

# FLC Seniors Club

## FLC SENIORS CLUB ACTIVITIES

Acting Club  
Alberta Theatre Projects  
Bridge  
Brushstrokes  
Bus Tours  
Calligraphy  
Camera Club  
Coffee Group  
Cribbage  
Curling  
Cycling  
Golf  
Line Dancing  
Mahjong  
Outdoor Club  
Qigong  
Social  
Stage West Theatre  
Tai Chi  
Theatre Calgary  
Tile Rummy  
Trico Centre Drop-In Classes  
Vertigo Theatre  
Whist  
Workshop Theatre  
Yoga



*Join your fellow seniors...  
participate ...  
have fun...  
be healthier and happier.*

The **FLC Seniors Club** is a non profit organization established in 1983, and is the largest seniors club of its kind in Canada. Our goal is to enhance the positive qualities of our membership and create an environment which encourages seniors to continue to be active, respected and vital members of their community.

- Membership is available to all seniors over the age of 55 and their spouses aged 50+
- The club is 100% operated by volunteer members
- We have 30+ activities with many activities run at the Trico Centre
- Our activities are affordably priced
- The social aspect is an important part of all our activities and functions
- We strive to accommodate the physical, mental, and social needs of our membership

For information & full details on our **club** and **activities**, visit our Website at [www.flcseniors.ca](http://www.flcseniors.ca).

**Memberships** (\$15 yearly from 1 Sept. to 31 Aug.) are purchased online. For details go to [www.flcseniors.ca/membership](http://www.flcseniors.ca/membership).