

# Wahkomatowin Senior Wellness Program April - June 2026



## **Bent Arrow Traditional Healing Society**

**11648 85 St NW**

**780-481-3451**

**[bentarrow.ca](http://bentarrow.ca)**



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## How To Register

For Wahkomatowin Social Hub Programs,  
please contact:

Amanda Sawyer

780-868-4871

[amanda.sawyer@bentarrow.ca](mailto:amanda.sawyer@bentarrow.ca)

For Crow's Nest Presentations, please  
contact:

Sophie Laboucan,

587-341-4794

[sophie.laboucan@bentarrow.ca](mailto:sophie.laboucan@bentarrow.ca)



# April 2026

Sun

Mon














Tue

Wed

Thu

Fri

Sat

			1	2	3  Good Friday <b>Bent Arrow Office Closed</b>	4
5	6  Easter Monday <b>Bent Arrow Office Closed</b>	7	8  Crows Nest 10am-12pm  Soup & Bannock 12-1pm	9  NESAs Book, Puzzle & Jewelry Sale 9am-7pm	10  NESAs Book, Puzzle & Jewelry Sale 9am-3pm	11
12	13	14  Pow wow Outing at Expo Centre 9am-1pm	15  Beading at EPL Sprucewood 10am-12pm	16	17	18
19	20  Collective Kitchen 10am-1pm	21  Elders Moving Elders 1-3pm	22  Soup & Bannock 12-1pm	23	24	25
26	27  Merchandise Bingo 1-3pm	28	29	30  Edmonton Métis Dancers 40th Anniversary 6:30-9:30pm		

 **Wahkomatowin Programs**

 **Bent Arrow Events**

 **Community Events**

To register for programs contact:

Sophie Laboucan, [sophie.laboucan@bentarrow.ca](mailto:sophie.laboucan@bentarrow.ca), 587-341-4794

Amanda Sawyer, [amanda.sawyer@bentarrow.ca](mailto:amanda.sawyer@bentarrow.ca), 780-868-4871

# Wahkomatowin Program Descriptions

## April

*Crows Nest Presentation—April 8th, 10am-12pm*

*Location: **Bent Arrow Parkdale, Room 2***

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*Westglen Elementary School 8th Annual Traditional Powwow Outing—April 14th, 9am-1pm*

***Come and enjoy the powwow together! Transportation not provided, free onsite parking available. We will meet in the main hall at 9:15am.***

*Location: **Edmonton Expo Centre, 7515 118 Ave NW***

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*Beading with Vernelle at the EPL Sprucewood Branch—April 15th, 10am-12pm*

***Vernelle will lead us in a beading project***

*Location: **EPL Sprucewood Branch Program Room, 11555 95 Street NW***

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*Collective Kitchen—April 20th, 10am-1pm*

***Cook and enjoy a meal together. Bring a container for leftovers!***

*Location: **Bent Arrow Parkdale, Main Kitchen***

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*Elders Moving Elders Workshop—April 21st, 1-3pm*

*Join us for a movement session led by Primary Care Alberta. Spaces are limited, be sure to register early and wear comfortable clothing. Exercise equipment provided.*

*Location: **Bent Arrow Parkdale Gym***

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*Merchandise Bingo—April 27th, 1-3pm*

***Play a few games of bingo and win some prizes!***

*Location: **Bent Arrow Parkdale, Room 24***

# May 2026

Sun

Mon















Tue

Wed

Thu

Fri

Sat

					1	2
						 Enoch Spring Powwow
3  Enoch Spring Powwow	4  Painting with Dale 10am-12pm	5	6  Crows Nest 10am-12pm  Soup & Bannock 12-1pm	7	8	9
10	11  Collective Kitchen 1-4pm	12	13  EPL Sprucewood 10am-12pm	14	15	16
17	18  Victoria Day Bent Arrow Office Closed	19	20  Soup & Bannock 12-1pm	21	22  Edmonton Spring Arts & Crafts Vendor Show	23  Edmonton Spring Arts & Crafts Vendor Show
24  Spring Arts & Crafts Vendor Show 31	25  Merchandise Bingo 1-3pm	26  Commonwealth Hot Tub & Steam 1-3pm	27	28	29	30

 **Wahkomatowin Programs**

 **Bent Arrow Events**

 **Community Events**

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Amanda Sawyer, [amanda.sawyer@bentarrow.ca](mailto:amanda.sawyer@bentarrow.ca), 780-868-4871

# Wahkomatowin Program Descriptions

## May

*Painting with Dale—May 4th, 10am-12:30pm*

**Dale will lead us in a painting project**

**Location: Bent Arrow Parkdale, Room 2**

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*Crows Nest Presentation—May 6th, 10am-12pm*

**Location: Bent Arrow Parkdale, Room 24**

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*Collective Kitchen—May 11th, 1-4pm*

**Cook and enjoy a meal together. Bring a container for leftovers!**

**Location: Bent Arrow Parkdale, Main Kitchen**

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*Trivia at EPL Sprucewood—May 13th, 10am-12pm*

