

# Supporting Active Aging Today, Tomorrow and Beyond

## 2019 Conference

**Date:** August 30, 2019

**Time:** 8:30 a.m. to 3 p.m.

**Place:** Leduc Fellowship Church: 4404 Rollyview Road 

**Ages:** 50+

**Tickets:** \$20 per person, available in early July. Tickets include hot lunch and entry to a vendor fair with information from more than 20 organizations.

**Join Leduc County FCSS and City of Leduc FCSS for the first ever Supporting Active Aging Conference featuring keynote speakers Bob Layton and Julie Matthews.**



**Bob Layton: “Welcome to Radio!”**

Sit back, relax, and take in Bob Layton sharing the story of his life in broadcasting. Perhaps become inspired to write your own life story! His latest book will be available for purchase, with all proceeds going to a local shelter.

**Julie Matthews:**

**“How to be your own Troubleshooter”**

Former Global TV Troubleshooter turned Consumer protection expert, Julie Matthews shares personal stories along with tips and tricks to help protect yourself, your friends, and family.



To purchase your ticket before the August 19 deadline, please contact Carla (Leduc County) at 780-955-4554 or visit [leduc.ca/supporting-active-aging](http://leduc.ca/supporting-active-aging)



**EVENTS in Leduc**

**3rd Annual LEDUC ART WALK**  
*An immersive day of arts and culture*  
 In the heart of downtown Leduc  
 100+ local artists and artisans,  
 family activity centre; face painting; balloon artist; kids' painting tables; pottery wheel; scavenger hunt; food trucks and MORE!  
**FREE, family friendly event.**  
[www.artsfoundry.ca](http://www.artsfoundry.ca)  
 Saturday July 13th 11:00 am—7:00 pm  
 Main Street Leduc

**LEDUC  
ARTS  
FOUNDRY**



The Leduc Downtown Business Association is proud to present the Fourth Friday of the month Downtown party taking place in the heart of Downtown Leduc. This party will include vendors, live music, food and more.

**July 26th, August 23rd**  
**6:00pm-9:00pm**

Did you know 2019 marks the 50th anniversary since the opening of the Alexandra Outdoor Pool back in 1969?

**July 12th – 50th Anniversary Barbecue**  
**1 – 5 p.m.**  
 Join Mayor and Council and enjoy some good old BBQ'd hot dogs, hamburgers, birthday cake and cold treats (while quantities last)  
 There will be games and family activities planned all day for everyone to take part in. Plus the first 50 people to the Happy Chappy truck will receive a FREE single ice cream.



**Leduc West Antique Society**  
**29th Annual Exposition**  
**July 20 & 21**  
 5 km W of Leduc on Hwy 39  
 1 km N on Cohendale Rd (RR 260)  
**Admission: \$12 (adults)**  
**\$5 children 6-12**  
**Featuring OLIVER tractors**



**Leduc and District Senior Centre**  
**44th Anniversary Celebration at Telford House**  
 Thursday August 29th from 10:00 to 4:00  
**10-12 - Fun & Games**  
**12:00 -Pizza Party**  
**1:30 -Talent Show**  
**3:00 -Dessert & Cake**  
 Tickets \$10/pp Ticket Sales END August 22nd

"I never said I wanted a 'happy' life but an interesting one. From separation and loss, I have learned a lot. I have become strong and resilient, as is the case of almost every human being exposed to life and to the world. We don't even know how strong we are until we are forced to bring that hidden strength forward. "~~~Isabel Allende



**SUPPORTING ACTIVE AGING: TODAY, TOMORROW AND BEYOND CONFERENCE FOR 50+**

The City of Leduc and Leduc County Family and Community Support Services are partnering up to host "Supporting Active Aging" for Older Adults.


Tickets will be on sale at the beginning of July. Ticket purchase will include a hot catered lunch of: chicken breast in a cream of mushroom sauce, hot veggies, two cold salads, buns, desserts, and refreshments.  
 In addition to the keynotes speakers, Primary Care Network will host a session on active aging and nutrition.

