

January / February 2022

COMMUNITY CONNECTOR

Bringing news from Leduc Family & Community Support Services and Leduc Assisted Transportation Services to Seniors and LATS clients

Top Five New Year's Resolutions for Seniors and their Families

Life is full of traditions, many handed down through the years, and some newly created between families and friends. One common tradition many people have is to make New Year's resolutions.

This year, try something different. When making your list of resolutions, think of ways to involve family members and friends as support. Whether you live near or far, deciding to join forces and make New Year's resolutions together increases the odds that you stay true to your goals.

- **Start a letter journal.** Handwritten letters are a more personal way of keeping in touch. Send letters through the mail or purchase a bound journal and write a letter inside, then give it to your loved one who will write a letter to you and return the journal. Sharing a letter journal with a loved one is a unique way to strengthen your connection, and for you to get to know each other better.
- **Plan to age gracefully.** It is never too late to decide to pursue a healthy lifestyle, which increases the odds of aging gracefully. Plan to exercise often, eat nutritious foods and to encourage each other while doing so. Take walks or participate in a group exercise class together. Even if you live far away, you can take walks during the same time of

day and talk on the phone to plan healthy meals and other activities.

- **Share your favorite recipes.** Exchanging healthy recipes can help your loved ones eat more nutritious meals and gives you the opportunity to ensure they are eating well. The bonus is receiving favorite family recipes from your loved one that have been passed down through the generations!
- **Get tech savvy.** Believe it or not, seniors are the fastest growing segment of computer users. It might seem a bit intimidating at first, but once you are comfortable communication and trading pictures becomes a snap. Imagine being able to see each other over a webcam if you live apart! The grandkids can relay their adventures, and you all get the pleasure of seeing each other laugh!
- **Talk about the hard stuff.** This resolution may not be fun, but it is the most important of all. Form plans within your family as to who might become the caregiver if the need arises. Talking about estate planning and wills, along with other related issues. Discussing these things in advance ensures that your loved one's wishes are recorded and understood by all.

Making New Year's resolutions together creates just one more common bond within important relationships and allows you to get to know each other better.

(Excerpt and modified from www.comfortkeepers.com)

City lowers cost to ride LATS

On December 13, 2021, Leduc City Council approved lowering the fare for Leduc Assisted Transportation Services (LATS).

Effective January 1, 2022, LATS fare will be on par with local Leduc Transit fares:

- Monthly Pass: \$55/month (previously \$140/month)
- Ticket Books: \$18/10 tickets (previously \$40/11 tickets)
- One-way Fare: \$2 (previously \$4)

January bus passes (for both Leduc Transit and LATS) will go on sale Monday, December 20, 2021. Local monthly bus passes (\$55) are valid on both LATS and Leduc Transit.

If you still have tickets left over, a \$4 ticket will be worth two rides on LATS from January 1 onward. Please reach out to the LATS office for more information at 780-980-8444.



The City of Leduc and LATS is closed on the following dates:

- New Year's Eve
Friday, December 31
Closing at 3:00 p.m.
- New Year's Day
Saturday, January 1 – closed
- Family Day
Monday, February 23, 2022 – closed

Snow and Ice

Winter weather has arrived! Clients are reminded to ensure driveways, sidewalks and steps at their residences are clear of snow, ice and other debris this winter.

LATS operators are not obligated to pick clients up if these conditions are not met. Slippery sidewalks and driveways can be hazardous for both clients and operators.

Moving clients who use mobility devices such as wheelchairs can be very difficult on snowy driveways and walkways.



Thank you for your assistance in ensuring safety for everyone.

Our weather can change quickly and unexpectedly. Please ensure you and those in your care are dressed appropriately for all trips.

Extreme weather plan now in effect

During the winter months, the Leduc Hub Association offers overnight shelter for up to 12 people from 9:30 p.m. to 7:30 a.m. at 5110 47 Street, Leduc.

Residents seeking warmth outside of the Leduc Hub overnight hours are also encouraged to visit the Leduc Civic Centre or the Leduc Recreation Centre (with proof of vaccine) during regular business hours.

When temperatures drop below –25 degrees, the community's extreme weather plan is initiated and the Leduc GO Centre (operated by Gateway Family Church) becomes available for the vulnerable population to keep warm during the following hours:

- Monday to Thursday: 8 – 9:30 p.m.
- Friday and Saturday: 5–9:30 p.m.
- Sunday: 4–9:30 p.m.

The Leduc Go Centre is located in the same building as the Leduc Hub.

Leduc is a kind, caring, and compassionate community that supports all of our residents, including the vulnerable population. If you know or see someone in our community who needs support during this stretch of extreme weather, please refer them to the Leduc Hub (5110 47 Street) or to Leduc FCSS (#1 Alexandra Park).

City of Leduc deploys snow crews to keep roads clear and safe

With the first major snowfall of the season, Leduc's fleet of snow plows, graders and sanders have been deployed to keep our nearly 500 km of streets and lanes clear of snow and ice.

Crews have begun snow plowing, which will be followed by street sanding and then snow removal. Residents are asked to please be patient, drive safe, and give the equipment space to do their work.

