



## SENIORS PROGRAM NEWSLETTER

### July Edition

July is the warmest month in the northern hemisphere as well as the coldest in the southern hemisphere and in many African countries.

In Canada July 1st is Canada Day. In the African continent, independence Day for Algeria, Burundi, Cape Verde, Comoros Islands, Somalia, Liberia and Burundi are celebrated in July.

### Special Feature

#### Africa Centre's Celebration of Alberta Seniors Week

### Proverb of the Month

A tree is bent while it is still wet. This is an isiZulu saying meaning that wisdom and behaviour are instilled when a person is still young.

Last month, we held our first in-person activity following the lifted restrictions due to the pandemic. The activity was to celebrate Alberta Seniors Week and relaunch the Seniors Engagement and Well-being Program.

We had an impressive attendance and it was great to see all of you again.

Thank you for coming, we look forward to hosting you again in the coming activities.



Seniors at the first in-person activity following the lifted restriction due to the pandemic



## Announcement

### Explore Edmonton

To promote the overall well-being of our seniors and create opportunities for them to be more active and socialise, we are introducing a summer initiative called Exploring Edmonton.

Our aim is to take seniors out on monthly trips to places of interest such as the Royal Alberta Museum, Botanical Gardens and Fort Edmonton Park.

Lunch, drinks and transportation to the venues will be provided.  
More information will be available in the monthly newsletter.

### Senior of the Month

Through this newsletter, we will be putting our program participants in the spotlight to provide an opportunity to know more about seniors who are part of our program.

This month we are featuring Mrs. Veronica Gitahi from the Rift Valley's Transzoia county in Kenya. Before moving to Canada, she worked as an elementary school teacher. Currently, she works as a part time health care aide, a job she loves, as she said, "because of the diversity that healthcare brings in terms of working with different specialities and people from different backgrounds".



During her free time, she enjoys meditation, taking walks and hanging out with family. Her hobbies are reading, art, crafts and gardening.

She is happy to be part of African Centre Seniors Program because it was a great way to socialise. Through the Seniors Program she met her friend Joselyn and her husband James, both from Uganda.

We appreciate your participation, and we look forward to your feedback as it helps us position our programs to meet your needs.

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