

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

Fall Newsletter - 2014



ANNUAL GENERAL MEETING

**All FLC Seniors Club members are invited to your
Annual General Meeting
SATURDAY, OCTOBER 25, 2014**

**ACADIA RECREATION CENTRE – ROSE HALL, 90th AVENUE SE
Cocktails - 5:15 PM (Cash Bar)
Dinner - 6:00 PM
AGM - 7:00 PM
COST: \$20.00 PER PERSON**

Tickets will be on sale at our Annual Registration, held on August 16, 2014 or they may be ordered by submitting an email to: social@flcseniors.ca. Please indicate your Name and Membership Number.

Tickets can also be purchased or picked up at the Trico Centre Foyer located by the FLC Seniors Lounge Entrance on, Saturday October 18, 2014 from 11:00 AM to 1:00 PM.

Minutes from Last Year's AGM are posted online at flcseniors.ca, membership page.

AN ADDED FEATURE THIS YEAR WILL BE A PRESENTATION BY THE FLC SENIORS BRUSHSTORKES GROUP.

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

FLC Seniors Club



IMPORTANT DATES!

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

Saturday, August 16	"FLC Seniors Club Registration" at the Trico Centre
Wednesday, August 20	"Lethbridge/Fort Macleod" – Bus Tour Group
Tuesday, September 2	"HeatherGlen Fall Classic–9 Hole Shot Gun Tournament"
Friday, September 5	"AGM and Wine and Cheese" – Outdoor Club
Saturday, September 6	"Year End Golf Wind-up Banquet at the Arc" – Golf Club
Wednesday, September 17	"Fox on the Fairway" – Stage West Theatre
Saturday, September 20	"One Man, Two Guvnors" – Theatre Calgary
Wednesday, September 24	"Canmore" – Bus Tour Group
Friday, October 3	Curling Season starts at the ARC
Saturday, October 11	"Farewell my Lovely" - Vertigo Theatre
Wednesday, October 22	"Jack the Ripper" – Workshop Theatre
Saturday, October 25	FLC Seniors Club AGM
Saturday, November 1	"Liberation Days" – Theatre Calgary
Friday, November 7	Old Spokes Wine-Up Social – Cycling Club
Wednesday, November 26	"80s Solid Gold" – Stage West Theatre
Wednesday, November 26	"Fawlty Towers" – Workshop Theatre
Saturday, November 29	"The Game's Afoot" – Vertigo Theatre
Saturday, December 6	FLC Seniors Club Christmas Social
Saturday, December 13	'A Christmas Carol" – Theatre Calgary

FLC Seniors Club

What's Happening?....

Your FLC Seniors Club has passed a major milestone; we are now over 2000 members strong....And still growing.

Golf added two new members to its Hole In One memberships.

Rick Babcock became a member on Monday, July 28, 2014, while using his 7 Iron and playing the 8th hole at Maple Ridge.

Garth Bertrand became the latest member on Thursday, July 31st, 2014, while using his Wedge and playing the 3rd hole at GCCC.

Congratulations Rick and Garth - both men are still smiling.

The Thursday evening Bridge is going to continue all summer on a Drop In Basis.

Our activity will have a new coordinator in September.

All FLC curlers are eagerly anticipating this years' season as the Major Ice Renovations will have been completed.

Bridge Lessons will run again two sessions of lessons this year. Upcoming class dates, cost and registration information are online.

Cribbage members have expressed an interest in play Cribbage in the evening. To fill this need, the FLC Seniors Club is starting a Monday evening cribbage group in the TRICO Centre Seniors Lounge from 7:00 to 10:00PM.

Mahjong has moved to Wednesday 1 to 4 pm in the seniors lounge. These are drop in games, and all player, of all levels are welcome.

Vertigo Theatre – Lynn Lester-Lee will be offering discounted tickets for 5 plays at Vertigo this year. Order information and play details online.

Yoga has moved from the TRICO Centre to the Lake Bonavista Community Centre. See the Yoga web site for schedule times.

