



SENIORS WELL-BEING AND ENGAGEMENT NEWSLETTER September

Proverb of the Month

"Ena pa nim bere a ne ba bedidi" (The good mother knows when her child will eat), Akan Proverb from Ghana

To read more about the Akan culture, click [HERE](#).

September is a busy month as summer wraps up, and as we return to our yearly routines such as back to school. Nevertheless, we can still enjoy warm days and plan fun activities with loved ones. To stay tuned to upcoming activities, please register [HERE](#).

International Literacy Day Award

James Napokoli, one of our program participants, won the Dedication to Learning Award during a ceremony held at Edmonton's City Hall on Sept. 8.

The award was in celebration of International Literacy Day. We would like to thank the Edmonton Community Adult Learning Association (ECALA) for the invitation, for providing literacy and foundational learning programs for adults, and for funding our Digital Skills For Older Adults Program.



Health corner

September is World's Alzheimer's Month and the aim is to raise awareness around the disease while also working towards and tackling stigmas surrounding Alzheimer's and dementia.

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

**August Field Trips
(Victoria Park Potluck,
Alberta Legislature,
Corn Maze).**

Special Feature: Explore Edmonton Initiative

Seniors visited the Alberta Legislature and met several MLA's including Sharif Haji, our former executive director. The initiative also included a great potluck picnic with African dishes at Victoria Park in the river valley and the Edmonton Corn Maze with the daycare kids.



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@afriacentre.ca to be added to our mailing list.