

RECENT EVENTS & SPEAKERS

Intergenerational Cultural Dissonance – Atiya Syeda Cultural Dissonance is a sense of discord or conflict experience by people in the mist of their cultural environment. Intergenerational cultural dissonance refers to the clash between different generations due to their contrasting cultural values, norms, and practices.

By actively listening, empathizing, and compromising, intergenerational relationships can be improved, and tension can be reduced.

Deep Yogic Breathing

Yogic breathing is a practice that focuses on conscious control of the breath. Various techniques are employed, such as deep abdominal breathing and alternate nostril breathing. With regular practice, yogic breathing can promote relaxation, reduce stress, increase energy levels, and foster a sense of inner peace and well-being.

Seniors Week Celebrations

With a beautiful day, tasty traditional South Asian Street food, amazing audience and a well-organized event, the Seniors Day celebration was a success. Seniors and their families had the opportunity to meet and mingle with new and old friends. Counsellors Keren Tang, Jo-Ann Wright and MLA Christina Grey joined the seniors, ready as always to listen and answer their concerns while enjoying the taste of the food.

Field trip – Devonian Garden

Embarking on a memorable day at the University of Alberta's Botanical Garden, seniors experienced a truly enriching adventure. From the moment they arrived, greeted with the convenience of a comfortable beeline cart ride, which allowed them to explore the expansive garden without worry the winding paths, they marveled at the meticulously maintained landscapes that showcased an array of vibrant blooms and serene ponds. The scent of flowers and the gentle rustle of leaves created a soothing atmosphere, to refresh their spirit. During the journey, they took breaks at shaded seating areas, where they paused, reflected, and fully immersed themselves in the with their friends The delightful culinary offerings amidst the garden's beauty was a delight. The combination of natural splendor, the convenience of the cart, and the overall ambience made their visit a perfect blend of relaxation and enjoyment. The University of Alberta's garden undoubtedly provided them, with a day of joyful exploration and a deep connection to nature's wonders. Another high point was

they made several funny Tik Tok videos to share with their family and friends. [Watch video](#)

Rundle Park

Visit to Rundle Park was enjoyable. The park's serene atmosphere provided a perfect backdrop for a relaxing day. We took a leisurely stroll around the lush green spaces, appreciating the natural beauty and the calmness of the surroundings. What made the experience even more delightful was the opportunity to savor some delicious food by the Shaama Centre. The tasty treats added a special touch to the outing. I had the pleasure of engaging in some fun games that added an extra layer of excitement to my outing. The combination of good food and enjoyable games made for a well-rounded and memorable day at Rundle Park.

Update from the Shaama Centre

Our [Cooking](#) and [Sewing](#) classes are back! You can learn to sew, do alterations, start your own sewing, and repair business from home and more If you enjoy cooking and you'd like to try new recipes or share with friends, let us know. Register at 780-465-2992.

Bring your children to our [Math & Homework Club](#) on Sundays to enhance their skills. Program dedicated to children grade 1 to 10. Registration required.

Did you know that in Asia the [Calligraphy](#) (“beautiful writing”- Greek) is considered equal to sculpture and painting? Join our workshop and enjoy decorating your life with this amazing visual art.

Reminder The Annual Interfaith Multicultural event is around the corner. Please. Mark it on your calendar Please click this link to: [See what's happening at the Shaama Centre](#)



Meet Your Neighbour

UPCOMING EVENTS & SPEAKERS

2023

January

- o Volunteers Appreciation (6)
- o Support Group/Info Session -Burnout

February

- o Cholesterol and BP (1)
- o Healthy Relationship (27)

March

- o Chronic Respiratory Diseases (8)
- o Fall Prevention (12)
- o IWD Celebration (17)

May

- o Revera Retirement Living (3)
- o Deep Yogic Breathing (18, 24, 31)
- o Intergenerational Cultural Dissonance (30)

June

- o Seniors Week Celebration (8)
- o Calligraphy WS (5,12,19,26)