FLC is adding the TRICO "Be Fit & Age Well" program to our rebate program. This is a one hour continuous low stress wellness program for older adults. The program is endorsed by Alberta Health Services for all levels of fitness including COPD and arthritic sufferers.

FLC Seniors Club



BRUSHSTROKES



Registration for the Fall session will be on August 16th for 5 classes with instructors and 2 classes without instructors, all in fine-art painting. Fall classes in oil, watercolour and acrylics will begin mid-September for 10 weeks, with Brushstrokes members enjoying a separate free 3-hour demo by a local artist during the fall session.

Brushstrokes is pleased to be participating at the FLC Seniors Annual General Meeting. We will display works by our seniors' artist. Brushstroke invites you to come to the AGM and view the art work we do at Brushstrokes, and kindle your artist side to join us.



COFFEE CLUB

The Coffee Group will start our season on September 8th.

We meet regularly on Mondays from 1:15pm – 4:00 pm in the Seniors Lounge at the Trico Centre. Come join us to enjoy a relaxing hour visiting with old and new friends and then enjoy a fun game of card.

A Valid FLC membership is the only requirement to join this group.
The Cost is 25 cents each week.

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CURLING

Our Curling season will commence on Friday October 3 then Wednesday October 8. We will wind up on December 17 and 19th. Our Luncheon will be on Saturday 20th. The second half will commence on January Monday 7 and Friday 9th.and wind up on March 18 and 20th. Our luncheon will follow on the 21st.

Was over to the ARC Thursday August 7th and had a talk with Craig. The concrete is under water curing and all is well. The ice will be ready late September.

We expect to have another successful registration on the 16th and several curlers that will be away at that time have dropped off their forms and funds to Al and Ralph.



CAMERA CLUB

Program Fall/Winter 2014 – 2015

Our Vision Statement is to encourage and facilitate the learning of relevant digital photography skills; while having fun and exploring our creative talents.

We have a full range of skill development for the beginner to advanced digital photographer.

PHOTO LECTURE SERIES – presented at the Trico Seniors' Lounge – Sat. 1:00 to 3:00 PM

Once a month we will have a leader in the Photographic Arts deliver a lecture and discussion about the art and science of photography.

SPECIAL INTEREST GROUPS (SIGS) - Weekly: Sunday, Monday or Tuesday (9:00 – 12 noon). We will have a hands-on walk-about in nature within the five eco systems of Calgary.

WEEK-END FIELD TRIPS – We have planned out of town week-end field trips.

For more information, visit our website at flcseniors.ca

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THEATRE CALGARY Senior Saturday Matinee

The upcoming 2014/2015 Saturday Seniors Matinees at Theatre Calgary promises to be spectacular.

Each play will be preceded by a reception for our seniors (Buffet Lunch) as well as a short but interesting talk about the play you are about to see. The Pre show Reception is held at 1:00 PM.

Our regular ticket price for this season is \$43.00, only one dollar more than last season. Those for "A Christmas Carol" and for the musical "Dear Johnny Deere" remain, as they were for the two special shows last season, at \$45.00.

Please join us for the upcoming Presentations and visit our website at flcseniors.ca.



BUS TOURS

The FLC Seniors Bus Tours Group organized four bus tours during the summer months. The bus tours are open to only FLC Seniors members. Please come and join us. Our next two trips are

20th August – **Lethbridge / Fort Macleod** – 7:00 am departure for the Nikka Yuko Centennial Japanese Garden in Lethbridge. We will experience a guided tour of the gardens. Our next stop is the Fort Macleod Museum which is dedicated to preserving the history of the NWMP and First Nations People. After lunch we will participate in a guided tour of the fort, watch the world famous NWMP Musical Ride and a play "March of the Red Coats". This bus tour is now full but we are still taking names for a waitlist.

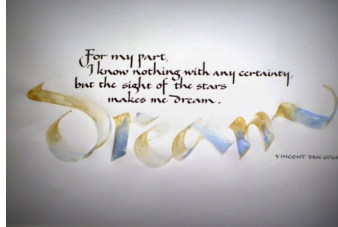
24th September – **Canmore** - is one of the most beautiful places in all of Canada! We will visit the recently opened indoor Playground called Elevation Place, tour the Grizzly Paw Micro-Brewery, have lunch at the Cornerstone Theatre, and visit Canmore's Coal Mining Museum. Registration for this bus tour opened on 9th August.

