

September/October 2025

COMMUNITY CONNECTOR

Bringing news from the City of Leduc to our LATs Clients

Important dates to remember

The City Offices will be closed, and LATs will not operate on the following dates:

Monday, September 1 – Labour Day

Tuesday, September 30 – National Day for Truth and Reconciliation

Monday, October 13 – Thanksgiving Day

Please note that all subscriptions/standing orders will be cancelled for these days and will resume the following day after each holiday.

Safety and riding the bus

- Please wait until the side ramp or lift is fully deployed and **the driver is there to assist you**, before you step onto the lift or the ramp.
- Always wear your seatbelt **and do not undo it** while riding the bus. Not wearing your seatbelt is against the law.
- Remain seated while riding the bus and do not stand until the bus has come to a full stop and the driver is able to assist you.
- Respect the space of others. Keep your feet and backpacks in your own space and do not disturb others while riding the bus.
- Remember that LATs is a scent-free environment for the health and safety of all clients.
- Dress for the weather. Fall is on its way!

Your profile information

LATs rider profiles remain **active for one year** from the time of sign-up. Last fall, we merged many client profiles into our new **RideCo system**, so it's now time to review and refresh information for those who signed up **more than a year ago**.

✓ Why This Matters:

- We want to make sure we have your **correct phone number and address**.
- We'll also update any changes to your **mobility aids** or other important details.

📅 Who Needs to Call:

- If you signed up for LATs before November 2024, please call us starting in September 2025 to update your profile.
- If you are a recent LATs user, we'll reach out to you about a year from the time you signed up — no need to call just yet.

🚫 Deadline: November 7, 2025

- If we haven't heard from eligible riders by this date, their account will be marked **inactive**.
- You won't be able to book rides until your profile is updated.

📞 Contact Us:

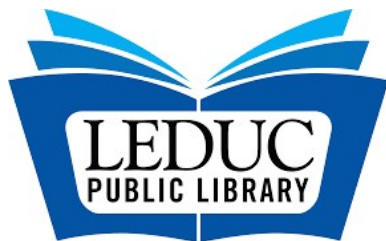
- Call **780-980-8444** or **780-980-8445**
- We are available **Monday to Friday 8:30 AM – 4:30 PM**
- If we miss your call, please leave your **name, phone number, and reason for calling** — we'll get back to you!

Travel training sessions



Are you new to LATS or would you like a refresher on how to use our service? We are here to help!

We will come to you and teach you how our service works, including how to plan your trips, where to buy fare products, learn who our sponsors are, know the procedures in the event of an emergency, understand what type of carry-on we allow, learn how the bus lift works and much more. We look forward to meeting you and connecting you to the community. For more information, please call Maureen at 780-980-8445 to arrange a time.



The following ZOOM program is run in partnership with Strathcona County Library:

10 Steps to Retire Without Debt
Tuesday, October 21 | 7 – 8 p.m.
| ZOOM | Registered

Participants will learn about debt elimination options so that they can enter their golden years without the shackles of debt. Presented by Credit Counselling Society.

The following programs will be held at Leduc Public Library:

Coffee Hour for Older Adults
Wednesday, Sept 10, Oct 8 & Nov 12
| 1- 2 p.m. | Drop-in

Play games, chat with new or old friends, bring your knitting ... it's your choice! We welcome

older adults to this relaxed program for a chance to take time and just enjoy!

Best Weight - Your Journey to Better Health
Tuesday, October 7
| 6 - 7:30 p.m. | Registered

A Registered Nurse and Dietitian from the Leduc Beaumont Devon Primary Care Network will share insights on achieving and maintaining a healthy weight. We will cover factors that influence weight, practical strategies for weight management, and approaches to goal setting and behavior change. We will also briefly discuss weight management medications.

Discover the Basics of Reiki
Tuesday, November 25
| 6:30 – 7:30 p.m. | Registered

Discover the basics of Reiki, a Japanese energy technique that promotes relaxation, relieves stress, and supports emotional and physical well-being. Learn how Reiki can balance your energy and enhance overall wellness. No experience needed.

Christmas Tea at Leduc Public Library
Wednesday, December 10
| 2 - 4 p.m. | Registered

You're invited to a cherished holiday tradition! Join us for our **Annual Christmas Tea**—an afternoon of warmth, treats, and festive cheer. Sip tea, enjoy seasonal goodies, and celebrate the season with your community. Everyone is welcome!

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.

Do you love to read but are no longer able to commute to the library? We can now bring library items to you! Audio Books, Daisy Books, Large Print, DVD's, etc...

Please call 780-986-2637 or **email** Kristi at kwoollman@leduclibrary.ca for more information.

To register, call 780-986-2637, stop by the Information Desk or use our website leduclibrary.ca under Programs & More...



Martin Kerr

The 2025-2026 Maclab season kickoff!

UK-born and Edmonton-based troubadour Martin Kerr knows exactly what he wants to do in his music. Through heartfelt lyrics, delicate instrumentation, and sparse production, he explores the nuances of everyday life as well as its wonders with a poetic and poignant perspective. After generating millions of streams and playing thousands of shows to

rapt audiences, he delivers a message to listeners straight from the heart and without filter.

