from the community when they would kick the proverbial bucket in the following months.

Not anymore, no definitely not anymore. With advancements in health, exercise and the standard of living in general, has developed a senior that can continue life as it was, but maybe at a more sedate rate using the new "spare time" to enjoy those later years.

Of course I generalize but if you met an FLC Senior in the street would you know. Chances are the answer is no. This article tries to look at the individual rather than the organization and what a mixture of ages, personalities and interests we have. Although I say the individual rather than the organization it is of course the individual that must step up to the plate to make the activities work on a per activity basis. Yes those individuals that offer their services at no charge just do it for the good of the organization and I am proud to be one. It is from my perspective a marvelous setup no that's the wrong word, a unique setup because in my limited knowledge I am not aware of a group that caters for the interests of over 1600 individuals on a yearly basis. Yes 1600, what a challenge but it is done with well, let's call it experience coupled with a load of love and understanding.

Oh by the way we don't retire anymore. I heard on the radio the other week we move at that magic age to what is now called "Prime Time". I like that term because in many senses that's exactly what it is.

To epitomize what we do perhaps, I should use the illustration that reflects back to the summer golfing group that Linda and I organize at the *GCCC* golf academy on a Thursday morning, where on a regular basis I can expect a man over 90 who really keeps himself in shape and is no slouch when it comes to a round, albeit 9 challenging holes. To that end I have to extend the envelope to a lady in the same group who politely has a "challenge" with vision to put it mildly. These are regulars and however they do it I can almost guarantee their names will be on a trophy at the end of the golf season.

That's what you call an FLC Senior

Mike Hughes

What's Happening?....

On May 1 our **Calligraphy Club** had a special showing of one of the magnificent facsimiles of the Saint John's Bible acquired by St. Mary's University College. This masterpiece of calligraphy and artwork has taken 9 years to complete. It is one of seven volumes and is the first handwritten and illuminated Bible in more than 500 years. This was an amazing experience for all who were able to attend

The Thurs. afternoon drop-in **BRIDGE GROUP** operates year round. . Want to learn to play? Bridge Lessons Wed. evenings From September to November.

BRUSHSTROKES – Our Plans for next season are underway to invite an artist to do a 3 hour presentation, with time to share their expertise and to answer questions.

The **COFFEE GROUP** enjoyed a final luncheon at the Saskatoon Farm on May 13th. The group resumes in September. New members are welcome.

CRIBBAGE, WHIST and Thursday afternoon Bridge continue all summer.

CURLERS enjoyed a great wind-up party. **Lorne Pepler**, as past president was presented with an engraved trophy. He had the audience in tears with his very funny stories. Thanks Lorne, for all you have done. It was a great afternoon!

The **CYCLING CLUB** has 150 members offering 3 levels of difficulty.

Brent Thompson has issued a weekly report on the 5 cycle shops that offer our members discount specials. **Jim Tilbe** from the Level 3 group is mapping all of our cycling trips in Calgary and will also map out of town trips. Many thanks to both men for their volunteer efforts.

DROP-IN FITNESS CLASSES continue all summer.

Our **TAI CHI** activity is expanding in September, 2013 by opening a new novice level class. We are looking for new students – so now is a great time for you to join us and participate in the benefits provided by this gentle yet invigorating martial art

We are fortunate to have Grandmaster Geng Z. Cai teaching our **TAI CHI** classes. He has over 30 years teaching experience. He has been teaching **TAI CHI** with us for 8 years. His wife, Vicky will be teaching our 2 Novice level classes this fall.

Our **LINE DANCERS** invite FLC seniors to come for breakfast and see them perform at the Carriage House Stampede Breakfast on Seniors Day.

The **OUTDOOR CLUB** offers members walking, birding and bus trips to interesting places. **Pauline Schaus** has some surprises for the group going to Waterton Park this summer.

John & Monique Buyschaert our **THEATRE CALGARY** co-coordinators produced over \$28,000 in ticket sales this year. This was done at no cost to our FLC Seniors Casino Fund. Many thanks for a job well done.

The **CALGARY BALLET COMPANY** has approached us offering reduced prices for group sales. They have 4 or 5 shows a year. Is there anyone among our members who might like to form a group and act as Co-coordinator? Watch for info at registration on Aug. 17th.

FLC SENIORS CLUB
Operating out of the Trico Centre
www.flcseniors.ca

YOGA will resume in Sept. with plans for 6 classes. We welcome **Sheryl Tweten** as our new Coordinator and thank Ollie Griffith for all her efforts in making this a successful program.

Our **Golf activity** has lots more fun planned this year. So get out and golf with your FLC friends at one of our 4 featured golf courses. You can challenge your golf skills, get some exercise or just have some laughs. Meet new friends or socialize with some old ones in the club house after a good game.

Be sure to register for our 8th annual Stampede Tournament, held on Friday July 5th at Douglasdale Golf Course. Once again it is a shot gun start at 8 AM sharp. After golf everyone can socialize and have fun with prizes, including a great steak dinner catered by the Douglasdale Chef and his Staff.

Circle September 3rd on your calendar for our annual Fall Classic at HeatherGlen Golf Course. It will be a shot gun start at 8 AM sharp with lots of fun, socializing and prizes. Finish the day with a meal catered by the HeatherGlen staff.

This year come and join us each month in a fun mini tournament at all of our 4 featured golf courses. Golf at your favorite course or try a new one, but come and have some fun and chance to win a prize.