The FLC Seniors Bus Tours Group is looking forward to planning the 2015 summer bus tours. We are looking at some very different venues for next year and look forward to sharing them with all the FLC Seniors members in the upcoming newsletters.

You can contact Donna Crowder, Co-ordinator of the FLC Seniors Bus Tours Group by:
Email: bustours@flcseniors.ca or Phone: (403) 366-9029

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CALLIGRAPHY CLASSES



“SASSY SHAPES & SWASHBUCKLERS”

This class begins with “Fun and Funky” letters but takes you farther. Learn about calligraphy basics as you create fun shapes and letters. In week two, we’ll move into a fabulous flowing alphabet. This five-week course is perfect for beginners or for those who love to create letters. If you are new to calligraphy, different pens will be presented for you to try with pros and cons for each.

Date: Wed. Oct. 1 – Oct. 29, 2014 (5 weeks) Time: 10:00 am – 12:00 noon



“BLACKLETTER FOR BEGINNERS”

Come and try your hand at making these Germanic picket-fence kinds of letters and create a fun certificate, Christmas cards, or a favourite quotation. The instructor will provide graph paper to begin with. Plain practice paper will also be required as well as calligraphy pens. Tools will be explained in the first class if you are new to calligraphy.

Date: Wed. Nov. 5 – Wed. Dec. 3, 2014 (5 weeks) Time: 10:00 am – 12:00 noon



“BOOKHAND”

This alphabet was developed from the older Carolingian hand in order to make the writing more legible. It was the model for real print and survives to this day as a less formal script that can be used for all occasions. In this class we will learn the lower and upper class letters and will apply them to a project in the six weeks.

Date: Wed. March 4 – Wed. April 8, 2015 (6 weeks) Time: 10:00 am – 12:00 noon

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“A CALLIGRAPHIC BAG OF TRICKS”

Art for Non-Artists means having fun with certain aspects of art. We will explore our own handwriting to create new individual calligraphic letters, plan a design using curves and circle, find ways to use numbers as a focal point, spend some time flourishing letters and drawing some geometric Celtic designs. These are all different projects. Pencil, eraser, tracing paper, colour pencils (or paintbox), graph paper, and a few calligraphic tools are going to be used in this class.

Date: Wed. April 22 – Wed. May 28, 2015 (6 weeks) Time: 10:00 am – 12:00 noon

Connie Houlden, Coordinator : 403-271-4103

Joanne Anson: 403-278-7616



TAI CHI

The Tai Chi activity will be presenting four class options in the upcoming season. The Fall session of classes which will run from early September to early December. The four class options include Introductory, Novice, Intermediate and Advanced levels in traditional Yang style Tai Chi. We hope to add 20 new seniors into the Introductory level. Altogether, we hope to have about 70 students comprising all of the classes.

The Winter session, will run from January to April, 2015 and will present the same class options. Our instructors are from the Calgary Tai Chi and Martial Arts College and this will remain the same. Classes are limited to 20 students per each class at the request of our instructors.

Fees per student will remain at \$50 except at the Introductory level where a fee of \$65. The price includes Tai Chi T-shirt they we want each student to wear.

Please visit our web page for more details or contact Tai Chi coordinator Ron Huyber at 403-281-9427

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LINE DANCING

It is that time of year when we begin to think about Line Dancing.

But first, you must renew your membership at the Trico Centre in August, and next, you need to fill out the registration form as soon as possible so that we can confirm our classes.

We are really excited about the **New Beginners Class** where you will learn the names of the steps and enjoy the really easy dances. And, do laugh at all the mistakes you will make, this is the fun part! You will also connect the music to the different dances, and get to know your fellow dancers. The exercise is also a side benefit. And, do bring your friends along.

We have many special events where we all get together, such as the big Christmas Dance and the Windup Party – great fun. And, of course, our Stampede Breakfasts where everyone joins in.

