

Leduc and District Senior Centre Telford House Times

We have more than 20 different activities to try at Leduc Senior Centre. Come out and try something new, meet some new friends and share some time with us!



Important Dates:

September 7 – Labour Day, Office Closed
September 17 – Quarterly Meeting 12:15pm

October 8 – Thanksgiving Lunch
October 12 – Thanksgiving Day, Office Closed

**QUARTERLY
GENERAL MEETING**
Thursday September 17, 2026
12:15pm

FCSS Outreach

Older Adult Services Coordinator is at
Telford House **Mondays 11 am - 2 pm**

They provide resources to help you connect to your community local services. They provide one on one support and help you to complete forms such as Provincial and Federal Benefits, and LATs applications.

**For more information call
Lucrecia (780) 980-7115**

New Activity!

Fun Chair Exercise Class Wednesdays 9:30 to 10:30 am



Our newly offered seated chair exercise group will meet Wednesday mornings at 9:30. The cost is \$2.00 per member or \$4.00 for a non-member.

All of our exercises are seated and we follow YouTube videos. They are great for beginners, are low impact and help improve posture, energy and ease of daily movement. Not only do they help build strength, flexibility, and mobility, but are a great way to enhance blood flow and raise your heart rate for cardio health.

Prioritizing joy and consistency over sweat changes exercise from a chore into fun. Come join in on the fun!

Healthy Snack Initiative

The Leduc Senior Centre received a Community Wellbeing Grant from Alberta Blue Cross. The funds are being used to enhance our coffee hour snacks with healthy fruits and vegetables.

Leduc and District Senior Centre at Telford House

4907-46 Street Leduc, Alberta T9E 5V9

(780) 986-6160 telfordhouse@shaw.ca www.leducseniors.ca

email: telfordhouse@shaw.ca

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Feature – Exercise Program – Provided by True Touch Massage Therapy and Fitness

Senior Exercise. Move Better, Feel Better, Live Better.

Staying active is one of the most important things you can do for your health at any age. Regular exercise helps improve strength, balance, flexibility, mobility, and endurance, while also supporting heart health, bone density, and cognitive function. It can reduce the risk of falls, increase independence, and make everyday activities easier and more enjoyable.

Our senior fitness classes are designed to meet you where you are. Whether you are new to exercise, returning after an injury, or have been active for years, every participant is encouraged to work at their own pace in a welcoming and supportive environment.

Each class offers a variety of exercises that target different aspects of fitness, including:

- Strength training to maintain muscle and support everyday movements.
- Balance exercises to improve stability and help prevent falls.
- Flexibility and mobility work to increase range of motion and reduce stiffness.
- Cardiovascular activities to improve endurance and energy.
- Functional movements that make daily tasks easier and safer.

No two participants are exactly alike, which is why every exercise can be modified. Options are provided throughout each class, whether you prefer to exercise seated, standing, or with additional support. Light weights, chairs, and bodyweight exercises allow everyone to participate comfortably and safely while still being challenged at an appropriate level.



Beyond the physical benefits, these classes build confidence and community. Participants encourage one another and often leave with more energy than when they arrived.

You do not need previous fitness experience to join. Keep moving, stay strong, and enjoy an active, healthy lifestyle for years to come.

We look forward to welcoming you to class. Schedule: www.truetouchmtf.com/group-fitness-classes

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THE LEDUC & DISTRICT SENIOR CENTRE PRESENTS
4907 – 46 Street, Leduc

Thanksgiving Lunch & Entertainment

An Autumn Harvest Celebration

Thursday, October 8 • 11:30 AM

\$22 per person

Plus a Knitting Sale — handmade treasures for the season

TICKETS ON SALE

Members — Sept 8 Non-members — Sept 15



THE LUNCH BUNCH INVITES YOU TO

THURSDAY LUNCH

At Leduc & District Senior Centre



EVERY THURSDAY
11:30 AM

TICKETS \$15

Purchase the week before at Telford House
Sales close Tuesday at 2:00 PM

Everyone 50+ welcome, no membership required.

