
Men's Elder's Sharing Circle
Mondays 4:00 to 6:00 pm

For Male Elders/Senior to share their struggles and experiences in a safe, open environment along with Elder Dave La Suisse

May 1
May 8
May 15

**Senior Kokum's
Tea Time**
Mondays 12:30 to 2:30 pm
Held at S.A.G.E

This is a program for female Elders to receive support, share stories, and connect with others while in a safe and secure environment. This program is held at S.A.G.E, -Seniors Association of Greater Edmonton-

**May 15: Mother's Day
Celebration**
May 29: Aboriginal Lanyard

PEHONAN:
"We Will Wait"
ELDER'S PROGRAM



Social Hub
Tuesdays 12:00 to 2:00 pm

A program for Elders looking to socialize. Each week will feature a different activity of event to help you connect with others.

May 9: Mother's Day Celebration
**May 16: Cultural Teaching
with Tom Snow**
**May 23: Elder's Luncheon and
Blast from Past Fun**

Crow's Nest
Fridays 12:30 to 2:30 pm

A program for Elders seeking resources. Enjoy weekly speakers discussion groups and presentations.

May 12: Guest Speaker:
Looking after our bodies
May 19: Mother's Day Bingo
**May 26: Empowering Seniors
to Create Safer Communities:**
Presentation by the Northwest
Edmonton Seniors Society

