




**AFRICA
CENTRE**

SENIORS WELL-BEING AND ENGAGEMENT PROGRAM

MONTHLY NEWSLETTER

MARCH/APRIL



Welcome to our new bimonthly newsletter!

We are excited to share with you our latest updates and exciting new initiatives as the seniors' program continues to grow and strive to provide more programs and socialization initiatives. For instance, in March we held an Arts Workshop with Elsa Robinson, a renowned artist and painter in the Edmonton area. You might remember her from last year's Africa Day Gala.

Please stay tuned for more fun ways of getting together to create meaningful and fun relationships.

Quote of the Month

"I am an African, I owe my being to the hills and the valleys, the mountains and the glades, the rivers, the deserts, the trees, the flowers, the seas and the ever-changing seasons that define the face of our native land." - Thabo Mbeki, president of South Africa.

To learn more about Thabo Mbeki click [HERE](#).

Special Feature

March is Fraud Prevention Month in Canada. Scammers work harder during the months of March and April because of the busy tax season. Computer use and technology makes it easy to steal people's identity and older adults suffer the greatest loss of money.

The Canadian Anti-Fraud Centre (CAFC) gathers information on fraud and scams affecting older Canadians. They compiled a toolkit designed for older adults and seniors to raise public awareness and prevent victimization.

To download the toolkit, click [HERE](#).

Community Engagement

Our Spring Semester Digital Skills Classes for Older Adults are now underway.

The program provides opportunities for older learners to gain more experience and develop their technological skills in a slow-paced class. Classes are held in small groups with one-on-one support from the instructor provided.

Beginner Digital Skills Class

- April 8 to June 10
- Mondays from 10 a.m. to 1 p.m.

Participants are learning basic digital skills and rules of the internet use, with the opportunity to improve their English language skills provided where possible. The class also delves into online security and privacy practices.

Basic/Intermediate Digital Skill Class

- April 9 to June 11
- Tuesdays from 10 a.m. to 1 p.m.

Participants are engaging in hands-on lessons about basic digital skills and internet use, with a focus on security and privacy awareness when online.



Senior Spotlight

In this edition, we would like to highlight Mr. James Napokoli. He is a remarkable participant of the program and he is last year's recipient of the Dedication to Learning Award. Read more about the award [HERE](#).

He also took part on one of the episodes of our Intergenerational Connections podcast, which will be releasing late spring.



Interactive Corner

I O L S K V Z J W G A H C J G H N H A O L F Z S
D P G P B I L A K E V I C T O R I A Z J D L N I
B D I M P C O A C I R F A H T U O S K A D G C R
U E K L S E T R O P I C A L R A I N F O R E S T
W Z L A Z S P A W Z I G L Y C B Y O Y A M S C M
C V E K T P Y G E G A A C I R F A T H I N I K Y
U N F I U R G H A E Q G Z V W C L X B G D A Q J
P Q P Y L E H A S M T M Q B V J P A K O P A N P
K C S N P T F Y F A O M O S N T L V S R A M S T
V Q Q A R Q D N J P G G N U W O P G N Y I A K R
U J P G E U E E R T U Q H N B D U C A W Z Z J E
M W P N A G M K D A O M M V Z E R M D O W O H S
N W X A R N R C X H H T Y Q W N B O U R A N L E
A B O T A S T O X L G T N B I Y Q C S I N R U D
D N B E H Z Y N N H J N I T L H R M H W N I A I
U W I K A E J G M W X Y L K I G L E T O A V I R
S W I A S M Z O G P I R E E H J B Z U F V E R A
I J M L G L T R V I E E R I A Z S Z O O A R E H
F L B Y X T H I N S Q I I X W Z B D S J S N G A
P B J L O X M V I K E N V T S T A V A V G J I L
V T W Z M D Y E G U M Z E T T G R O F M N I N A
N O M D F R Q R E B K V R D K T A R M F Q R G K
O R A P J F W Q R P P B A N T U W W T L T X G U
Y N J P P G L S R A T L S M O U N T A I N S E O

- Tropical rainforest
- Kalahari Desert
- Lake Tanganyika
- Atlas Mountains
- Lake Victoria
- Amazon River
- South Africa
- Congo River South
- Sudan
- Nile River
- Nigeria
- Savanna
- Swahili
- Africa
- Sahara
- Arabs
- Bantu
- Egypt
- Kenya
- Niger
- Sahel
- Sudan
- Zaire

Health Corner

While March 20th is World Oral Health Day, in Canada, April is National Oral Health Month.

The World Health Organization says over the past three decades, Africa has experienced the most substantial increase in major oral diseases among the organization's six defined regions.

Despite being largely preventable, oral diseases such as tooth cavities, gum disease, and tooth loss pose a significant public health challenge, impacting 44% of the region's inhabitants.

Watch more about oral health [HERE](#).

Please contact the program at 780.288.3273 to be added to our WhatsApp group.
You can also email us at acsp@afriacentre.ca