

NEW YEARS RESOLUTIONS

Do you make New Year's Resolutions? Are you able to keep them? If we stop and think about how many years we have been making New Year's Resolutions each January, the figure will likely be surprising. Unfortunately, by February each year around 80% of people have failed to stick to their new resolutions. Life-changing commitments are difficult to stick to.

It all starts by the resolutions themselves. Resolutions need to be specific, measurable, achievable, relevant and have a specific time frame. They should not be 'wishy-washy' (such as: 'I am going to lose weight.') or too hard to meet (such as: 'I am going to lose 20 pounds by March.').

As we age, it may become more important to think about our health, and how changes in our patterns may contribute to helping us feel better about ourselves. Here are the top 10 New Year's Resolution for older adults recommended by the American Geriatrics Society's Health in Aging Foundation:

1. Eat Healthier
2. Consider Dietary Supplements and/or a Multivitamin
3. Be Active
4. Visit your Healthcare Provider
5. Limit Your Alcohol
6. Prevent a Fall
7. Keep Your Brain Busy
8. Stop Smoking
9. Speak Up About Your Mental Health
10. Get Adequate Sleep

If you are hoping to make 2020 on of your healthiest and happiest years yet, consider on focusing on doable goals that could boost your health and improve your quality of life. Even a small daily adjustment can have a big impact on your health!

Alberta Health Services¹ suggests the following:

"To make a change, use goals to chart your path to success. Two types of goals can help you do this: long-term and short-term.

Don't forget to write down your goals. They may change, but you'll want a record. Writing them down is a great way to start your plan to improve your health.

No matter what your health goal is, creating a specific plan can help you succeed. Follow the steps bellow to create your plan. This will put you on a path toward meeting your goal. With the help of goals, you can go as far as you want!

Step 1: Know your reason.

Why is this change important to you? Make sure it's something that you really want to do.

Step 2: Set a specific long-term goal.

A long-term goal is not something you can do all at once. It's the goal that inspires you and that will show how far you've come when you complete it. It's usually a goal you hope to reach in six months or a year.

A long-term goal could be to walk for one hour, three times a week. To keep going, think how proud you'll be when you reach this goal.

When you reach your long-term goal, you can keep things fresh by setting new goals.

What is a long-term goal that you can reach in about six to 12 months?

Step 3: Set your short-term goals

Short-term goals help you accomplish your long-term goal. They keep you going day to day. They are usually goals you hope to reach tomorrow or next week.

One example would be to start using the stairs at work, or to take one 10-minute walk and build up to walking three times a week. Short-term goals should be easy to do and will grow as you make progress.

How can you create short-term goals that you take week by week to reach your long-term goal?

Step 4: Prepare for slip-ups or setbacks

What might get in the way of your reaching this goal? You may already know that things like time, money, or emotions could get in the way. How might you get around these things?

Step 5: Plan for support and rewards

Who can help you meet your goals? Maybe friends, family, or a support group? And how will you reward yourself? A movie, a special meal, an hour to yourself can be a treat.

Step 6: See your success

How will your life be different after you make this change?"

We wish you a healthy and happy 2020!



¹Content provided by: Alberta Health Services: myhealth.alberta.ca

EVENTS at Telford House

Introducing

SENIOR'S *Active* AFTERNOONS

Monday – Friday
Noon – 4 p.m.



Are you 60+?
Are you looking to get more active?

.....

Visit Guest Services to register for your
FREE Membership today!

.....



Service changes set for Leduc assessment and tax notices

The City of Leduc Finance department is changing how property owners receive their tax and assessment notices as they'll now be distributed separately starting late January with assessment notices. While tax notices will be mailed in May, per previous years.

These service adjustments outline a number of benefits to all Leduc property owners, such as:

- Receiving their assessments earlier in the year
- Seeing a detailed breakdown of their property assessment to include current and previous years
- Having more time to review their property assessment, allowing for the opportunity to ask any questions they may have ahead of when tax notices are mailed in May

With property assessments going out in January, the city's streamlined appeal process allows property owners time to review, make inquiries and submit any assessment appeals before tax notices are sent in May. This is a significant change over previous years.

Once property assessments are received, property owners will have until March 30, 2020 to submit a formal complaint. The city also hosts a helpful online resource to review your own assessment or that of other properties, which is beneficial for any new home owners or those considering selling and moving to another part of the city. Visit '[property assessment map](#)' on our website.

For more information, email: propertytaxes@leduc.ca or call: 780-980-7177.

