



SENIORS WELL-BEING AND ENGAGEMENT NEWSLETTER June Edition

Proverb of the Month

"When you have a good thing eat it with a friend, the stranger forgets."

To learn more about the Kalanga proverb and people, click [HERE](#).

Jump into summer! June is National Indigenous History Month in Canada, a time to recognize the rich history, heritage, resilience and diversity of First Nations, Inuit and Métis People.

This month also marks the first day of summer on the 21st, making it the perfect time to plan outdoor activities with your grandchildren and loved ones.

However, be sure to take some precautions during the season as wildfires—due to the hot temperatures around the province—could affect the air quality and create a health hazard.

Special Feature: Alberta Seniors Week June 5-11

The week is a wonderful opportunity to show appreciation to the aging African descent population and their communities. It is a time to recognize and celebrate their accomplishments through volunteerism, supporting families and their contributions in ensuring we hold on to our cultures and identities. This year's theme, Aging is more, is geared towards fun and inclusive celebratory events.

On Friday June 9, we will be celebrating at Africa Centre's Daycare in an effort to increase awareness and develop a positive attitude towards aging. To learn more, click [HERE](#).



Health corner

June is post-traumatic stress disorder (PTSD) awareness month.

PTSD is experienced by people who have lived through a traumatic situation and in-turn live through severe emotional, social and behavioural systems.

To learn more about PTSD , click [HERE](#).

Basic Digital Skills Program Graduation

Intergenerational Activities Inspirations Program

With the aim to support seniors and pass on their traditional cultural wisdom to the youth, in June, we will be bringing the two age groups together.

This will be an opportunity to increase social participation and allow for youth to learn new skills such as crafting and cooking. The program will run biweekly on Saturday afternoons starting in July. To learn more, click [HERE](#).



Your feedback is always needed!

Please send us a text message at 780.288.3273 to be added to our WhatsApp group or simply email us acsp@africacentre.ca to be added to our mailing list.