



SENIORS PROGRAM NEWSLETTER

March Edition

Spring is almost here! We look forward to outdoor activities like taking long walks, enjoying the open air, and wearing lighter jackets.

Special Feature

Africa Centre Seniors Program in the Spot Light for Black History Month

We are excited to inform you that last month, our very own Seniors Program was featured in the presentations made to Edmonton Public Schools in commemoration of Black History Month.

The importance of elders in African communities was highlighted under the component of Cultural Identity. We believe in preserving a strong sense of community and belonging through the contribution of the older generation and the celebration of our rich cultural heritage. Well done Seniors!

International Women's Day

March 8th is International Women's day. It is a global holiday to commemorate the cultural, political, and socioeconomic achievements of women. Read more about the lives of remarkable African women leaders <https://africa.unwomen.org/en/news-and-events/stories/2021/03/ten-african-women-leaders-we-admire>

Did you know?

March 22nd is world water day. Almost all of the liquid freshwater in the world is groundwater. As climate change intensifies, groundwater will become more and more critical.

Read more about it here:
<https://www.worldwaterday.org>

Read about the top 100 most influential women in Africa:

<https://africa.businessinsider.com/local/leaders/here-are-the-top-100-most-influential-women-in-africa/8wws2sw>

Announcement

Canada Pension Plan and the Old Age Security benefits and Credits

Service Canada will provide an overview of the Canada Pension Plan and the Old Age Security Benefits and Credits on:

Wednesday, March 9, 2022: 11:00 p.m – 12:30 p.m

Thursday, March 10, 2022: 11:00 p.m – 12:30 p.m

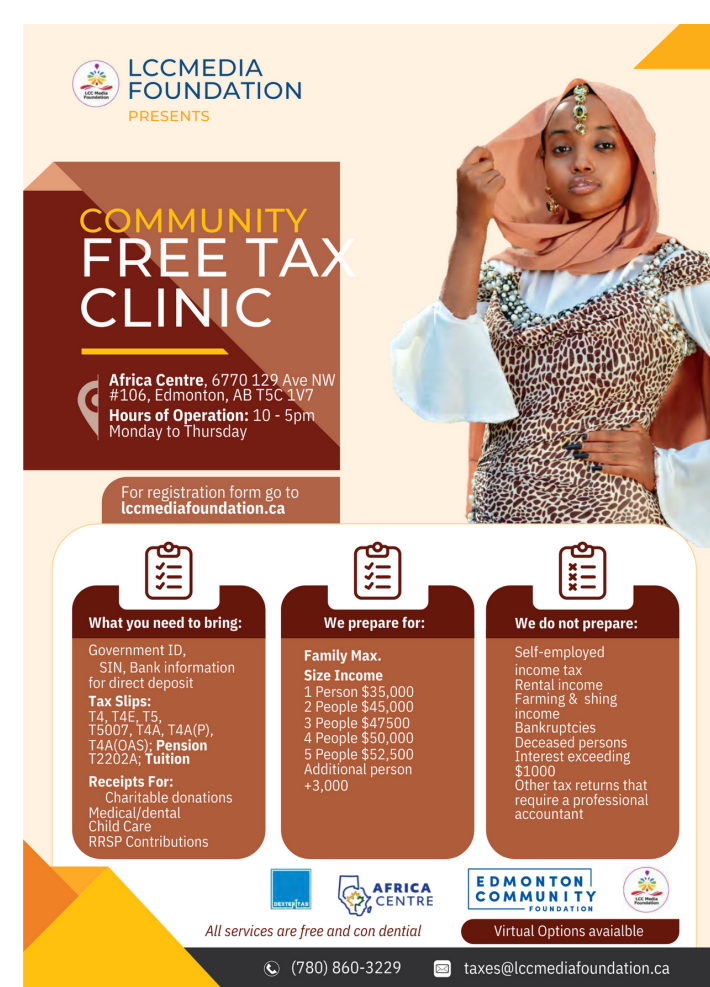
This program is virtual, send an email to acsp@africacentre.ca to get the link to attend.

Tax Clinic

The free community tax clinic is now open at the 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.

Virtual option is available, for more information, call 780 860 3229 or send an email to taxes@lccmediafoundation.ca



How Best can We Serve You?

The Africa Centre Seniors Program is designed for you. We want to create programs and initiatives that provide support, respect, and wellbeing to our elders. Please share the information about us with other seniors or email us at acsp@africacentre.ca

Proverb of the Month

If you don't know the path to the spring or swamp, follow the trail of broken pots. (African Proverb)

March is Brain Injury Month

Get informed about brain injury and available resources here:

www.brainawareness.org

