

Sending warm wishes to you and your Family during this Christmas Season.
May your home be blessed with love and happiness.

Lucrecia Mendoza
Older Adult Services Coordinator



HEALTH BENEFITS of DANCING

Dancing is no longer thought of as merely a social activity. For the older adult the health benefits of dancing range from improving physical health to creating strong social connections that increase a sense of happiness and well-being.

As one ages, the body loses muscle mass, and consequently coordination and balance. Thus a person will be more likely to fall. Not only will dancing improve strength and muscle function in the older adult, but it can also improve cardiovascular health.

[DANCING CAN HELP OVERCOME THIS DECLINE.](#)

Studies have shown, that often those who participate in dance generally experience less pain.

It appears that the type of dance does not make any difference. Any style of dance will help, or improve muscle strength, balance and endurance. Social and emotional health can also improve. Research confirms that dancing will improve one's sense of well-being, will keep one connected to their community, and hence, more interested in everyday life.

Here may be the most significant reason to start to kick up your heels. Of all the other forms of activity, dancing may help fend off dementia. The reason for this is thought to be that dancing forces the brain to combine cardiovascular exercise with split-second decision making. These two things force the brain to create more neural new pathways.

If you are an older adult who is searching for a new leisure activity, consider dancing. You could very well improve your overall health. Dancing is a fun way to get exercise in a social setting.

Telford House hosts many dances, and dance classes. Don't worry about your dancing skills—not everyone who comes is a candidate for 'Dancing with the Stars'. If you are uncomfortable with your dancing ability, watch for dancing classes at Telford House. The most important 'skill' you need though, is just a desire to have fun and perhaps meet new people!



A Unique Gift

Make this gift as a gift for yourself or someone special in your life. Put all the items in a box or zipper bag, along with the printed out copy of the following explanation:

- * Toothpick—Reminds you to pick out the good qualities in yourself and others.
- * Rubber Band—Reminds you to be flexible. Things may not always go as you want, but they will work out in the end. Stretch yourself beyond your limits.
- * Band-Aid—Reminds you to heal hurt feelings, yours or others.
- * Note Pad and Pencil—Reminds you to list your blessings each day. Gratitude for all you have.
- * Eraser—Reminds you to correct your wrongs
- * Chewing gum—Reminds you to stick with it and you will be able to accomplish your goals.
- * Candy kiss—Reminds you that everyone needs a kiss or hug every day.
- * Tea Bag—Reminds you to relax and go over that list of blessings.
- * Snickers Bar—Reminds you to take time to laugh.

The Time is Now

If you are ever going to love me,
Love me now, while I can know
All the sweet and tender feelings,
Which from true affection flow.

—

Love me now, while I am living,
Do not wait until I'm gone,
And then chisel it in marble,
Sweet love words on ice-cold stone.

—

If you have tender thoughts of me,
Please tell me now.
If you wait until I'm sleeping,
Never to awaken,
There will be death between us,
And I won't hear you then.

—

So, if you love me, even a little bit,
Let me know it now while I am living,
So I can own and treasure it."

.....Author: Unknown

Nov 5, 2017 - Daylight Saving Time Ends

Before bed Saturday November 4th set your clocks back 1 hour. Also it is a good time to change the batteries in your smoke and carbon monoxide detectors to make sure these vital devices remain in working order.



Begin doing what
you want to do now...
We have only this
moment sparkling like
a star in our hand and
melting like a snowflake.
~~Marie Beynon Ray

EVENTS in Leduc



Mistletoe Craft & Food Sale

Come check out Leduc's yearly Christmas Craft & Bake Sale! We will have 30+ local vendors selling unique items that are hand-crafted and one-of-a-kind! There will be many bakers & other unique vendors! Support local home/small businesses by stopping in to look around!
Great gift ideas with the holidays around the corner!
★Free Entry! ★Raffles! ★Gifts & Prizes! ★Great Food!

November 18th (Saturday) 10 am to 5 pm
November 19th (Sunday) 11 am to 4 pm
TELFORD HOUSE

13TH ANNUAL
SANTA CLAUS
PARADE

2017 Santa Claus Parade & Family Festivities
Santa Claus is Coming to Town

When: November 25th
Time: 7pm to 9 pm
Parade starts at 7 pm
Where: Route starts at Bank of Montreal, goes West, turns North on 50th Street, and ends at 52 Ave.



Western Canada Darts Exhibition Tour

Featuring: Awesome Dawson—Dawson Murschell
The Silencer—Jeff Smith
Darth Maple—John Part
When: December 6th (Wednesday)
Time: 5:30 pm—Doors Open
Cash Bar & Concession
7:00 pm—Event
Where: Telford House
Cost: \$10.00 per person
Call Diane for more information: 780-986-6160

COPING WITH CHRISTMAS WHILE GRIEVING

Anticipating the holiday season while one is grieving the loss of a loved one can cause a feeling of being totally overwhelmed. The Christmas season is a time to celebrate family and spiritual traditions. If one is feeling overwhelmed, the upcoming festivities could very well be dreaded. It is normal to experience a feeling of emptiness caused by missing the person who was very much a part of holiday rituals and traditions. It can be very sad time. But, with thoughtful, appropriate preparation of your heart and mind, the holidays can be a time of renewal, rest and healing.

