



## SENIORS WELL-BEING AND ENGAGEMENT NEWSLETTER August

### Proverb of the Month

A madman does not lack wisdom–Somali Proverb

To learn more about the Somali culture and language, click [HERE](#).

August, the last full month of summer brings many gifts from warm days to cool nights. It is a busy month for us all that introduces more rainy days as we see the season turn and leaves begin to show signs of the fall season approaching. Nonetheless, our program is planning several field trips and opportunities for seniors to enjoy.

To stay tuned to upcoming activities, please register [HERE](#).

### Special Feature: Visit to the Edmonton Valley Zoo





# Health corner

August is Gastroparesis Awareness Month.

Gastroparesis is a disorder that slows or stops the movement of food from your stomach to your small intestine.

To learn more about symptoms, tests and treatment for this condition, click [HERE](#).

Seniors Well-being and Engagement Newsletter August Edition

The Explore Edmonton Initiative, a summer-long adventure series around the City's landmarks for seniors, included a trip to the Edmonton Valley Zoo in July.

For many of us, visiting a zoo is an experience we have shared with our classmates, friends and families, but for many of our program participants, it was a fantastic new excursion.

A zoo is an exciting place to visit with your loved ones. It is a place to enjoy, learn about animals, and walk through beautiful grounds surrounded by nature. These are the most exciting places to visit!

## Basic Digital Skills Program Update

On Sept. 5, our Digital Skills Program will resume. Please register through the form attached [HERE](#).

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.

## Edmonton Valley Zoo, July 12



**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](mailto:acsp@africacentre.ca) to be added to our mailing list.