



SENIORS PROGRAM NEWSLETTER

May Edition

We are delighted to publish the fifth edition of the Seniors Newsletter.

May ushers in warm weather, greenery, gardening and flowers as well as the Victoria Weekend holiday – a time for outdoor fun activities with family and enjoying the overall pleasantness of May.

Special Feature

Africa World Heritage Day

Africa World Heritage Day on May 5 is an opportunity for Africans to celebrate the unique heritage and culture of our magnificent continent. Here are some activities to explore during the celebration and to preserve the African heritage for future generations:

- Dress in African attire
- Storytelling to children
- Cook traditional meals
- Listen to traditional music with family and friends
- Create awareness about social issues affecting the continent such as climate change, poaching and uncontrolled development

Read more here for initiatives about this event

<https://tinyurl.com/4tyv2pr8>

Health Corner

May is International Thalassemia Month.

This is an inherited disease passed from parents to children.

When the body does not make enough of a protein called hemoglobin, the red blood cells have a shortened life span and do not function properly.

Consequently, there are fewer healthy red blood cells traveling in

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Announcement

Seniors Week in Alberta is in the first week of June from 6th – 12th

Africa Centre Seniors Program will be holding a special event for seniors on June 10th from 12:30 – 2:30 pm. Please save the date, more information will be provided in due course.

Read more here for activities and events to celebrate Seniors in Alberta <https://www.alberta.ca/seniors-week.aspx>

Cooking corner

Food is always an important part of family celebrations, here are some recipes to explore to commemorate the Africa World Heritage Day.

- Chin-chin, a snack from Nigeria
- Irio, a mashed peas and potato mix from Kenya, and many more in this link: <https://tinyurl.com/mpvzetsd>



the bloodstream and insufficient oxygen delivered to all the other cells of the body, causing weakness, shortness of breath and other symptoms.

Read more here for information on management and prevention:
<https://www.thalassemia.ca/>

May is Mental Health Month

Read here to know more about Africa Centre Mental Health Program:
www.africacentre.ca/mental-health

Proverb of the Month

Learning expands great souls. ~ Namibian proverb

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

Get in touch with us with on acsp@africacentre.ca or call 780 288 3273.