

# LATS NEWS

Leduc Assisted Transportation Services



[LeducTransit.ca](http://LeducTransit.ca)



It has been a long, cold winter but now that spring has arrived, we can look forward to letting the sunshine in and feel the renewed sense of energy stirring within us.

Thanks to the Spring Equinox which marked the first official day of spring on March 20th, we are able to enjoy longer days and shorter nights. Spring is the time of year when everything in nature is changing and it brings the gift of new life and hope! Open your windows and breathe in the fresh air. Step outside and listen to the crescendo of a bird's song. Watch the flowers bloom, the buds on the trees open and simply rejoice!

Spring is the perfect time to freshen things up in your home after all, nothing is more rewarding than a fresh, clean space to come home to. Hang a cheery wreath on your front door and sweep off the front porch.

Spring is a wonderful time to start a new project outside. Perhaps you love to garden or would like to learn how. A fun spring project can be planting a container garden full of herbs and when they start to grow, they will look very lovely on your porch.

Spring is also a great time to set some new goals. Maybe you would like to start

an exercise program. Sometimes setting goals with friends can help you to achieve your goals because you challenge and support each other along the way.

Spring is great for our mental health and well-being too. Spending more time in the sun and taking time to appreciate your surroundings, has been proven to elevate your mood and help improve your memory.

Welcome to Spring! Go ahead and embrace the season! ☺

## Easter Hours for LATS

- **Good Friday, April 19, 2019 -**  
We are CLOSED.
- **Easter Sunday, April 21, 2019 -**  
We are OPEN for regular service.
- **Easter Monday, April 22, 2019 -**  
We are CLOSED.



## Subscriptions

If you currently have a subscription with LATS, please remember to notify DATS if you are going to be away and they can suspend your subscription until you come back. This ensures that the LATS Operators are not making an unnecessary trip to your house if you are not going to be there and also helps with availability so other clients can book a ride. Don't worry - your subscription can be put back into place when you are ready to use the service again. Call DATS at 780-496-4567 (option 2).

If you don't currently have a subscription but you travel to the same place every day or a few times a week, we can help to simplify things for you by putting a subscription into place. This will help you avoid wait times on the phone and will ensure that your ride will always be there on the same day, at the same time, each week.

Subscriptions have to be a minimum of six weeks in length to qualify for this type of regular booking. For more information, call DATS at 780-496-4567 (option 1).

## Cancellations and No-Shows

There is a high demand for LATS service; therefore, please remember to call DATS promptly if you need to cancel your trip. No-shows will result in a suspension of LATS service to clients who do not call to cancel their scheduled trip when not needed.



## Please remember that there is No Eating or Drinking on the Bus

Food and beverages are not allowed to be consumed while riding on a LATS bus. We



understand that there are days when you may be running late and may have missed your breakfast; however, we ask that this rule is followed for safety reasons. Many of our clients have food allergies and we want to protect them and their health while on board. Thank you for your cooperation.

## Lost and Found

At the end of every day, our LATS Operators check their buses for items which have been left behind. If anything is found, they turn the item into the office for safe-keeping until an owner is located. If you ever think you have left something behind, please call 780-980-8444 and we will check for you.

## FCSS - Older Adult Support

The Older Adult Services Program is designed to provide information on services and programs for older adults and families caring for older adults. Assistance is provided for many things including: completing forms, concerns associated with aging, health support groups, emergency services, safety, estate planning and funeral homes and planning to name a few.

If you need more information you can contact them at 780-980-7115.

## When to Book a Ride

**For Monday trips** – Call Friday, Saturday (any time), or Sunday (before noon).

**For Tuesday trips** – Call Saturday, Sunday (any time), or Monday (before noon).

**For Wednesday trips** – Call Sunday, Monday (any time), or Tuesday (before noon).

**For Thursday trips** – Call Monday, Tuesday (any time), or Wednesday (before noon).

**For Friday trips** – Call Tuesday, Wednesday (any time), or Thursday (before noon).

**For Saturday trips** – Call Wednesday, Thursday (any time), or Friday (before noon).

**For Sunday trips** – Call Thursday, Friday (any time), or Saturday (before noon).

To book a ride, call DATS Customer Care at 780-986-5000 or 780-496-4567 and select option 2.

To cancel a ride, call DATS Customer Care at 780-986-5000 or 780-496-4567 and select option 1.

## The Leduc Recreation Centre

**Did you know that the Leduc Recreation Centre was designed to be a barrier-free facility?**

Here's what makes it barrier-free:

- Sliding glass doors in entrance ways
- Touchless fixtures in washrooms
- Walking/running track handrails tilted to aid visually impaired guests
- Ramps
- Push-button doors in entrance ways
- Wheelchair-friendly fitness equipment
- Elevator access to all levels

- Full service elevator to elevated seating in the Sobey's Arena
- Lifts in the pool and change rooms in the aquatic centre
- Zero-grade access to the leisure pool and hot tub
- Field houses with rubberized flooring, which is better-suited for guests in wheelchairs
- Twin arenas that are fully accessible for sledge hockey
- Accommodation for wheelchair curling

## Spring Word Search

**Instructions:** Try to find all of the hidden Spring words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)



### Word List

CATERPILLAR	FROGS	JACKET
CROPS	GARDEN	NEST
EGG	GRASS	PUDDLES
FLOWERS	GROW	SUN

## Afternoon Spring Tea Party

Afternoon tea has been enjoyed all around the world for many years. Whether hosting or attending a tea party, a strawberry themed tea party is perfect for spring. Tea parties are usually held in the afternoon. The food served is light and dainty rather than overly heavy and rich. Pretty little tea sandwiches, scones and cream and sweets such as petit fours (small bite-sized confectionaries) are generally served.



When you plan your tea party decorations, anything goes. Traditionally though, for strawberry teas, tables are set with fine linens, lovely china teacups and saucers and silverware. The colour theme for a strawberry tea would usually be reds, pinks and greens and creams combined with glassware items. Use your imagination and be creative! Fill your favorite vase with fresh flowers. If you like things more casual, then you can use whatever items make you feel happy and have fun while you are planning your party.

## Cucumber Strawberry Tea Sandwiches

### Ingredients:

14 slices thin white bread, crust removed  
Room temperature butter  
8 ounces cream cheese, room temperature  
1 tbsp. milk or cream  
1 pint fresh strawberries, stemmed, cleaned and sliced  
1 English cucumber, peeled and sliced thinly

In a medium bowl with a hand mixer, mix together the cream cheese and the cream. Set aside. Lightly spread each of the bread slices with butter on one side only. Spread 7 slices with an equal amount of the cream cheese mixture. On top of the cream cheese place thin slices of cucumbers next to each other, about four per slice. Next do the same with the slices of strawberry. Top each sandwich with the other slice of bread that had butter spread on it. Using a very sharp, serrated knife, cut the sandwiches into four squares from corner to corner to create four triangles. If you wish you can cut the crusts off as well. Store in the refrigerator until ready to serve.