On a more personal note, when I first walked into my class at the TRICO Centre, I was a stranger in their midst, yet I felt the friendliness of the dancers--- when I left I knew that I was going to make many new friends---I did.

A final word . . . it is very addictive!

So, please join us, and find out what a wonderful recreation it is and that our teachers are the greatest. See you soon.

If you need any further information, please call Belle at 403-278-5176 or email linedancing@flcseniors.ca.

FLC Seniors Club



The golf season is half over; but that means there is still the last half to go. Don't put the clubs away yet; we will be playing until the snow flies.

Circle September 2nd on your calendar for our Annual Year End Fall Classic at HeatherGlen Golf Course. See more Details & Book through the Golf web page. It will be a shot gun start at 8 AM sharp with lots of fun socializing, and having a great meal catered by the HeatherGlen Staff, and lots of prizes.

We will once again close our great golf year off with our year end Wind Up. This year it will be held on September 6th, at the Acadia Recreational Centre. See more Details & Book through the Golf web page. Please keep this date open to have a great time with friends, a great meal and lots of fun winning prizes. What a great way to finish the season.

Please remember that to make all this happen, "Your" Golf Committee requires the assistance of approximately 40 volunteers throughout the year to ensure a successful golf season. We would like to thank all our great golf volunteers for their help and dedication throughout the year.



OLD SPOKES CYCLE CLUB

Old Spokes membership is currently over 200.

Three group's cycle Tuesday, one Wednesday, and one Thursday; enjoys the 25 to 60 km rides exploring Calgary.

The Cycling Members are proudly and enthusiastically wearing the New brilliant Yellow and Red Old Spokes Club Jersey.

The Two bus-bike trailer cycle trips to Highwood Pass in Kananaskis, accommodating all levels, have been well received.

The Web registration for rides has proven effective.

Our Old Spokes Cycle Club Annual 'Wind-(d)-Up Social will be held on November 7, 2014.

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OUTDOOR CLUB

The Outdoor Club executive meets once a month.

We had our pre-Stampede Wiener Roast on July 2nd at Glenfield in Fish Creek, the weather was great and everyone seemed to have a good time. We had approximately 75 in attendance and a big Thank You to all those who pitched in to make this event very successful.

Our Walkers are meeting Wednesday morning trying out different locations.

We will be helping out at the FLC Registration on August 16 and on September 5, we will be holding our AGM and Wine and Cheese, while in October we will have our planning meeting.

SNOWSHOEING

Snowshoeing will begin late in the fall/early winter after we have sufficient snow.

An information session regarding the format of the season, activities, equipment etc. will be held on Wednesday, October 29, 2014 in the Seniors Lounge at the Trico Centre. Watch for details.



MAHJONG

Anyone for Mahjong?

Do you play Mahjong or have you always wanted to learn about the game played with Chinese tiles? The FLC Seniors Group now has a year round Mahjong group on Wednesday afternoons from 1:00 to 4:00pm in the Seniors Room at the Trico Centre. We play the Japanese version of the game. There will be a beginner table with a skilled teacher for anyone wanting to learn or for those who have some experience but require a refresher session(s). If you would like to participate please email mahjong@flcseniors.ca or phone Donna at 403-366-9029.

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CRIBBAGE

MONDAY EVENING CRIB CLUB

Due to member interest, we have started a Monday evening Crib Club in the Seniors Lounge at the Trico Centre from 7 - 10PM. There is a \$1 fee for 8 games based on the number of wins and all money collected is paid out in prizes. If you know how to play Crib, drop-in and join our group - we are growing fast. You must be a member of the FLC Seniors Club to take part in this activity.

Co-Ordinator: Donnalee Lamson (403) 281-6134

TUESDAY AFTERNOON CRIB CLUB

If you know how to play crib (we do not teach) and are a member of the FLC Seniors Club, you can drop-in to play Crib Tuesday afternoons 1-4 in the Seniors Lounge at the Trico Centre. We charge \$1 entry fee to play seven games – the money collected covers coffee, cookies and prizes. We have a great group of people who make the game fun and interesting. Doors open at 12:30PM and play starts 1:00PM - It is advisable to be at least 20 minutes early.