To make all this happen, the Golf Committee requires the assistance of approximately 40 volunteers each year to ensure a successful golf season. **We would like to thank them all for their help and dedication throughout the year.** As we are always looking for more good people to help make the Golf Activity a super success, please contact one of the committee members for more information if you can contribute some time to help your club.

FLC SENIORS CLUB
 Operating out of the Trico Centre
 www.flcseniors.ca

FLC SENIORS OPERATING CALENDAR

Updated: May 15, 2013

Summer 2013

| | MON | TUE | WED | THR | FRI |
|-------------------------------------|---|--|--|---|-----------------------------------|
| Seniors Lounge # 1 & 2 Trico Centre | DWW Coffee Gr. 8:00 - 10:00 AM | | DWW Coffee Gr. 8:00 - 10:00 AM | | DWW Coffee Gr. 8:00 - 10:00 AM |
| | | Cribbage 12:30 - 4:00 PM | | Bridge 12:30 - 4:00 PM | Whist 12:30 - 4:00 PM |
| | MON | TUE | WED | THR | FRI |
| Outdoor Activities | | Cycling Start 10:00 AM | Cycling Start 10:00 AM | | |
| | Golf Maple Ridge Tee Off Times 8:00 - 10:00 AM | Golf Heather Glen Tee off times 9:00 - 10:00 AM | Golf Douglasdale Tee off time 9:00 - 11:00 AM | Golf Golf Canada Calgary Centre Shotgun start: 9:00 AM | |
| | | | Outdoor Club Weekly Walks Start 10:00 AM Call contact for location | Outdoor Club Bird Watchers start: 8:00 AM Southcentre Parking lot | |

Don't Forget These Important Dates

- Sat. June 1 Annual Summer BBQ, Horton Road Legion -- See Flyer for details
- Wed. June 19 Rosebud Theatre Bus Trip -- Cotton Patch Gospel -- See the website for details
- Fri. July 5 Annual Stampede Golf Tournament - Douglasdale -- book at FLC Website
- Wed. July 3 Outdoor Club -- "Annual Pre-Stampede Wiener Roast" at Fish Creek's Glenfield Site
- Wed. July 17 Stage West -- "Uptown Country Girls" -- Tickets Sales - at Trico June 21st 11:30 to 1:30
- Wed. July 24 Bus Trip to Sunnybrook Farm & Museum -- See web page for details
- Wed. Aug. 14 Outdoor Club "Waterton Lake Trip"
- Sat. Aug. 17 Annual FLC Senior Membership & Activity Registration, Trico Centre 10:00 AM to 2:00 PM
- Wed. Aug 21 Bus Trip to Hutterite Colony -- See web page for details
- Tues. Sept. 3 Annual 9 hole Golf Tournament -- Heather Glen -- book at FLC website
- Fri. Sept. 6th Outdoor Club AGM -- Wine and Cheese
- Sat. Sept. 7 Annual Golf Wind up event -- Acadia Rec. Centre
- Sat. Sept. 18 Bus Trip to Canmore -- see web page for details

FLC SENIORS CLUB
 Operating out of the Trico Centre
 www.flcseniors.ca

Activity Coordinator's Contact List

| Activity | Coordinators | Phone number |
|-------------------------------------|---------------------|---|
| Bridge - Tuesday evening-Duplicate | Verouj Arslanian | 403-255-1018 |
| 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 |
| Calligraphy | Connie Houlden | 403-271-4103 |
| 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 |
| 55+ Aqua Fitness Coffee Time | Bill Atchison | 403-278-9300 |
| Gentle Fitness & 55+ Coffee Time | Bob Watterburg | 403-271-2686 |
| 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 |
| Bird Watching | Deanna Jullyan | 403-254-1229 |
| Snowshoeing | Pauline Schaus | 403-271-7177 |
| Fast & Intermediate Walkers | Sharron Isaak | 403-254-1590 |
| Easy Walkers | Marion Halpen | 403-271-3718 |
| | Jo Harvey | 403-271-4089 |
| Stage West Theatre | Sandie Tomlinson | Email: stagewest@flcseniors.ca |
| Tai Chi | Ron Huyber | 403-281-9427 |
| Theatre Calgary | John Buyschaert | 403-271-0622 |
| Vertigo Theatre | Lynn Lester-Lee | 403-271-9440 |
| Whist | DonnaLee Lamson | 403-281-6134 |
| Workshop Theatre | Camella Dunbar | 403-251-1690 |
| Yoga | Sheryl Tweten | 403-257-5306 |

FLC Seniors Club Annual Membership Registration



Saturday August 17, 2013
 10:00 AM – 2:00 PM

Trico Centre (Home of the FLC Seniors) – FLC Seniors Lounge
 11150 Bonaventure Drive SE



2012-2013
 FLC Seniors Club Board of Directors

| | | | | | |
|----------------|-----------------|--------------|--------------|----------------|--------------|
| President | Rick Babcock | 403-650-3165 | Newsletter | Open | |
| Past President | Hugh Phelan | 403-271-8389 | Memberships | Dan Bell | 403-278-2664 |
| Vice President | Ron Antonchuk | 403-271-8389 | Rebate Prog. | Bob Steele | 403-278-5198 |
| Secretary | Camella Dunbar | 403-251-1690 | Trico Board | Jan DeBruyn | 403-278-5198 |
| Treasurer | Linda Hughes | 403-278-3669 | Director | Mike Hughes | 403-278-3669 |
| Room Bookings | Maureen Bracken | 403-271-2796 | Director | Margaret Jones | 403-276-1040 |
| Social | Marilyn Jones | 403-271-0289 | Director | Ron Schaus | 403-271-7177 |