It is important to acknowledge that the traditional family rituals will be difficult and different. Be honest with your feelings to others in your life, and especially with yourself. Try to release any expectations, both good and bad. Do not set unrealistic expectations. Not being unrealistic will leave you open to appreciate anything positive that happens. Some suggestions that may help you cope:

- ♦ Plan for remembrances. Acknowledge your fond memories of the person you have lost, rather than trying to suppress them. Perhaps include your loved ones name in the blessing at dinner, or make the dish that was special to your loved one, or take a special holiday wreath to the lay at their graveside. Memories will bring sadness, but they will also carry the warmth of the good times you shared. Remembering may be painful, but the intensity of hurt will lessen as you welcome, rather than avoid, your memories.
- ♦ Take control of your time. Make a list of what you want to do. Think of ways to help you do the things in your list. Simplify wherever you can.
- ♦ If necessary, make changes to previously established traditions. Perhaps start a new tradition.
- ♦ Get rid of 'should' and 'should-nots'. For example, if you still feel that you should have Christmas dinner at your house, ask the guests to participate, by bringing food. Ask some to come early and help set the table. Don't be afraid to ask for help.

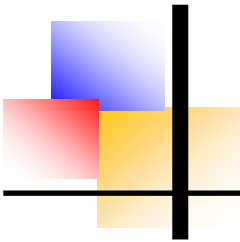
The holidays are going to come whether you want them to or not. Don't be ambushed. Start in mid-November to prepare yourself mentally for the upcoming barrage of Christmas advertising. Make plans to survive the best you can. Consider your needs first. You cannot change the past, but you can take care of the present.

Memories will bring sadness, but they will also carry the warmth of the good times you shared with the special person that was in your life. Nothing will ever be able to take those memories away.

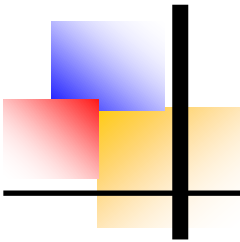
Submissions to the Panorama

If you would like to submit an article or have a suggestion please submit a copy to Lucrecia at FCSS by the following deadline: December 15 2017 by 4:30 pm. Mailing Date for January/February 2018 edition: December 29, 2017. We welcome your Views and Input! Call Lucrecia at: 780-980-7115

The views expressed in the pages of "Panorama" do not necessarily reflect the views of the editor or City Hall. The contents of this publication cannot be reprinted without prior expressed permission.



Mon	Tue	Wed	Thu	Fri
		1 No Exercises 9:00 Painting (TH) 1:00 Curling (TH) 2:00 Guitar (TH) 7:00 Bridge (TH)	2 9:00 Knitting (TH) 11:30 Lunch (TH) 12:30 LDSC Board Mtg. 1:00 Sturling (TH) 7:00 Crib (TH)	3 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 1:00 Fun Bridge (TH) 7:00 Darts (TH)
6 9:00 Stained Glass (TH) 10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	7 9:00 Bridge (TH) 10:00 Sight Seekers (TH) 1:00 Crib (TH) 7:00 Music Fest & Dance (TH) \$3.00 at the door	8 9:00 Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 2:00 Guitar (TH) 7:00 Bridge (TH)	9 9:00 Knitting (TH) 11:30 Lunch (TH) 1:00 Sturling (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH)	10 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
13 9:00 Stained Glass (TH) 10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	14 9:00 Bridge (TH) 1:00 Crib (TH) 7:00 Stroke Recovery (TH)	15 9:00 Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 2:00 Guitar (TH) 7:00 Bridge (TH) 7:00 Karaoke (TH)	16 9:00 Knitting (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH) 7:00 Horticultural Club (TH)	17 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
20 9:00 Stained Glass (TH) 10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	21 9:00 Bridge (TH) 1:00 Crib (TH) 7:00 Music Jam (TH)	22 9:00 Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 2:00 Guitar (TH) 7:00 Bridge (TH)	23 9:00 Knitting (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH)	24 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
27 9:00 Stained Glass (TH) 10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	28 9:00 Dup. Bridge (TH) 1:00 Crib (TH) 7:00 Parkinson's Mtg. (TH)	29 9:00 Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 2:00 Guitar (TH) 7:00 Bridge (TH)	30 9:00 Knitting (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH)	



DECEMBER 2017 EVENTS

Mon	Tue	Wed	Thu	Fri
				1 10:00 Exercises (TH) 1:00 Fun Bridge (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
4 9:00 Stained Glass (TH) 10:00 Exercises (TH) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	5 9:00 Dup. Bridge (TH) 10:00 Sight Seekers (TH) 1:00 Crib (TH) 7:00 Music Fest & Dance (TH) \$3.00 at the door	6 9:00 Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 1:00 Guitar (TH)	7 9:30 Knitting Group (TH) 11:30 Lunch (TH) 12:30 LDSC Gen. Mtg. 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH)	8 10:00 Exercises (TH) 1:00 Euchre (TH) Curling Christmas Party 1:00 Guitar (TH) 7:00 Darts (TH)
11 9:00 Stained Glass (TH) 10:00 Exercises (TH) 1:00 Curling Playoffs (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	12 9:00 Dup. Bridge (TH) 1:00 Crib (TH) 7:00 Stroke Recovery (TH)	13 9:00 Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 2:00 Guitar (TH) 7:00 Karaoke (TH)	14 9:30 Knitting Group (TH) 11:30 XMAS Dinner 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH) 7:00 Horticultural Society (TH)	15 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
18 9:00 Stained Glass (TH) 10:00 Exercises (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	19 9:00 Dup. Bridge (TH) 1:00 Crib (TH) 7:00 Music Jam (TH)	20 10:00 Qigong (TH) 1:00 Curling (TH) 2:00 Guitar (TH)	21 9:30 Knitting Group (TH) 11:30 Lunch (TH) 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH)	22 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
25 MERRY CHRISTMAS! ¡ FELIZ NAVIDAD! JOYEUX NOËL BUON NATALE	26 BOXING DAY! NO <i>Parkinson's Mtg.</i>	27	28	29