



SENIORS PROGRAM NEWSLETTER

September Edition

September is a split month. It is still Summer until the 21 st, there after, it switches to Autumn. There are still many warm days and outdoor activities to engage in. Last month we visited the University of Alberta Botanic Gardens, this month we are planning to visit the Fort Edmonton Park grounds. More information will be shared with you in due course.

Our Digital Skills program begins soon and there will be opportunities to learn together and acquire skills to use online platforms for leisure, financial transactions, keeping in touch with family and friends and other important aspects senior living.

Special Feature

The Benefits of Intergenerational Activities for Elders

Research has shown that seniors who engage with youth and children report less depression and feelings of isolation. Older adults who volunteer with children consistently burned 20% more calories per week and relied less on walking aides as well as showing better memory than peers.

Majority of our seniors live in multigenerational households where African culture and traditions form a significant part in their daily living. We intend to create more opportunities for our elders to socialize and engage with youth as a way to learn and have fun together.



Read more about the benefits of spending time with grandchildren via the links below:
tinyurl.com/38d88eb3 and tinyurl.com/3szjsp9x

Health corner

September is Arthritis Awareness month.

Arthritis is the swelling and tenderness of one or more joints. There are 100 or more types of arthritis.

Read more to learn about the care and management of this disease here:
<https://arthritis.ca/action/fighththefire>

Photos from our visit to the University of Alberta Botanic Garden last month



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