July

- o Seniors Field Trip (9)
- o Meet Your Neighbours (21)
- o Revera Retirement Living Tour (26)

August

- o Seniors Field Trip (1)

September

- o Seniors Field Trip (DTB)

October

- o Interfaith Multicultural Celebration (14)

December

- o Meet Your Neighbours (1)

PROGRAMS AND SERVICES

SENIORS (Both Men & Women)

We provide one-on-one support; outreach services; a variety of classes including functional English, basic computer skills, citizenship, painting, crafts, fitness, and cooking. We assist with filling forms and navigating government & legal systems. We offer information sessions and workshops on health and wellness, pension and benefits, housing etc. We provide referrals, community support & connections, as well as 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); several 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.

USEFUL INFORMATION AND UPDATES

Seniors Inquiries:

AB Supports Contact Line: 1-877-644-9992 (780-644-9992 Edmonton)

Services for Seniors: 211 + Dial 2

Housing Inquiries:

Emergency Housing - Alberta Works: 780-644-5135 (outside of Edmonton 1-866-644-5135)

Evictions - Service Alberta: 780-427-4088.

Low-Income Housing/Rent Supplement: [Find Housing for Seniors](#)

Health and Emergencies

Alberta Health Advocate's office: 780-422-1812

Alzheimer Society Edmonton: 780-488-2266; 1-866-950-5465

Cancer Information Helpline: 1-888-939-3333

Diabetes "Hot Line": 825-404-7460 + Press 1

Asthma Helpline: 1-866-787-4050

Hearth & Stroke Foundation - General Inquiries: 1-888-473-4636

Elder Abuse Resource & Support 780-477-2929

Wildfire Support & Resources: 88111 + Text "wildfire"

[AHS-AB Wildfire Resources](#); [Wildfire Info, Advice, & Support](#)

Important Numbers

Red Cross: 1-866-350-6070

AB Government Call Center: 310-4455

Alberta Blue Cross: 1-800-6616995 (780-498-8000)

24/7 Health Link: 811

24/7 Mental Health Help Line: 1-877-303-2642

24/7 Emergency Income Support: 1-866-644-5135 (780-644-5153 Edmonton)

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 (including accompanying victims when necessary to needed services); risk management/safety planning; referrals to professional counsellors, spiritual leaders and other service providers; translation services (Urdu, Hindi, and Punjabi) We offer informational, educational workshops (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 (income less than \$35,000)

“There’s a difference between interest and commitment. When you’re interested in doing something, you do it only when it’s convenient. When you’re committed to something, you accept no excuses; only results.” Kenneth Blanchard



Devonian Garden Group Photo

Meet Your Neighbour!

More than 100 guests spent a beautiful evening learning more about South Asian (Indian) Hindu traditions, culture, community, and the common Canadian values they share. Next presentation will be on Dec 1, 2023



Neeru Prashar

Daily Calendar of Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga Zoom & In Person 11:00 AM – 12:00 PM Informative & Educational Sessions Zoom 12:30 PM – 1:30 PM (Twice a month) Computer Basic In Person 12:30 PM – 2:00 PM Support Group & Info Session 2:30 PM – 4:00 PM	Guest Speaker In Person/Zoom 11:30 AM – 12:30 PM (Twice a month) Functional English In Person 12:00 PM – 2:00 PM Drawing & Painting In Person 2:00 PM – 4:00 PM	Exercise Zoom 11:00 AM – 12:00 PM Chai & Chat In Person 12:00 PM – 3:00 PM Art & Crafts or Cooking Class Support Group In Person 2:00 PM – 3:30 PM	Functional English In Person 12:00 PM – 2:00 PM Sewing Class In Person 2:30 – 4:30 PM	Fitness Zoom & In Person 11:00 AM – 12:00 PM		Seniors Get Together In Person 12:30 PM – 2:30 PM (Every 2 nd Sun of the month) Urdu Class In Person 11:00 AM – 12:30 PM Math & Homework Help In Person 11:00 AM – 12:30 PM