Snow clearing and removal is a team effort, and small acts can make a huge difference. The cooperation of residents is a tremendous help in keeping our community's roads safe and clear throughout the season. Residents are encouraged to support snow crews by:

- Staying up-to-date on snow clearing efforts at our website
- Cooperating with signage posted in your neighbourhood by moving vehicles off the street
- Giving equipment the space to do its job

Visit leduc.ca for details and regular updates on Leduc's snow clearing and removal efforts.





21/22 SEASON PERFORMANCE SERIES



Motus O
Feb. 11, 2022



COIG
Mar. 18, 2022

WEDNESDAY MOSAIC SERIES

Join us in-person for the Wednesday Mosaic Series or have the show live-streamed straight to your screen – wherever you are!

Jan. 19 - Prairie Debut
(Uchida/Hoekman/Tominaga)

Jan. 26 - Le Fuzz

Feb. 2 - Leduc Drama Society

Feb. 9 - Stageworks

Feb. 16 - Hailey Benedict

Feb. 23 - Connectivity Dance

Mar. 2 - Christ the King

Individual tickets on sale two weeks before each show or get a subscription!



www.ticketpro.ca
1-888-655-9090



GET YOUR TICKETS AT maclabcentre.com



Check out the Leduc Public Library Winter 2022 Community Program Guide for more programs during January – March 2022. Stop by to grab a copy or find it online at www.leduclibrary.ca.

Programs

Tea Tasting Kit

Explore some of the teas found around the world. Kits will include six tea samples and a tasting card. Return your tasting card to the library on or before February 4th, for your chance to win a \$25.00 Chapters gift card.

Pick up	Return Tasting Card
January 10 – 23	On or before February 4

Death, Taxes and Beyond

Preparing financial affairs for loved ones is necessary but can be an overwhelming process.

Let us guide you by taking it one step at a time. Understand the basics of personal taxes, define what type of insurance is important, define the purpose of an executor, and implement a 4-step plan. By the end of this informative session, you'll be able to take the next step and create your own estate plan!

Date	Time	Platform
Tuesday, January 18	7 p.m.	ZOOM

Presented by the Credit Counselling Society and run-in partnership with Strathcona County Library.

Online Adult Book Club

Do you love to read and talk about books? Read the following and join the discussion on Zoom! Please note that participants must acquire and read their own book prior to the discussion. Library books, eBooks, and audio books are available through TRAC.

Dates	Theme	Time	Platform
Wednesday, January 19	The Bees by Laline Paull	6:30 – 7:30 pm	ZOOM
Tuesday, February 22	Homegoing by Yaa Gyasi	6:30 – 7:30 pm	ZOOM
Tuesday, March 29	The Rose Code by Kate Quinn	6:30 – 7:30 pm	ZOOM

Outreach Services

Outreach Services is a convenient service that supplies books, large print books, audio books, Daisy books, DVDs, and other library materials to people who are unable to use the library due to temporary or long-term physical and medical disabilities. Library staff or volunteers will deliver books to your home and pick them up once a month.

Please call 780-986-2637 or [email](mailto:kristi@leduc.ca) Kristi for more information.



Leduc and District Senior Centre (Telford House)

The Leduc & District Senior Centre provides programs and activities to enhance seniors' life styles. These include floor curling, sturling, bridge, canasta, crib, euchre, painting, stained glass classes, choir and a lunch program. The facility is also used to promote health care issues such as Parkinson's support meetings and as a casual drop-in for seniors to meet socially.

Exercises		
Monday, Wednesday & Friday (Wednesday- Yoga/Wellness)		10-11 am
Sturling		
Monday		9:30 am
Thursday		1:00 pm
Bridge		
Tuesday		9:00 am
Thursday		1:00 pm
Canasta		
Monday		7:00 pm
Curling		
Monday <i>(starting in January)</i>		1:00 pm
Wednesday <i>(this is a league event)</i>		1:00 pm
Knitting		
Thursday		9:30 am
Lunch		
Thursday		11:30 am (served)
Cribbage		
Tuesday		1:00 pm
Thursday		7:00 pm
Euchre		
Friday		1:00 pm
Guitar		
Monday		7:00 pm
Wednesday <i>(Lessons)</i>		1:00 pm
Painting		
Wednesday		9:00 am
Stained Glass		
Monday		9:00 am
Tuesday <i>(Lessons)</i>		6:30 pm
Darts <i>*ON HOLD UNTIL A LATER DATE</i>		
Friday		7:00 PM
NEW ACTIVITIES		
Music Jam		
1 st Tuesday of the Month		1:30 pm – 4 pm
3 rd Tuesday of the Month		1:30 pm – 4 pm



Calling All LRC Seniors

The LRC is hosting a Seniors Social



Enjoy **FREE** coffee and tea, visit with friends, meet new people and share in some great chats and lots of laughter!

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Every Monday to Thursday*

11 a.m. – 2 p.m. | BMO Curling Rink Lobby

*September through June excluding holidays.



Senior Active Afternoon's

Are you 60+? The LRC offers FREE access Monday - Friday from Noon to 4 p.m.

Please visit Guest Services to register for this membership today.

