



SENIORS WELL-BEING AND ENGAGEMENT NEWSLETTER December

Proverb of the Month

Day has its eyes, night has its ears.
-Moroccan Proverb

Learn more about the proverb's origins [HERE](#).

Welcome to December, a month including winter festivities and Christmas! The upcoming holiday season is an opportunity to celebrate with our loved ones, rest and enjoy the winter season.

December is a month filled with several notable days to observe, including:

- Dec. 1: World AIDS Day
- Dec. 3: International Day of People with Disabilities
- Dec. 6: National Day of Remembrance and Action Against Domestic Violence
- Dec. 10: Human Rights Day

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

A look back into 2023 programming



Health corner

Dec. 1 is International World AIDS Day. People all over the globe join together to show their support for individuals living with HIV and to remember those who have died as a result of the disease.

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

Special Feature: Year in Review

The year 2023 has proven to be extremely productive for our program as we expanded and provided several engaging and educational opportunities for our participants.

Take a look at these photos that capture the wonderful experiences we had.



Digital Skills Classes Opportunities

Our Digital Skills classes will include two streams for beginners and intermediate learners. The course will run from Jan. 8 to March 19, 2024.

Beginners Classes:

This introductory course will move at a slower pace and will include typing and mouse skills.

[Click here to register for the Beginners Class.](#)

Basic/Intermediate Classes:

This course will move at a faster pace, starting with basic typing and mouse skills and progressing to Gmail, utilizing online search engines, Google Meet and Maps tutorials, and YouTube. Learners will also have opportunities to extend their learning based on their experience.

[Click here to register for the Basic/Intermediate Class.](#)

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.