

November / December 2021

COMMUNITY CONNECTOR

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

Welcoming Winter

Winter is a long period of the year here in the northern hemisphere. This year it begins on Tuesday, December 20th and ends Sunday, March 20, 2022. You may be asking why this article's title is 'Welcoming Winter' then. There are many things the season offers so no matter what your interests are, you will surely find something to enjoy.

If you love outdoors, winter is an amazing time to get out and enjoy a walk, go skating, snowboarding, skiing or snowshoeing. There is nothing better than dressing warmly and embracing the winter weather, whether sunny or cloudy, every day seems to sparkle.

Of course, there is always Canada's favourite sport and that is hockey. This year the Edmonton Oilers have welcomed fans back in-person if they are over 12 and are vaccinated.

Winter is a time for rejuvenation and comfort as well. Resting and relaxing with a warm cup of tea, cocoa or mulled cider and enjoying a great book, is a great way to spend a winter day. Perhaps you like doing puzzles, playing

games, baking, crafting or learning a new skill by taking a course. Keeping your mind active is just as important as keeping your body fit.

One of my favourite activities in December is to take in all of the Christmas light displays throughout Leduc. It brings me such joy to see everything looking so magical and festive. If you have yet to see the display the City of Leduc puts on by Telford House on Telford Lake, it would be time well-invested.

The local Farmer's Markets in and around Leduc and area are full of local artisans, who appreciate your support and the chance to say hello. What a great way to buy that special someone a gift and support 'local' at the same time.

With all of the restrictions due to Covid-19, spending time gathering with friends and family is different again this year. As long as we all follow the rules, we will welcome winter safely.

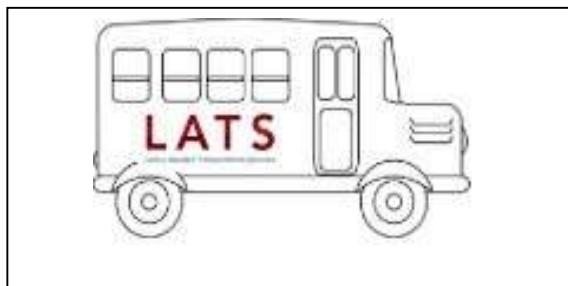


The City of Leduc is closed on the following dates:

- Remembrance Day
Thursday, November 11 - closed
- Christmas Day
Saturday, December 25 - closed
- Boxing Day
Sunday, December 26 - closed
- Monday, December 27 and Tuesday, December 28, the Civic Centre is closed but LATS will operate both days
- Christmas Eve
Friday, December 24
Closing at 3:00 p.m.
- New Year's Eve
Friday, December 31
Closing at 3:00 p.m.
- New Year's Day January 1 - closed

The booking office at Edmonton DATS will operate on a holiday schedule and the Client Services Schedule will be closed on December 25th, 26th and January 1st.

Subscriptions will be cancelled December 25th to January 1st. If you still require your subscription booking on any of these days, please call 780-496-4567 (option 2), to book it.




If you need a ride to join in on the FREE coffee and tea with friends at the Leduc Recreation Centre (LRC), Leduc Assisted Transportation Services (LATS) can take you there. If you are not a registered LATS client yet, call us at 780-980-8445 and we will help you get set up to use the service.

You are only required to pay your fare on the way to the LRC and your ride home is complimentary.



Aquatic Fitness Opportunities **Note: Seniors and Gentle classes**

*Seniors AquaFit is now within the Seniors Active Afternoons timeframe, so it's free of charge for 60+

Sept 13 - Dec 18							
Location	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Main Pool		AquaFit - Shallow 8:30 – 9:15 a.m.	AquaFit - Deep 8:30 – 9:15 a.m.	AquaFit - Shallow 8:30 – 9:15 a.m.	AquaFit - Deep 8:30 – 9:15 a.m.	AquaFit - Shallow 8:30 – 9:15 a.m.	
			AquaFit - Seniors 12 – 12:45 p.m.		AquaFit - Seniors 12 – 12:45 p.m.		Don't Forget to Pre-book
Leisure Lane Pool		Gentle AquaFit 3 – 3:45 p.m. 		Gentle AquaFit 3 – 3:45 p.m. 			

Dry Fitness Opportunities **Note: Active & Ageless, Barre for Boomers and Yoga that are all popular with older adults**

Drop-in Fitness Programs

Sept 7 - Dec 23						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Ride & Shine (Spin) 6 – 6:45 a.m. Apple Core Cycling Zone		Sweat Equity 6 – 6:45 a.m. Apple Core Cycling Zone / Track 		
Sunday Cycle (Spin) 9 – 9:45 a.m. Apple Core Cycling Zone	Hi Lo 9 – 9:45 a.m. County Court C	Right to Bare Arms & Abs 9 – 9:45 a.m. County Court B	Barre Bootcamp 9 – 9:45 a.m. Aspenleaf Studio	RPMs 9 – 9:45 a.m. Apple Core Cycling Zone	Rock Bottom 9 – 9:45 a.m. Apple Core Group Training Zone	Weekend Warrior 9 – 9:45 a.m. Apple Core Group Training Zone
	Active & Ageless 10 – 10:45 a.m. Apple Core Group Training Zone				Healing Yoga 10 – 10:45 a.m. Aspenleaf Studio	
	Barre for Boomers 1 – 1:45 p.m. Aspenleaf Studio	Quickfit 12:15 – 12:45 p.m. Apple Core Group Training Zone 	Crunk'd 12:15 – 12:45 p.m. Apple Core Cycling Zone	Quickfit 12:15 – 12:45 p.m. Apple Core Group Training Zone	Zumba Gold 1:15 – 2 p.m. County Court C	
			Matinee Yoga 2 – 2:45 p.m. Aspenleaf Studio		Stroller Strong 1:30 – 2:15 p.m. Apple Core Group Training Zone	
	H.I.I.T.!! 6 – 6:45 p.m. Apple Core Group Training Zone 	Rock Bottom 6 – 6:45 p.m. Apple Core Group Training Zone	Indoor Cycling (Spin) 6 – 6:45 p.m. Apple Core Cycling Zone			
		Easy Flow Vinyasa Yoga 7 – 7:45 p.m. Aspenleaf Studio	Zumba 7 – 7:45 p.m. Aspenleaf Studio	Fit & Fierce 7 – 7:45 p.m. Apple Core Group Training Zone 		

