

RECENT EVENTS & SPEAKERS

UPCOMING EVENTS & SPEAKERS

Update from the Shaama Centre

The Centre is still going virtually, hoping not for long. All the classes are via zoom platform. We are keeping in touch with seniors and clients via phone or online, sharing information, helping them to fill government and other forms and providing needed resources. For information, help or any urgent appointment please call 780-465-2992 from Mon. – Fri. between 10 am-4 pm.

We continue to support low-income families with the **free filling of tax return**. All eligible individuals in need of help with filling their tax will have to drop their tax documents Tuesdays or Thursdays 11:00 am to 3:00 pm. Please call if you're coming.

Stay active and flexible with the **Chair Yoga, Exercise and Fitness** classes! All exercises are design to help you to maintain health and improve balance, mobility and heart rate even though you are at home.

Amazing crafts are put together every Tuesday. Check our new project and join the **Arts and Crafts** class for an hour of enjoyable activity.

Learn to cook new meals, share recipes and stay connected with your friends during the **cooking** classes.

A good opportunity to socialize and keep in touch is Fridays' **Chai & Chat** virtual gatherings. After fitness, what else can be more relaxing than a cup of tea and a chat with friends?

The virtual **Functional English** class will support you to better accommodate in a new environment, increase your skill in reading, grammar and conversation, become independent and make new friends.

We continue to provide **care packages, cooked meals** to some seniors and **monthly groceries** to those needing it.

Informational and **educational sessions and workshops** are facilitated by expert speakers. The diversity of topics makes these sessions interesting and attractive for everybody.

Earlier Events

Diabetes & Six Days Medication -Guest Speaker: *M. Hassanal, Pharmacist*

It is estimated that today, one quarter of Canadians live with diabetes or pre-diabetes. Pre-diabetes, if left unchecked, can also lead in developing of type 2 diabetes. Stay healthy, stay informed!

Diabetes Information and Advice Line (DIAL) – 1-866-735-1051.

[Diabetes Program](#) – Additional Supports for Health Care Providers and Patients

[Edmonton Zone Diabetes Resource Working Group](#)

International Women Day

We had a virtual celebration of the International Women's Day with a panel of inspiring speakers. We shared poems in Urdu, Punjabi and English, and thoughts about women's role, rights and value in society as well as how they existence make the world a better place. Awareness was raised on maternal mental health, and the impact on the child, increased domestic violence, and racial discrimination on Asian / Chinese & Muslim women. We acknowledged together the women's achievements, smashing stereotypes, and challenging biases.

Edible Garden - facilitator Claudia Bolli

This virtual workshop (via Zoom) gives you all the info about the supplies (very minimal), seeds and how to grow microgreens and sprouts in the middle of winter. With the last workshop on gardening edible plants on April 7, we are looking forward to see the seedlings planted outdoors.

You made this possible!

We are blessed to have such incredible donors and funders, who care about the community we serve! To each of you, for your kindness, a heartfelt



To see what's been going at the Shaama Centre click the link below:

https://drive.google.com/file/d/1rplfpny_cF43n-yVWZAK4eKjioNnwsH/view?usp=sharing

February
o Edible garden (10, 19)

March
o Diabetes & Six Days Medication (1)
o International Women Day (20)
o Edible garden (10)
o Stress Management (26)

April
o Edible garden (7)
o Domestic Violence (TBD)

June
o Seniors' Appreciation (8)
o Elder Abuse Awareness (15)

September
o Annual Interfaith Multicultural Celebrations (TBD)

SENIORS' PROGRAM AND SERVICES

(Open to Men & Women)

One-on-one support, outreach services, workshops and information sessions, English, computer, art and craft classes and exercise program, citizenship classes, health and wellness clinics, referrals, assistance with form filling, translation services (Hindi, Urdu & Punjabi), and many opportunities to socialize, join support groups, develop new hobbies, story writing and poetry reading.

WOMEN

Personal development and skill building classes, job search skills, updating of resume and interview skills. We offer basic computer, English, citizenship, sewing classes, parenting, budgeting, life skills classes, workshops on topics of interest, opportunities to generate income and we promote small home-based businesses.

RESPONDING TO VICTIMS OF DOMESTIC VIOLENCE IN SOUTH ASIAN COMMUNITIES AND FAMILY SUPPORT PROGRAM

(Open to Men & Women)

We provide the following services:
 Helping victims navigate the system (accompany them to access needed services when necessary), legal aid, court, child and family services, low income housing etc.

- Outreach services,
- One-on-one support,
- Risk management/safety planning
- Referrals to professional counselors, spiritual leaders and other service providers (if requested)
- Translation services (in Urdu, Hindi, and Punjabi)
- Education, Information, Awareness
- Workshops (communicating through conflict, meditation, anger management, dealing with difficult people, financial literacy, parenting etc.)

Community

- Youth: Math & Homework Help
- Urdu Classes
- Tax Returns -Filed Free (income under \$30,000)

"The greatness of a community is most accurately measured by the compassionate actions of its members." - King

USEFUL INFORMATION AND UPDATES

Financial Assistance

Individuals and families

See all [Federal benefit programs](#) for individuals experiencing unemployment, and those unable to work due sickness, in need of isolation or caring for someone in isolation.

COVID-19 response

AISH and Income Support recipients who have lost work and income because of COVID-19 can exempt a portion of the federal government's [CERB](#), if they receive it. This means a portion of the CERB payment will not affect their provincial benefits. [Find out more.](#)

COVID-19 immunization - Phase 2 (Group B, C, D): April to June
 Book your free shot: Step: 1. Sign up at alberta.ca/vaccine; Step 2 Show up: Step 3. Follow up

Check the list of participating pharmacies at: [Get Immunization-Pharmacies List](#)

Detailed information about eligibility, follow-up, rules and immunization record at: [Alberta Vaccine Program](#)

Before you receive the vaccine or you have any concerns, visit [Vaccine safety, concerns and possible side effects](#)

Get help

Mental health and addiction

Learn more about the significant impact of the COVID-19 pandemic on mental health with online resources:

- [Help in Tough Times](#) (AHS)
- [Mental health and coping with COVID-19](#) (CDC)
- [Talking with children about COVID-19](#) (CDC)
- [COVID-19 information for young kids and students](#) (PDF, 122 KB)

If you struggle, call the 24-hour help lines:

- Mental Health Help Line at 1-877-303-2642*
- Addiction Help Line at 1-866-332-2322*

In crisis, call 911

Around the world, from the comfort of your home

- Virtual visits, activities & remarkable stories: [RAM from Home](#)
- Amazing planet: [US National Parks Tour](#); [Georgia Aquarium](#);
- Learn about Edmonton: [Virtual Field Trip on Heritage Park Historical Village](#)
- Travel around the world: [Tour England](#); [360 Tour Rainforest](#)

Daily Calendar of Zoom Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CHAIR YOGA 11:00 AM – 12:00 PM INFORMATIVE AND EDUCATIONAL PRESENTATIONS: Guest speakers – twice a month 12:00 PM – 1:30 PM	CRAFT AND QUIZZES 12:00 PM – 1:00 PM GUEST SPEAKERS ONCE A MONTH	EXERCISE 11:15AM – 12:15 PM COOKING CLASS 12:30 PM – 2:00 PM	FUNCTIONAL ENGLISH CLASS 12:00 PM – 1:00 PM DRAWING AND PAINTING CLASS 1:30 PM – 2:30 PM	EXERCISE 11:00 AM – 12:00 PM CHAI AND CHAT & GRATITUDE JOURNAL 2:00 PM – 3:00 PM		