Co-Ordinators: Jean & Roy Berg (403) 248-8220



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 only for coffee and prizes.

Whist is a game of mental engagement, strategic thinking and social interactions. Since there are several version of Whist, our club has chosen to play the “Basic Partnership” game with four players, two against two as partners.

We are looking for more Whist players.

If there are Whist players out there that have played Whist in the past, but are afraid to give it a try again, please do not hesitate to come and join us. We have people who are willing to help you get through those first few games to get yourself back in Whist trim.

Location: Trico Centre – FLC Lounge

When: Every Friday afternoon from 1:00 pm to 4:00 pm – doors open at 12:30 pm.

FLC Seniors Club



WORKSHOP THEATRE PRODUCTIONS

The following presentations are available for 2014/2015.

"Jack the Ripper"	October 22, 2014
"Fawlty Towers"	November 26, 2014
"The Steve Truscott Story"	March 4, 2015
"Goodnight Desdemona"	May 13, 2015

The cost is \$18.00, which includes your ticket, bus to theatre, and a light snack after production.

To book tickets, email workshoptheatre@flcseniors.ca



Yoga

Due to circumstances beyond our control, we have relocated the FLC Seniors Yoga program out of the Trico building to another facility.

We are excited to inform you that we have found a great new location for all Yoga classes in the Multi Purpose room at the Lake Bonavista Community Association building located at 1401 Acadia Drive SE. It is a great space with lots of natural light, easy access and lots of free parking.

Due to this change in location, a few of our **class times have changed**; all current Yoga students have been advised, however for more information please check the updated webpage on the FLC Seniors Website under Activities/Yoga.

Classes start the week of September 8th for the five beginner and three intermediate classes with our instructors Beth, Brenda, Lonnie, Peggy and Sheryl. A new mixed level for the early riser is also being offered.

In your splendid perfection...Namaste . . . Sheryl Tweten and Luisa Bell

FLC Seniors Club

ACTIVITY	COORDINATORS	PHONE NUMBER
Alberta Ballet	Susan Spragg	403-256-6834
	Gisela Ironside	403-254-8116
Bridge – Tuesday evening (Duplicate)	Verouj Arslanian	403-271-7681
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)	Rebecca Fairbanks	403-278-6775
Brushstrokes	Rod Helm	403-238-9443
Bus Tours	Donna Crowder	403-366-9029
Calligraphy	Connie Houlden	403-271-4103
Casino	Bob Watterberg	403-271-2686
Camera Club	Margaret Jones	403-726-1040
Club Membership	Dan Bell	403-278-2664
Coffee Group	Roxy Thomson	403-271-1671
Cribbage – Monday Evening	Donnalee Lamson	403-281-6134
Cribbage – Tuesday Afternoon	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	Terry Sly	403-256-7140
Line Dancing	Dean & Ann Nuell	403-238-7888
Mahjong	Donna Crowder	403-366-9029
Newsletter	Linda Shepel	403-720-7876
Outdoor Club – General Information	Marilyn Patterson	403-726-0881
Membership	Mary Ann Oikawa	403-278-6505
Bird Watching	Anne Belton	403-201-1570
Snowshoeing	Pauline Schaus	403-271-7177
Walkers – Intermediate and Fast	Sharron Isaak	403-254-1590
Easy Walkers	Jo Harey	403-271-4089
	Ev Chesser	403-873-2008
Social	Marilyn Jones	403-271-0289
Stage West Theatre	Sandie Tomlinson	403-990-5562
Tai Chi	Ron Huyber	403-281-9427
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	Luisa Bell	403-278-2664
	Sheryl Tweten	403-257-5306

FLC Seniors Club

Older Adult Programs at TRICO CENTRE

www.tricocentre.ca
403-278-7542



Trico Centre has many program options for older adults: registered programs, registered wellness workshops, and drop-in adult fitness (70 classes a week, included in memberships.) See the Fall 2014 Program Guide or check www.tricocentre.ca for all the details.