Classes with this logo

are sponsored by Healthy
Hearts Leduc and are **FREE**
(no daily wristband required).

All drop-in classes are
included with membership or
paid daily admission.

Safety Tips for the Fall/Winter

This is the time of year when we need to take extra precautions to ensure we are safe and warm. Make sure that you have everything you need when stepping outdoors and onto the bus. What you wear impacts how the cold weather can affect you. Ensure you are equipped with the appropriate attire such as boots, gloves, a hat and a warm coat and of course, your mask!

Plan ahead and remember that sometimes the winter weather can cause delays due to road conditions, heavy snow, ice, traffic, etc. Please be patient if your bus is delayed.

Be cautious when you board the bus, especially in snow covered areas. The stairs and aisles can become slippery when wet so use extra caution. Try to clean the snow off of your boots or shoes before boarding to avoid slips and falls.

Ensure that your home sidewalks are kept clear of snow and ice so that you don't slip and fall. Safety first!

When traveling at night, turn your porch light on so that both you and the driver can see the walkway.

Be visible – carry a small blinking flashlight or have something reflective or light coloured on, so that you can be easily seen in the dark.

Remember to be respectful of your driver. They are doing their very best to get you to and from your destinations safely, no matter what the weather conditions are.





21/22 SEASON PERFORMANCE SERIES



Sarah Hagen
Nov. 18, 2021



Steve Pinedo
Dec. 18, 2021



Motus O
Feb. 11, 2022



OIG
Mar. 18, 2022



Russell deCarle feat.
Steve Briggs | Apr. 8, 2022



Brendan McLeod
May 6, 2022



MAC DADDY - The Fleetwood
Mac Experience
Jun. 17, 2022

WEDNESDAY MOSAIC SERIES

New to the 21/22 season, the Wednesday Mosaic Series focuses on introducing local, up and coming, and professional talent midway through the week. Performers you can anticipate to see include **Tim Isberg, The Velveteins, Maria Dunn** and more! Did we

mention you can enjoy the show live at the Maclab Centre or from the comfort of your own home? Join us in-person for the Wednesday Mosaic Series or have the show live-streamed straight to your screen – wherever you are! Check the website for artist of the week.





www.ticketpro.ca
1-888-655-9080



GET YOUR TICKETS AT maclabcentre.com

Escape Planning

Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.



SAFETY TIPS

- » **MAKE** a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- » **KNOW** at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- » **HAVE** an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- » **PRACTICE** your home fire drill at night and during the day with everyone in your home, twice a year.
- » **PRACTICE** using different ways out.
- » **TEACH** children how to escape on their own in case you can't help them.
- » **CLOSE** doors behind you as you leave.

IF THE ALARM SOUNDS...

- » If the smoke alarm sounds, **GET OUT AND STAY OUT**. Never go back inside for people or pets.
- » If you have to escape through smoke, **GET LOW AND GO** under the smoke to your way out.
- » **CALL** the fire department from outside your home.

FACTS

- ! A closed door may slow the spread of smoke, heat, and fire. Install smoke alarms inside every sleeping room and outside each separate sleeping area. Install alarms on every level of the home. Smoke alarms should be interconnected. When one smoke alarm sounds, they all sound.
- ! According to an NFPA survey, only **one of every three** American households have actually developed and practiced a home fire escape plan.
- ! While **71%** of Americans have an escape plan in case of a fire, only **47%** of those have practiced it.
- ! **One-third** of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169



www.nfpa.org/education ©NFPA 2016

NOVEMBER AND DECEMBER 2021

ACTIVITIES AT TELFORD HOUSE

EXERCISES AND QUIONG ARE ON HOLD TILL NEW INSTRUCTOR FOUND

	Monday	Tuesday	Wednesday	Thursday	Friday
Sturling	9:30 am			1:00 pm	
Bridge	9:00 am			1:00 pm	
Curling	1:00 pm		1:00 pm		
Knitting				9:30 am	
Lunch				11:30 am SERVED	
Crib		1:00 pm		7:00 pm	
Euchre					1:00 pm
Guitar	7:00 pm		1:00 pm		
Painting			9:30 am		
Stained Glass	9:00 am	6:30 pm			
Darts	TBA				

***Sending warm wishes to you and your Family during this 2021 Holiday Season.
May your home be blessed with love and happiness.***

***Lucrecia Mendoza
Older Adult Services Coordinator***