LEDUC AND DISTRICT SENIOR CENTRE

2026 Mistletoe Craft & Baking Sale

Telford House • 4907-46 Street, Leduc

Saturday, November 21
10:00 am – 4:00 pm

Sunday, November 22
11:00 am – 3:00 pm

FREE ADMISSION

All crafts and food items are handmade

Door prizes • 50/50 raffle

Help us by donating homemade Christmas baking

Drop off baking
Thursday, November 19 — 10 am to 2 pm
Friday, November 20 — 10 am to noon



LOOKING FOR CRAFT VENDORS
(780) 986-6160 • telfordhouse@shaw.ca



FUNDRAISER Cookbook \$15

All proceeds go to
Leduc & District Senior Centre



All recipes
submitted by our
members!

We appreciate
your support.

They make great
gifts!

Available at the
LDSC office.

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Thank you Petra Meyn for Sponsoring our Newsletter!!!

Rightsizing: It's About More Than Moving—It's About Your Next Chapter

When people hear the word "**rightsizing**," they often think it simply means moving to a smaller home. In reality, rightsizing is about so much more. As a Seniors Real Estate Specialist (SRES®), one of the most common things I hear is, *"I know I need to make a change... I just don't know where to start."* The good news is—you don't have to have all the answers today. Rightsizing begins with a conversation.

Whether you're considering staying in your current home, moving to a bungalow or condominium, exploring a retirement community, or simply planning for the future, it's important to understand your options before a decision becomes urgent. For many people, rightsizing isn't about giving something up—it's about gaining something. Less time spent maintaining a large home can mean more time for family, travel, hobbies, volunteering, or checking off items on your bucket list. It can also provide greater financial flexibility and peace of mind for the years ahead. Every situation is unique. That's why my role isn't to tell you what you should do—it's to help you understand your choices, answer your questions, and create a plan that works for your lifestyle and timeline. Even if moving is years away, starting the conversation today can make tomorrow's decisions much easier. If you've ever found yourself wondering, **"Where do I begin?"** I'd be happy to chat over a coffee—no pressure, just information.

Petra Meyn | REALTOR® | SRES® | RENE®

Royal LePage Prestige Realty

587-926-5194

petrameyn.agent@gmail.com

"The best time to plan your next chapter is before you need to."



FREE RIGHT SIZING SEMINAR

October 1

THINKING ABOUT YOUR NEXT MOVE?

Petra Meyn invites you to join us

Thursday, October 1

10:30 – 12:00



WHEN:

Thursday, October 1
10:30 – 12:00



LOCATION:

Telford Mews
41 Athapaskan Dr
Leduc, AB T9E 4E4



SPACE IS LIMITED!

Each session fills fast.
RSVP to save your spot.



RSVP:

Email to save your spot!
petrameyn.agent@gmail.com

Whether you're considering downsizing, exploring retirement living, or planning ahead, our panel of local professionals will provide **practical guidance on the financial, legal, and lifestyle aspects of right sizing your home.**

SEMINAR TOPICS INCLUDE:

- Simplifying the home selling process
- Right sizing opportunities
- Home staging and decluttering
- Preparing for a move
- Reverse mortgages and using home equity to fund your next chapter
- Financial planning strategies for retirement and lifestyle goals
- Wills, estates, and legal considerations for a smooth transition



Reserve your seat and learn how right sizing can help **create greater freedom, simplicity, and peace of mind.**

Complimentary coffee, refreshments, and light snacks will be provided.



PANEL OF PRESENTERS



Petra Meyn
Realtor® SRES®



Christa Jones
Professional Organizer



Liz Roy
Mortgage Broker



Chantel Monteith
Financial Planner



Joshua Jackson
Estate Lawyer

Petra Meyn
REAL ESTATE

Rose City
Lifestyle Organizers

Liz Roy
Mortgage Broker

Priceless Financial
Financial Planning

HTM Law
Law

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REALTOR® SRES®



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Helping you move forward with confidence.