



# FLC seniors club



The **FLC Seniors Club** is a non-profit organization established in 1983 and is one of the largest 55+ clubs of its kind in Canada.

Our goal is to enhance the positive qualities of our membership and create an environment which encourages them to continue to be active, respected and vital members of their community.

- ❓ Membership is available to all those over the age of 55 and their spouses aged 50+.
- ❓ The club is 100% operated by volunteer members.
- ❓ We have 30+ activities and many activities are run at the Trico Centre in the Seniors Lounge.
- ❓ 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.



**Vision:** To foster a vibrant, inclusive, community where seniors connect, stay active, keep learning, and enjoy life together.

**Mission:** We are an activity-based, volunteer run Calgary club whose mission is to enhance the well being of seniors by offering a wide range of social, physical and artistic activities. We create opportunities for friendship, fun and lifelong growth through our programs - helping every member feel valued, engaged, and supported in a welcoming environment.

## Welcome to the FLC Seniors Club!

**We are proud to introduce you to our FLC Seniors Club.**

The FLC Seniors Club is a non-profit organization operating out of the Trico Centre for Family Wellness as well as other locations in south Calgary.

Membership is available to all seniors over the age of 55, and to their spouses over the age of 50.

# FLC SENIORS CLUB ACTIVITIES

## STEP BY STEP TO PURCHASE AN

# FLC MEMBERSHIP

### NEW MEMBERS

You will require an email address and credit card to complete transaction.

1. Go to [www.flcseniors.ca](http://www.flcseniors.ca)
2. Click on Membership Info
3. Click on **Green Bar**  
*Purchase a New Membership*
4. Complete all fields
5. Click on **Green Bar**  
*Purchase Membership \$15.00*
6. Read Acknowledgement & Consent  
*Click box to accept & proceed*
7. Click on **Green Bar**  
*Pay by Credit Card*
8. Pay with credit card details
9. You will receive a receipt via email
10. Save your Membership number  
*Ideally in your phone*

- 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
- Vertigo Theatre
- Whist
- Workshop Theatre

## STEP BY STEP TO REGISTER FOR AN

# FLC ACTIVITY

### OPEN TO CURRENT MEMBERS

You will require your CURRENT Membership #, an email address and credit card to complete transaction.

1. Go to [www.flcseniors.ca](http://www.flcseniors.ca)
2. Click on **left bar** Activities
3. Scroll to Activity of choice
4. Each Activity has a contact option:  
*Email/Phone or both*
5. Contact Coordinator or Register for class of choice
6. Pay cost associated with activity



### NOTE

You must be a current Member prior to registering for any Events or Activities