

RECENT EVENTS & SPEAKERS

Update from the Shaama Centre

Happy New Year! Our heartfelt thank you to all, community members, staff, volunteers, donors, and funders for your support and for helping us to serve better. Thank you to those who have trusted us and given us the opportunity to serve and be a small part of their lives. The centre is continuing to offer some classes and activities in person and some virtually on Zoom. As per AHS regulation, pre-registration, and screening (double vaccination proof) is required for those who come in person. All other safety measures like social distancing, mask wearing, and hands disinfecting is still in place. We continue to keep in touch with seniors and clients via phone or online and in person by appointment. For information, help or appointment please call 780-465-2992, Mon. – Fri. between 10 am-4 pm.

The **Tax Return Clinic** is again available for low-income individuals. Eligible individuals can call and drop their tax documents on Tuesdays or Thursdays 11:00 am to 3:00 pm. We are providing **care packages, cooked meals** to isolated seniors and **monthly groceries** to those needing it.

The **Chair Yoga, Exercise and Fitness classes** are continuing virtually for now. Wednesday support and craft groups are meeting in small numbers by appointment. Painting, Computer, Functional English classes are offered on rotation to small groups on Mondays, Tuesdays, and Thursdays. For the Informational & Educational Sessions and Workshops you can join online (Mon & Tues).

To see what's happening at the Shaama Centre, click the link: [Now at Shaama Centre](#)

Earlier Events

21st Interfaith Multicultural Celebrations

The event was an opportunity to learn about Indigenous history (which was very moving) and to be a part of reconciliation and healing process. Faith leaders have especial role to play. Leaders from six faiths and traditions (Christianity, Judaism, Islam, Sikhism, Hinduism, and First Nations) shared their perspectives on reconciliation. The audience found the presentations informative, touching, thought provoking and inspiring. Later the

audience enjoyed diverse traditional food and was entertained by the Indigenous, Russian, African, Bollywood and hip-hop dances, a fashion parade and Bazaar. People attending were able to collect information on various services and resources available to seniors, women, and domestic violence clients.

Christmas/Holiday Celebration & Volunteer Appreciation

MLA Rod Loyola and Counsellor Keren Tang handed the certificates of appreciation to our volunteers. Audience participation was fantastic. We heard poems and songs in Urdu, Punjabi, English, Spanish, Mandarin and Basut. A humorous Punjabi skit was performed by Surjit and Parwinder, a Chilean/Spanish dance by Rod, Ivan and Kena. It was truly a multicultural evening, warm and welcoming and enjoyed by all. Everybody loved hearing all these different languages and sounds. Food was delicious. Thank you for making this evening so especial. Thank you, MLA Loyola, and Councillor Tang, for being there. Thank you, MLA Gray, for your support.

Loss and Grief - Presenter: Veena Khatri (CSW)

Losing a friend or a loved one, is one of the most stressful events of a life. Grieving is normal but no one has to navigate through it alone. For support, call Crisis/Distress Line [780-482-4357](tel:780-482-4357) (Edmonton) or chat online [Distress Centre](#). Other resources and services are available at: [AHS- Grieving Together](#) Support group and Individual counselling is also available through the Shaama Centre.

Dementia - Presenter: Amrita Sohanpal (RN)

Problems with remembering, thinking, and reasoning may be the beginning of gradually losing those skills that allows people to live independently and will affect the quality of life for them and their families. Amrita talked about causes, risk factors, symptoms, warning signs, different types of dementia, treatment and prevention. It was an excellent presentation. Thank you, Amrita.

To learn more & get support: Call [811](tel:811) or visit

[Dementia Advice Services](#)

MyHealth.Alberta.ca - [Dementia](#)

[Alzheimer Society of AB and NWT](#)

[Caregivers Alberta](#)

UPCOMING EVENTS & SPEAKERS

October

- o National Seniors Day (1)
- o Loss and Grief (20)
- o Annual Interfaith Multicultural Celebrations (23)

December

- o Dementia (6)
- o AGM (15)
- o Holiday Celebration & Volunteer Appreciation (19)

2022

January

- o Type 2 Diabetes (10)

February

- o Multiple Sclerosis (14)

March

- o International Women Day Celebrations (DTB)

June

- o Senior's Day Celebrations (DTB)

October

- o National Seniors Day (DTB)
- o Interfaith Multicultural Celebration (DTB)

PROGRAMS AND SERVICES

SENIORS (Open to Men & Women)

We provide: one-on-one support; outreach services; a variety of classes including functional English, citizenship, basic computer skills, arts/crafts, cooking and fitness; workshops and information sessions (e.g. pension and benefits, housing); health and wellness clinics; assistance with navigating government and legal systems (e.g. referrals, help with completing forms); translation services (Hindi, Urdu & Punjabi). There are many opportunities to socialize, join support groups and develop new hobbies such as story writing and poetry reading.