REGISTERED WELLNESS WORKSHOPS

Healthy Aging (18+ yrs) **NEW**

Beginner Intermediate Advanced

Have you planned your health care in the event you can't speak for yourself? This new, interactive mini-workshop "Conversations Matter" is designed to help you think about, talk about and document your wishes for your health care. Presented by South Calgary Primary Care Network. Registration required.

69427	Tu	2:00pm-3:00pm	Sep 16	Classes: 1	M Free	NM Free
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Walking Towards Health & Happiness (18+ yrs) **NEW**

Beginner Intermediate Advanced

Taking a few extra steps a day can be one of the best decisions you make! Walking strengthens your heart, helps maintain healthy body weight, releases endorphins, boosts energy, and helps you sleep. Come listen to South Calgary Primary Care Network's physical activity experts and learn about the joys of walking, along with practical tips towards a healthy routine. Registration required.

69428	W	6:30-7:30pm	Oct 22	Classes: 1	M Free	NM Free
69429	W	2:00-3:00pm	Nov 18	Classes: 1	M Free	NM Free
69430	W	2:00-3:00pm	Dec 16	Classes: 1	M Free	NM Free

FIT 101-For the Absolute Beginner (16+ yrs)

Beginner Intermediate Advanced

Never worked out in a fitness centre before? Join this small beginner group and learn about equipment functionality, benefits, and technique. Each week we concentrate on specific equipment and teach a variety of exercise techniques, programs, and styles to help you reach your health goals. Includes cardio, strength training machines, free weights, functional training, and stretching. After the five-week course is complete you will be offered a discounted 90-minute one-on-one personal training session (\$80.00).

67657	Tu	10:00-11:00am	Sep 23-Oct 21	Classes: 5	M \$45.00	NM \$55.00
67658	Tu	6:00-7:00pm	Oct 28-Dec 2	Classes: 5	M \$45.00	NM \$55.00

REGISTERED PROGRAMS

Bone Builders: Weight Training for Older Adults

Beginner Intermediate Advanced

Muscle pulling on bone builds bone, so weight-bearing exercise builds denser, stronger bones. Weight lifting (or load bearing) is one of the best exercises for building bones as well as improving heart health, muscle strength, coordination & balance. Trainer Diane Thuna. Maximum 4 people.

69420	Tu	1:00-2:00pm	Sep 16-Oct 21	Classes: 6	M \$84.00	NM \$90.00
67903	Th	10:30-11:30am	Sep 18-Oct 23	Classes: 6	M \$84.00	NM \$90.00
69422	Th	7:00-8:00pm	Sep 18-Oct 23	Classes: 6	M \$84.00	NM \$90.00
69421	Tu	1:00-2:00pm	Oct 28-Dec 9	Classes: 6	M \$84.00	NM \$90.00
67905	Th	10:30-11:30am	Oct 30-Dec 4	Classes: 6	M \$84.00	NM \$90.00

Chair Yoga (14+ yrs) **NEW**

Beginner Intermediate Advanced

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 can be adapted to sitting on a chair. The class includes breathing, meditation, stretching, strengthening, and a lot of fun. This class is for all levels.

67911	W	1:45-2:45pm	Sep 17-Oct 29	Classes: 7	M \$63.00	NM \$77.00
67912	W	1:45-2:45pm	Nov 5-Dec 17	Classes: 7	M \$63.00	NM \$77.00

Fall Prevention Workshop (14+ yrs)

Beginner Intermediate Advanced

What can you do to reduce your risk of having a fall and increase your ability to maintain your independence? This workshop will help you to identify potential risk factors, implement changes to keep you safe, and learn what exercises can be done in order to prevent a fall, improve your balance and help you to stay strong. Instructor: Rene Engel

67906	W	1:30-3:30pm	Oct 8	Classes: 1	M Free	NM Free
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DROP-IN FITNESS (classes are on-going throughout the year)

There are more than 70 drop-in classes to choose from every week. Many are specifically geared to older adults. All classes are included in membership, or you can access with a 10-Visit pass or a one-day admission.

Gentle Fitness Mon, Wed and Fri 7:30-8:15am Join this active class designed to enhance your cardiovascular/respiratory systems with brisk walking techniques, strength-building exercises, relaxation and stretch.