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Leduc is a growing, dynamic city in the heart of Canada's economic engine and conveniently located at the crossroads of air, highway and rail transportation. The City of Leduc is a centre of innovation, entrepreneurship and quality of life. As a regional leader, the city, together with other municipalities in the area, plays a key role in protecting the integrity of the Edmonton International Airport (EIA) and leading economic development in the region, including Aerotropolis. For information on non-emergency city services and programs, visit www.leduc.ca or follow us on Twitter @cityofleduc

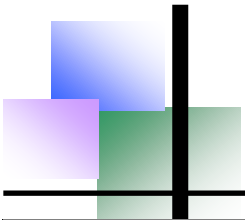


Submissions to the Panorama

If you would like to submit an article or have a suggestion please submit a copy to Lucrecia at FCSS by the following deadline: February 14, 2020 by 4:30 pm. Mailing Date for March/April 2020 edition: February 26, 2020. **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.





JANUARY 2020 EVENTS

Mon	Tue	Wed	Thu	Fri
		1	2	3
			NO Lunch 1:00 Sturling (TH) 1:00 Bridge (TH) 7:00 Crib (TH)	1:00 Euchre (TH) 1:00 Guitar (TH)
6	7	8	9	10
9:00 Stained Glass (TH) 10:00 Exercises (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Dup Bridge (TH) 10:00 Sight Seekers (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 6:30 Stained Glass (TH) 7:00 Music Fest (TH)	9:00 Painting (TH) 10:00 Qigong (TH) 7:00 Dup Bridge (TH)	9:00 Knitting (TH) 11:30 Lunch (TH) 12:30 Board Mtg. (TH) 1:00 Sturling (TH) 1:00 Bridge (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
13	14	15	16	17
9:00 Stained Glass (TH) 10:00 Exercises (TH) 10:00 Alzheimer's Meeting (PL) 1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Dup Bridge (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 6:30 Stained Glass (TH)	9:00 Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 1:00 Painting (TH) 7:00 Dup Bridge (TH) 7:00 Karaoke (TH)	9:00 Knitting (TH) 11:30 Lunch (TH) 1:00 Sturling (TH) 1:00 Bridge (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
20	21	22	23	24
9:00 Stained Glass (TH) 10:00 Exercises (TH) 7:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Dup Bridge (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 6:30 Stained Glass (TH) 7:00 Music Jam (TH)	9:00 Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 1:00 Painting (TH) 7:00 Dup Bridge (TH) 7:00 Horticultural Club (TH) WEEDLESS	9:00 Knitting (TH) 11:30 Lunch (TH) 1:00 Sturling (TH) 1:00 Bridge (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
27	28	29	30	31
9:00 Stained Glass (TH) 10:00 Exercises (TH) 7:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Dup Bridge (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 6:30 Stained Glass (TH) 6:30 Parkinson's Mtg. (TH)	9:00 Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 1:00 Painting (TH) 7:00 Dup Bridge (TH)	9:00 Knitting (TH) 11:30 Lunch (TH) 1:00 Sturling (TH) 1:00 Bridge (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)



FEBRUARY 2020 EVENTS

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
9:00 Stained Glass (TH) 10:00 Exercises (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Bridge (TH) 10:00 Sight Seekers (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 6:30 Stained Glass (TH) 7:00 Music Fest (TH)	9:00 Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 1:00 Painting (TH) 7:00 Dup Bridge (TH)	9:00 Knitting (TH) 11:30 Lunch (TH) 12:30 Board Mtg. (TH) 1:00 Sturling (TH) 1:00 Bridge (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
10	11	12	13	14
9:00 Stained Glass (TH) 10:00 Exercises (TH) 10:00 Alzheimer's Meeting (PL) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Bridge (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 6:30 Stained Glass (TH)	9:00 Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 1:00 Painting (TH) 7:00 Dup Bridge (TH)	9:00 Knitting (TH) 11:30 Lunch (TH) 1:00 Sturling (TH) 1:00 Bridge (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
17	18	19	20	21
1:00 Curling (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH) FAMILY DAY 2020	9:00 Bridge (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 6:30 Stained Glass (TH) 7:00 Music Jam (TH)	9:00 Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 1:00 Painting (TH) 7:00 Dup Bridge (TH) 7:00 Karaoke (TH)	9:00 Knitting (TH) 11:30 Lunch (TH) 1:00 Sturling (TH) 1:00 Bridge (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
24	25	26	27	28
9:00 Stained Glass (TH) 10:00 Exercises (TH) 7:00 Guitar (TH) 7:00 Square Dancing (TH)	9:00 Bridge (TH) 10:00 Chair Yoga (TH) 1:00 Crib (TH) 6:30 Stained Glass (TH) 6:30 Parkinson's Mtg. (TH)	9:00 Painting (TH) 10:00 Qigong (TH) 1:00 Curling (TH) 1:00 Painting (TH) 7:00 Dup Bridge (TH) 7:00 Horticultural Club (TH)	9:00 Knitting (TH) 11:30 Lunch (TH) 1:00 Sturling (TH) 1:00 Bridge (TH) 7:00 Crib (TH)	10:00 Exercises (TH) 1:00 Euchre (TH) 1:00 Guitar (TH) 7:00 Darts (TH)
<p>“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.” ~Sophia Loren</p>				