WOMEN

We offer: personal development and job search skills support (e.g. creating/updating a resume, interview preparation); a number of classes including English, citizenship, computer literacy, sewing, parenting, budgeting, life skills; workshops on topics of interest. The Shaama Centre also provides guidance on how to start a home-based business, as well as creates opportunities for these entrepreneurs to promote their products and services to generate income, increase self-reliance, personal growth, and success.

VICTIMS OF DOMESTIC VIOLENCE IN SOUTH ASIAN COMMUNITIES & FAMILY SUPPORT (Open to Men & Women)

We provide: one-on-one support; outreach services; assistance with navigating government and legal systems (e.g. legal aid, court, child and family services, low income housing) including accompanying victims when necessary; risk management/safety planning; referrals to professional counsellors, spiritual leaders and other service providers (if requested); translation services (Urdu, Hindi, and Punjabi); workshops, education and information sessions (e.g. family law in Canada, communicating through conflict, mediation, anger management, dealing with difficult people, financial literacy, parenting).

COMMUNITY

Youth - Math & Homework Help

Urdu Classes

Free Income Tax Return Filing (only if income is under \$30,000)

USEFUL INFORMATION AND UPDATES

Financial Assistance

Money Mentors (Free Financial Advice/ Free Credit Counselling for Debts solutions) – call [1-888-294-0076](tel:1-888-294-0076)

Credit Counselling Society (Free Credit Counselling, Bankruptcy Help & Debt Consolidation Options) – call [780-701-0083](tel:780-701-0083) or [1-888-948-8960](tel:1-888-948-8960) (Edmonton South Office)

Unexpected emergencies (Emergency Needs Allowance)

Emergency Income Support Contact Centre (24/7):

Toll free: [1-866-644-5135](tel:1-866-644-5135); Email: hs.iscc@gov.ab.ca

Emergency food benefits, Interac e-Transfer—apply to [MyAlberta Emergency Benefits](#) to start the online application process.

Housing Inquiries

Emergency Housing - Please call Alberta Works: [780-644-5135](tel:780-644-5135) (outside of Edmonton [1-866-644-5135](tel:1-866-644-5135)).

Evictions - Please call Service Alberta: [780-427-4088](tel:780-427-4088).

Low income housing/rent supplements: [Seniors AB- Find housing](#)

Health

Covid 19- Updates

Actions taken to protect the Albertans against Omicron variant of Coronavirus: [free rapid test kits](#), [vaccine boosters](#), and [indoor social gathering limits](#)

Albertans 50+ can book the booster after at least 6 months from second dose. To book, call 811, [book online \(pharmacy or AHS clinic\)](#), or contact a physicians' office.

Multilingual resources: alberta.ca/CovidTranslated

Health and Wellbeing

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

- YOGA
- RELAXING
- MINDFULNESS
- CALM
- ACTIVITY
- CHILL
- EXERCISE
- SOCIALISING
- SLEEP
- HEALTH
- MOVING
- WELLBEING
- VEGETABLE
- GYM
- FUN
- OUTDOORS
- RUNNING
- BANANAS

We don't accomplish anything in this world alone... and whatever happens is the result of the whole tapestry of one's life and all the weavings of individual threads form one to another that creates something. – S. O'Connor

Daily Calendar of Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga 11:00 AM – 12:00 PM (Zoom) Informative & Educational Sessions 12:30 PM – 1:30 PM (Zoom-twice a month) Computer Basic 12:30 PM – 1:45 PM (In Person)	Guest Speaker 1:30 AM – 12:00 PM (Zoom-twice a month) Functional English 12:00 PM – 1:30 PM (In Person) Drawing & Painting 2:00 PM – 4:00 PM (In Person)	Exercise 11:00AM – 12:00 PM (Zoom) Group Gathering 12:00 PM – 3:00 PM (In Person)	Functional English 12:00 PM – 1:30 PM (In Person) Chai & Chat 1:30 PM – 2:30 PM (In Person) Art & Crafts 1:30 PM – 2:30 PM (In Person)	Exercise 11:00 AM – 12:00 PM (Zoom) Support Group 2:00 PM – 3:30 PM (In Person)		Seniors Get Together 12:30 PM–2:30 PM (In Person- every 2 nd Sun of the month)