



SENIORS WELL-BEING AND ENGAGEMENT NEWSLETTER July edition

Proverb of the Month

"One falsehood spoils a thousand truths" - African Proverb.

To learn 27 Surprising Facts About Africa, click [HERE](#).

Summer is in full swing this month! One of the many annual events we celebrate in July is Canada Day. And this year marks the 156th anniversary of the Confederation.

With so much warm weather still ahead this season, it is a great time to explore the outdoors and seek new adventures.

Special Feature: Visit to Fort Edmonton Park



Health corner

July 24 is International Self-Care Day (ISD). The day aims to raise awareness for creating healthy lifestyle habits while providing equal access for all to seek quality self-care programming.

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

Fort Edmonton Park, June 28

In June, we started the Explore Edmonton Initiative—a series of local experiences for seniors to enjoy—with a visit to Fort Edmonton Park. Kicking off the initiative at one of Edmonton's landmarks was a marvellous experience that allowed over 25 seniors to explore while learning many facts about Indigenous and First Nations people's heritage. Many African elders were amazed at the similarities and overlapping cultural traits Indigenous communities in Africa and here in Alberta share.

The Park is nestled on 158 acres of land in the River Valley community. Through the Canadian Centennial Project in 1967, the Park went through a series of renovations. Additionally, in the fall of 2018, the Park was shut down due to a \$165 million revitalization project. The upgraded historical site was unveiled in the Summer of 2021.

The Park was named Edmonton after a community in Middlesex, England. Historically, the land was known as amiskwacîwâskahikan (Beaver Hills House) in Cree, Oda (Many Houses) by the Nakota Sioux people, and Amakowsis (Big Lodge) by the Niitsitapi people.

For more history about the area, read [HERE](#).



Basic Digital Skills Program Update

If you were a participant in our program and would like to obtain a personal laptop to use, please get in touch with us and we will help you find a device you can use at home.

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.