**Play a few games of trivia!**

**Location: EPL Sprucewood Branch Program Room, 11555 95 Street NW**

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*Merchandise Bingo—May 25th, 1-3pm*

**Play a few games of bingo and win some prizes!**

**Location: Bent Arrow Parkdale, Room 24**

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*Hot Tub & Steam—May 26th, 1-3pm*

**Enjoy a relaxing soak in the hot tub, or feel free to swim in the pool**

**Location: Commonwealth Rec Centre, 11000 Stadium Rd NW**

# June 2026

Sun

Mon















Tue

Wed

Thu

Fri

Sat

	1	2	3	4	5	6
			 EPL Sprucewood 10am-12pm		 Africanival at Eastwood Park	 Africanival at Eastwood Park
 Africanival at Eastwood Park	 Highlands Walk & Ice Cream 1-4pm	 Beading with Vernelle 1-3pm				
	 Merchandise Bingo 10am-12pm				 River Cree Night Market	 River Cree Night Market
<b>National Indigenous Peoples Day</b>  River Cree Night Market		 Save the Date: Bent Arrow Culture Camp	 Save the Date: Bent Arrow Culture Camp	 Save the Date: Bent Arrow Culture Camp	 Save the Date: Bent Arrow Culture Camp	

 **Wahkomatowin Programs**

 **Bent Arrow Events**

 **Community Events**

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# Wahkomatowin Program Descriptions

## June

*Indigenous Book Club at EPL Sprucewood—June 3rd, 10am-12pm*

***Our book discussion will be on the book Tilly by Monique Gray Smith. Copies are available to borrow through the Edmonton Public Library, feel free to contact us if you need any assistance signing one out.***

***Location: EPL Sprucewood Branch Program Room, 11555 95 Street NW***

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*Highlands Neighbourhood Walk & Ice Cream—June 8th, 1-3pm*

***Join us for an ice cream and a stroll around the beautiful neighbourhood of Highlands. Meet outside Kind Ice Cream for 1:00pm.***

***Location: Kind Ice Cream, 6507 112 Ave NW and Surrounding Neighbourhood***

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*Beading with Vernelle—June 9th, 1-3pm*

***Vernelle will lead us in a beading project***

***Location: Bent Arrow Parkdale, Room 2***

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*Merchandise Bingo—June 15th, 10am-12pm*

***Play a few games of bingo and win some prizes!***

***Location: Bent Arrow Parkdale, Room 24***

# Community Events Descriptions & Locations

**No Transportation Provided**

## **April**

Edmonton Métis Dancers 40th Anniversary—April 30th, 6:30-9:30pm

**Free event, get tickets from [Eventbrite.ca](https://www.eventbrite.ca)**

Location: **La Cité Francophone, 8627 Rue Marie-Anne Gaboury 91e Rue**

Book, Puzzle & Jewelry Sale—April 8th & 9th, 9:00am-7:00pm and April 10th, 9:00am-3:00pm

Location: **North Edmonton Seniors Association, 7524 139 Avenue**

## **May**

Enoch Cree Nation Spring Powwow—May 2nd, 11:00am to May 3rd, 12:00pm

Location: **River Cree Resort and Casino, 300 East Lapotac Blvd**

Edmonton Spring Arts & Crafts Vendor Show—May 22nd, 10:00am to May 24th, 6:30pm

Location: **Hawrelak Park, 9330 Groat Rd NW**

## **June**

Africanival—June 5th to 7th, 9am to 9pm

Location: **Eastwood Park, 8402 118 Ave**

River Cree Night Market and Entertainment Showcase—June 19th to 21st

Location: **River Cree Resort and Casino, 300 East Lapotac Blvd**

Bent Arrow Traditional Healing Society Culture Camp—June 23rd to 26th, Schedule TBD

Location: **Bent Arrow Parkdale, 11648 85 Street**

## **Community Resources for Older Adults**

### **Elder Abuse**

Sage Seniors Association

15 Sir Winston Churchill Sp NW

780-423-5510

### **Food**

Edmonton Food Bank

780-425-4190

WECAN Food Basket Society of Alberta

780-413-4525

### **Health**

Miyowayawin Clinic (Edmonton Native Healing Centre)

780-809-8610

### **Mental Health**

Distress Line - 780-482-4357

### **Pets**

Boyle Street Pet Food Bank - 780-334-2906

### **Transportation**

Drive Happiness - 780-424-5438

### **Bent Arrow Seniors' Outreach**

Nadene Glass, Seniors Outreach Worker - 587-598-2049

*Please feel free to contact us for more support options*

## **About Our Program**

Wahkomatowin is a group for individuals aged 55+ who are looking to socialize and connect with others through a variety of activities, events, and outings. It is also for those who would like to engage in arts and crafts while connecting with others. We offer a welcoming space to explore creativity, share skills, and build meaningful relationships through various activities. Join us to build new friendships, explore diverse interests, and enjoy a vibrant community of like-minded people.

A light snack is provided, and a bus ticket is offered after program.

### **Crow's Nest Informational Program**

A program for individuals 55+ seeking resources through presentations and discussions to help make better, more informed choices.

