



SENIORS PROGRAM NEWSLETTER

April Edition

It is hard to believe that April is here already. The last three months have been very busy as we have been working on planning new activities for our seniors. We visited many of you at home and it was a great honour catching up with you and chatting about your needs and goals and how the program will work with you to achieve them.

Please spread the word about Africa Centre's Seniors Program. We are looking forward to meeting and enrolling more participants.

Thank you for your support!

Special Feature Spirituality

Spirituality is a strong and distinctive phenomenon that provides a sense of connection to something bigger than ourselves as it involves a search for meaning of a universal human experience. For example, "African spirituality simply acknowledges that beliefs and practices touch on and inform every facet of human life, therefore African religion cannot be separated from the everyday or mundane." Read more here:

<https://t.ly/pHzB>

April is a month of significant spiritual rejuvenation across various religions. Here are some resources that could help with enlightenment.

- The holy month of Ramadan: Read more here: [:https://t.ly/arvD](https://t.ly/arvD)
- Easter: Read more here: <https://t.ly/iPpb>

Did you know? International Dance Day is on April 29

It was introduced in 1982 by the International Dance Committee of the UNESCO International Theatre Institute.

Make sure that you take this opportunity to dance and enjoy music with your family and friends. It would be a great opportunity to exercise and be active in a joyful way.

Have fun!



Announcement

Alberta Seniors Benefit

Seniors in the low-income bracket can get financial assistance to help with monthly living expenses. For more information, check this link: www.alberta.ca/alberta-seniors-benefit.aspx or contact Africa Centre Seniors Program on acsp@africacentre.ca or call: 780- 288-3273

Tax Clinic

The free community tax clinic is open at Africa Centre.

The service opened on February 15 and closes on May 15, 2022. It runs from Monday to Thursday, 10.00 a.m to 5.00 p.m.

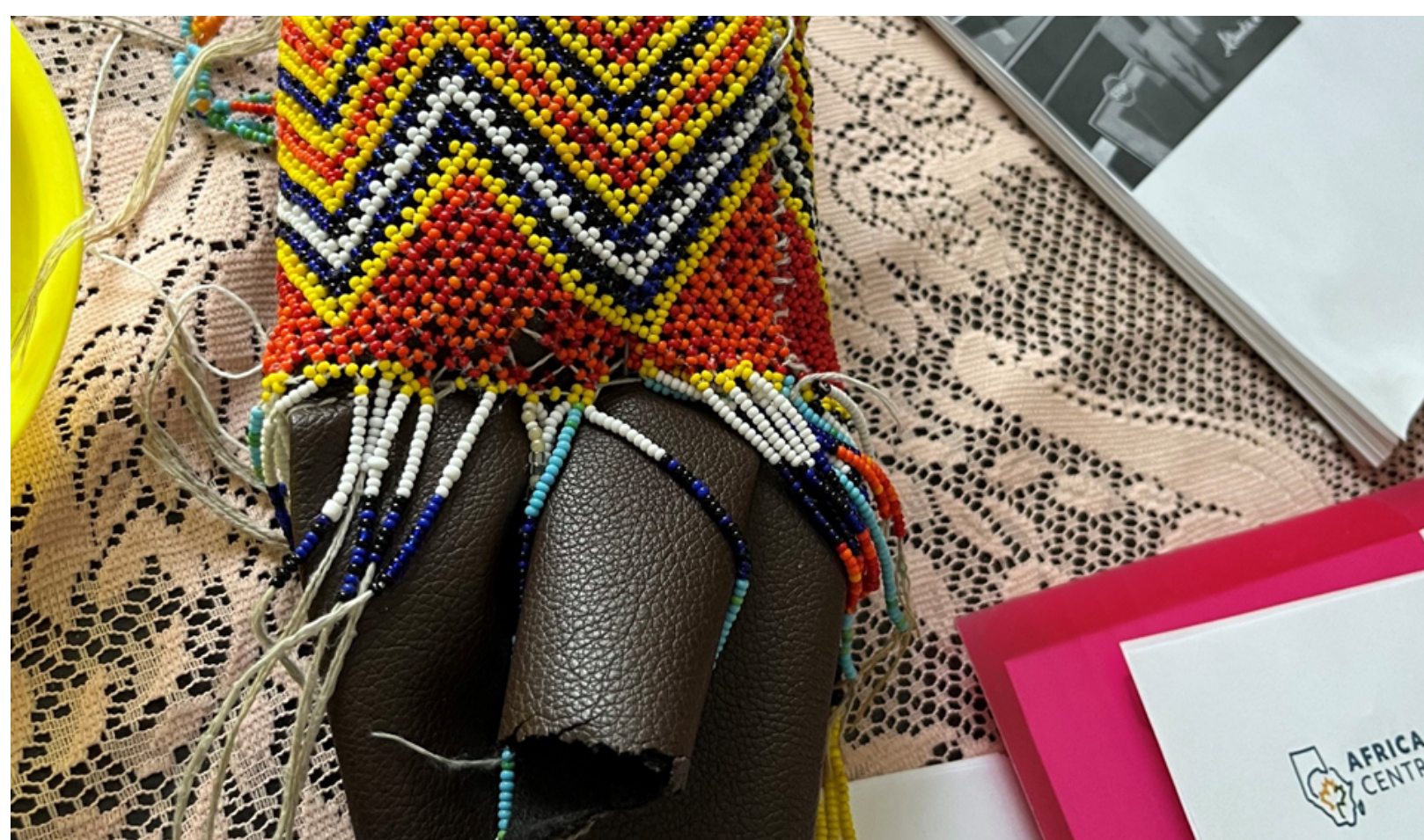
Services are provided in-person or virtually. For more information, call 780 860 3229 or send an email to taxes@lccmediafoundation.ca



Spotlight

Bead work update

As we reconnected with participants of the program from previous sessions, it became evident that many of you enjoyed our beading workshops sessions. Beads represent some of the earliest forms of jewellery dating to approximately 100,000 years ago. We are looking forward to having more workshops and explore ways to enjoy this craft. It promises to be an avenue for social connection, fun and exploring creativity and skills.



Picture taken while registering aunty Saeeda Idris in the new program, she shared with us, her amazing project: a fragrance container made entirely from beads.

Wellness Corner

Here are some health and wellness activities for body, mind and soul this spring:

- Having your exercise routine outdoors
- Spring clean your house
- Spend time with grandchildren outdoors
- Feed the birds
- DANCE!

Proverb of the Month

There is no physician who can cure the disease of love. (African Proverb).