Fit N Fab Mon, Wed and Fri 10:30-11:30am Improve balance, aerobic endurance, flexibility, and muscle tone.

Deep H2O 55+ Mon- Fri 8am-9am Tues and Thurs 3pm-3:45pm and Wed at 11:30am-12:15pm. This total body workout that uses varying tempos, hand positions, and range of motions to modify the movement intensity.

Be Fit- Age Well Fri at 11:45am-12:45pm Low-impact routines in a safe, professionally-led environment. Functional and enjoyable - endorsed by Alberta Health Services for all levels of fitness including COPD and arthritic sufferers.

***55+Yoga** Mon and Thurs 9am-10am. The teacher will guide you through a combination of standing, seated and lying postures that will promote balance, strength, mobility, and flexibility. Class also includes a breathing and relaxation practice.

Yin/Restore Yoga Mon, Wed and Fri 10:30-11:30am The first half of this class will include long, gentle holds focusing on the connective tissues and the joints as well as opening hips, back and shoulders. The second half will move towards supported poses using props such as bolsters, blocks and blankets to allow the body to open, relax and renew.

Turf and Surf Wed and Fri 8:30-9am in Fitness Centre and 9:15-10:15am in the Pool Start your workout on land with strength and conditioning, and finish in the water with invigorating cardio and core-based exercises. This class is designed to maximize the benefits of both land and water.

Rebate Program: Starred (*) drop-in programs qualify for a unique rebate program. FLC Seniors Club members who are also Trico Centre members (annual or continuous) who attend at least 65% of the weeks of a drop-in class, receive a rebate of \$5 per quarter applied to their Trico Centre account (maximum of \$10 per quarter and \$40 per year.) For more information on the rebate program, contact the FLC Seniors Club.



FLC Seniors Club

60 PLUS Memberships at TRICO CENTRE

- Fitness Centre with three-lane running/walking track, treadmills, ellipticals, weight machines; bright, sunny natural lighting, and no line-ups
- more than 70 Drop-In Group Fitness classes every week
- Aquatics Centre with hot tub, steam room, wave pool, and warm water
- two arenas offering Leisure Skating, Adult Shinny Hockey, & Learn-to-Skate
- members receive 20% off registered fitness and personal training.
- opportunities for all fitness levels and abilities - from walking the track to aqua fit or yoga
- relaxed, friendly atmosphere; fitness monitor on duty if you have questions
- great opportunities to stay physically active, healthy, and vibrant

Flexible

A Trico Centre membership fits your life! To make our memberships work for those who may be travelling for an extended period of time, we have a **convenient start and stop option** for up to 3 months. This allows you to take time off, and quickly jump back into your routine when you return. You can also pause your membership for **medical reasons** (With a doctor's note. Contact Guest Services for more information.) Cancellations are also pain free: 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**.

Drop-In Fitness Classes

With a membership, you can choose from more than 70 drop-in fitness classes each week - many specifically designed with older adults in mind.

Gentle Fit 55+
Fit N Fab
Deep H2O 55+
Yin/Restore Yoga

X Yoga 55+
Be Fit, Age Well
Turf'n Surf

Affordable

At Trico Centre, a membership is **affordable** - our rates are among the best in the city.

Community Partner Price * (Plus GST)		
	ANNUAL	CONTINUOUS MONTHLY
60 Plus (60 yrs +)	\$465	\$38.75
60 Plus Couple (60 yrs +)	\$710	\$59.17

Trico Centre offers two membership options: Annual and Continuous. An annual membership is valid for 12 months. A continuous membership does not expire until you notify us (see below for cancellation policy.) A continuous membership is a monthly pay option.

Trico Centre is a non-profit, community-owned facility that partners with over 30 community associations in South Calgary. Residents of partnered communities are eligible for our Community Partner Price of 20% less than that offered to those who reside outside our partnered communities (with presentation of current community association membership card or payment of **Community Support Fee** of \$30 per household or \$15 for senior household per year; 100% of the fee is sent by Trico Centre to your community association.)

www.tricocentre.ca
403-278-7542