**AUGUST 30 - 8:30 - 3:00 AT**  
**LEDUC FELLOWSHIP CHURCH**

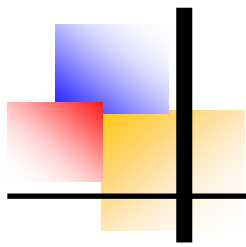
**Submissions to the Panorama**

If you would like to submit an article or have a suggestion please submit a copy to Lucrecia at FCSS by the following deadline: August 15, 2019 by 4:30 pm. Mailing Date for September/October 2019 edition: August 29, 2018. **We welcome your Views and Input!** Call Lucrecia at: 780-980-7115

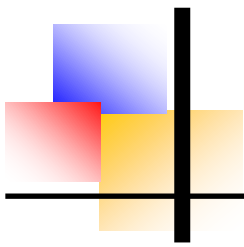
*The views expressed in the pages of "Panorama" do not necessarily reflect the views of the editor or City Hall. The contents of this publication cannot be reprinted without prior expressed permission.*



Family and Community Support Services



<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<b>1</b>  <b>CANADA DAY</b>	<b>2</b> 9:00 Dup. Bridge (TH) 1:00 Crib (TH)	<b>3</b> 10:00 Qigong (TH) 1:00 Fun Curling (TH) 1:00 Summer Games	<b>4</b> 9:00 Knitting 11:30 Lunch 1:00 Sturling (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH)	<b>5</b> 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH)
<b>8</b> 10:00 Exercises (TH) 7:00 Guitar (TH)	<b>9</b> 9:00 Dup. Bridge (TH) 1:00 Crib (TH)	<b>10</b> 10:00 Qigong (TH) 1:00 Fun Curling (TH) 1:00 Summer Games	<b>11</b> 9:00 Knitting 11:30 Lunch 1:00 Sturling (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH)	<b>12</b> 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH)
<b>15</b> 10:00 Exercises (TH) 7:00 Guitar (TH)	<b>16</b> 9:00 Dup. Bridge (TH) 1:00 Crib (TH)	<b>17</b> 10:00 Qigong (TH) 1:00 Fun Curling (TH) 1:00 Summer Games 7:00 Karaoke (TH)	<b>18</b> 9:00 Knitting 11:30 Lunch 1:00 Sturling (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH)	<b>19</b> 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH)
<b>22</b> 10:00 Exercises (TH) 7:00 Guitar (TH)	<b>23</b> 9:00 Dup. Bridge (TH) 1:00 Crib (TH)	<b>24</b> 10:00 Qigong (TH) 1:00 Fun Curling (TH) 1:00 Summer Games	<b>25</b> 9:00 Knitting 11:30 Lunch 1:00 Sturling (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH)	<b>26</b> 10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH)
<b>29</b> 10:00 Exercises (TH) 7:00 Guitar (TH)	<b>30</b> 9:00 Dup. Bridge (TH) 1:00 Crib (TH)	<b>31</b> 10:00 Qigong (TH) 1:00 Fun Curling (TH) 1:00 Summer Games		



<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
			<b>1</b>	<b>2</b>
			9:00 Knitting (TH) 11:30 Lunch 12:30 <b>LDSC Board Mtg.</b> 1:00 Sturling (TH) 1:00 Fun Bridge (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH)
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>CIVIC HOLIDAY!</b>	9:00 Dup. Bridge (TH) 1:00 Crib (TH)	10:00 Qigong (TH) 1:00 Fun Curling (TH) 1:00 Summer Games	9:00 Knitting 11:30 Lunch 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH)
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10:00 Exercises (TH) 7:00 Guitar (TH)	9:00 Dup. Bridge (TH) 1:00 Crib (TH)	10:00 Qigong (TH) 1:00 Fun Curling (TH) 1:00 Summer Games 7:00 Karaoke (TH)	9:00 Knitting 11:30 Lunch 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH)
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
10:00 Exercises (TH) 7:00 Guitar (TH)	9:00 Dup. Bridge (TH) 1:00 Crib (TH)	10:00 Qigong (TH) 1:00 Fun Curling (TH) 1:00 Summer Games	9:00 Knitting 11:30 Lunch 1:00 Fun Bridge (TH) 1:00 Sturling (TH) 7:00 Crib (TH)  <b>44th Anniversary Party 10-4 pm</b>	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH)