



## SENIORS WELL-BEING AND ENGAGEMENT NEWSLETTER January

### Proverb of the Month

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Little by little the egg will  
walk,  
Amhara proverb from  
Ethiopia.  
Read more about the  
Amhara culture and  
people [HERE](#).

Greetings! We hope everyone had a fantastic break. We're excited about the new year and aim to exceed our goals in 2024.

Starting in January and February, we will explore various locations such as the Edmonton Zoo, the Royal Alberta Museum, and the Muttart Conservatory as part of the Explore Edmonton Initiative: Winter Edition. The initiative aims to increase opportunities for older adults to socialize, enhance inter-generational interactions with youth, and explore the City of Edmonton's attractions and landmarks.

In the spring and summer, keep an eye out for outdoor series and skill-building events. Here's to a new year filled with meaningful connections and experiences!

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

### Royal Alberta Museum trip Jan. 5, 2024





## Health corner

January is Alzheimer's Awareness Month in Canada. Alzheimer's is a progressive brain disorder causing memory loss and cognitive decline. It is the most common cause of dementia. Risk increases with age, more so after 65. In Canada, over 747,000 people are affected, and prevalence increases more after 75.

What that means and how you can get involved. Read more [HERE](#).

### Special Feature: Digital Socialization

From scheduling medical appointments to connecting with family through video calls, the internet plays a crucial role. Over the last two years of offering the Digital Skills Course to Edmonton's older adult population, we have prioritized enhancing their knowledge and skills while recognizing the growing importance of basic IT proficiency and its impact on daily life.

With smaller classes and attention to detail, we are ensuring that everyone in our digital skills course, regardless of their digital comfort, can learn to navigate technology. Starting with understanding Google search engines to creating documents, our program empowers older learners during class time and continues learning with take-home computers available throughout the course.

Through our program, older adults can:

- Maintain connections with peers
- Stay informed about the world
- Cultivate passions and ideas
- Plan holidays
- Train cognitive functions
- Easily manage medical appointments and prescriptions

Whether through this computer literacy course or our program's additional activities, we provide seniors with an opportunity to promote their health, build social relationships, and share their wisdom in an age-friendly environment.

### Digital Skills Winter 2024 Course



**Your feedback is always needed!**

Please contact the program at 780.288.3273 to be added to our WhatsApp group.  
You can also email us at [acsp@africacentre.ca](mailto:acsp@africacentre.ca)