In 2021, he caught the attention of Nettwerk Music Group and signed to his “dream label.” Along the way, he supported Sarah McLachlan at a stadium show & Dermot Kennedy during a cross Canada stadium tour, graced the stage with the Edmonton Symphony, and performed in 35 countries. Martin’s 2017 full-length debut, *Better Than Brand-New*, cracked the Top 10 of the Canadian Album Sales Chart and clinched #2 on the iTunes Canada Album Chart. 2020 saw him unveil *Everything Is Under Control*, highlighted by the breakout “You’re Amazing.” It vaulted to #4 on the Spotify Viral Chart and tallied over 1.5 million Spotify streams. As the world slipped into lockdown during the Global Pandemic, a serendipitous fan email inspired an idea. Martin played in the alley next to this fan’s balcony much to the delight of the entire neighborhood. Soon, his inbox flooded with requests for “Stay Home Street Concerts,” enshrining him as “the only artist to perform 400 live shows during the Pandemic.” It only catalyzed his creativity further into what would be his upcoming EP.

Date: September 6

Time: 7:30 pm

Cost: \$50

Tickets: https://tpromaclab.ticketpro.ca/en/pages/Maclab_MartinKerr?aff=maclab





Magician Chris Funk

A FREE Family Series event

Discover the mysteries behind the man known as the wonderist!

Chris's show has been described as a 'World Class, Las Vegas Style Magic Show'. Chris has been performing onstage almost his entire life. First as a musician, then as a magician, and now as a brilliant and witty performer known as "The Wonderist". He combines Intuition, Influence, and Illusion with side-splitting comedy to create moments that baffle and amuse. Don't forget the live music that Chris integrates into his show.

All these factors, plus his quirky, yet strong stage presences, has won over the hearts and minds of some of the worlds toughest critics. Best put by Simon Cowell on AGT- "I've Never Seen Anything Like That!" Simply put, after your event, your guests will thank you, even if you're not expecting it!

Date: September 14

Time: 2:00 p.m.

Cost: Free

Tickets: https://tpromaclab.ticketpro.ca/en/pages/Maclab_ChrisFunk?aff=maclab

For more information or to see what productions are happening at the Maclab Centre for the Performing Arts this fall, visit their website at <https://maclabcentre.com/> You can also call them at 780-980-7170 or email them at maclabcentre@leduc.ca



City Guide

Check out the latest activities, programs, schedules, services and events that the City of Leduc and the Leduc Recreation Centre has to offer. To register for a program, visit Live.Leduc.ca or phone 780-980-71220.

<https://online.flippingbook.com/view/791302443/>



LEDUC AND DISTRICT SENIOR CENTRE

At Telford House, 4907-46 ST, LEDUC

Seniors' Expo



**Providing information on products and services
for seniors in the Leduc area**

- | | |
|-----------------------|------------------|
| ⇒ Housing | ⇒ Healthy living |
| ⇒ Mobility aids | ⇒ Transportation |
| ⇒ Government services | ⇒ And much more! |

Information Sessions - including Question and Answer time

10:30 - 11:30 am - Understanding Dementia - A guide for Seniors - with Medscheck Pharmacy

12:00 - 1:00 pm - In Home Senior Care - with Home Instead

1:30 - 2:30 pm - Meals made for Seniors - with Heart to Home Meals

Wednesday September 17, 2025
10am-3pm, free admission

Let's dance!



Dancing is a fun form of exercise that offers us so many benefits. When you dance, you are helping improve your physical, cognitive and emotional wellbeing. Dancing can help improve your balance and coordination. It can build muscle and bone strength and it's good for your heart and lungs.

Listening to music helps improve your mood and in turn stimulates your memory. Learning and remembering dance steps can help to stimulate the brain, leading to improvements in memory, attention and overall mental sharpness. Studies have shown that dancing may help protect brain health and lower the risk of developing dementia and Alzheimer's disease.

*I wanna put on my, my,
my, my, my, boogie shoes!*



Recipe Corner

Apple Walnut Bread

- 1 cup sweetened or unsweetened applesauce
- 1/2 cup plus 1 tablespoon sugar, divided
- 1/2 cup brown sugar
- 2 large eggs
- 1/4 cup vegetable oil
- 1/4 cup plain or vanilla yogurt

- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 3/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1 cup peeled, cored, and finely diced apple
- 1/2 cup chopped walnuts

Method:

1. Preheat oven to 350°F. Butter a 9x5-inch loaf pan and line with parchment paper, if desired.
2. Combine applesauce, 1/2 cup of sugar, brown sugar, eggs, oil, yogurt, and vanilla in a bowl. Whisk to blend.
3. Sift together flour, baking powder, baking soda, salt, cinnamon, and nutmeg in a separate bowl. Make a well and add the applesauce mixture. Stir until combined. Fold in diced apples and walnuts. Scrape batter into the prepared pan and smooth the top. Sprinkle with remaining 1 tablespoon of sugar.
4. Bake on the center oven rack for 50 to 55 minutes, or until a tester inserted into the center comes out clean.
5. Transfer to a cooling rack for 10 minutes. Turn the bread out of the pan and cool thoroughly before slicing.

