opaskowipîsim July 2025

Sun (ayamihewikîsikâw)	Monday (piyakokisikaw)	Tuesday (nisokiskaw)	Wednesday (nistokisikaw)	Thursday (niyokisikaw)	Friday (niyananokisikaw)	Sat (nikotwāso)
	30 Closed: Day in Lieu	1 Closed: Canada Day	2 Centre Closed until 12:00pm Sharing Circle 2:30-4:00pm	3 Breakfast 9:30-11:00am Enoch Sundance 9:00am-4:00pm Step Forward 9:45-11:45am	4 Drop-in Technology Support 9:00-11:00am Sea Can Preparation	
	7 Cree Language Class 9:00am-12:00pm Medicine Walk (Chantelle Gray) 9:30am-2:30pm ☆Leave for Cultural Camp	8 Cree Language Class 9:00am-12:00pm Step Forward 9:45-11:45am Tea by the Fire 1:00 - 2:30pm Woman's Drum Group 5:00-7:00pm	9 Drop-in Technology Support 9:00-11:00am Soup & Bannock 11:00am-1:00pm Residential School Survivor Support Group 1:30-3:30pm	10 Breakfast 9:30-11:00am Step Forward 9:45-11:45am Bring your own Project 10:00am-2:00pm Hearing Clinic 10:00am-3:00pm	11 Drop-in Technology Support 9:00-11:00am Family Fun Games 11:00am-1:00pm Full Moon Ceremony 5:00-8:00pm ☆Return from Cultural Camp	
	14 Cree Language Class 9:00am-12:00pm	15 Cree Language Class 9:00am-12:00pm Step Forward 9:45-11:45am Tea by the Fire 1:00-2:30pm	16 Drop-in Technology Support 9:00-11:00am Telus World of Science 11:00am-2:30pm Footcare 11:00am-3:00pm	17 Breakfast 9:30-11:00am Bring your own Project 10:00am-2:00pm Step Forward 9:45-11:45am Bingo at Kensington	18 Drop-in Technology Support 9:00-11:00am Gathering at Wabamun Lake 9:30am-3:00pm	

Edmonton Aboriginal Seniors CENTRE

Housing appointments available Monday-Thursday 10:00am-2:00pm

Tax Clinic Availability:
August 19th & 26th
September 9th & 16th

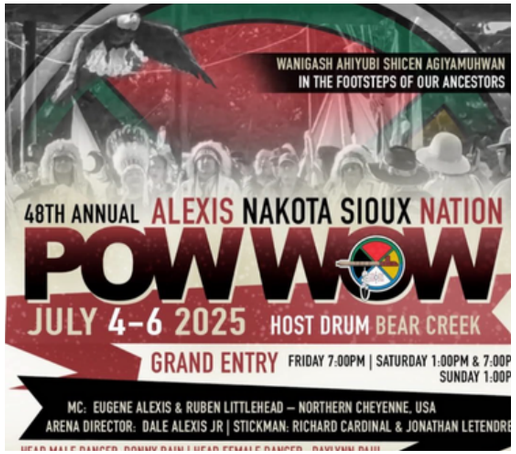
Cottage E 10107-134 Ave NW
Direct Line - 587-525-8969
Info Line - 587-635-6226
Website - EASC.ca

TikTok- @aboriginalseniorscentre
Youtube -www.youtube.com/@TheEdmontonAboriginalSeniorsCe
Facebook - The Edmonton Aboriginal Seniors Centre

opaskowipîsim July 2025

Sun (ayamihewikîsikâw)	Monday (piyakokisikaw)	Tuesday (nisokiskaw)	Wednesday (nistokisikaw)	Thursday (niyokisikaw)	Friday (niyananokisikaw)	Sat (nikotwāso)
	21 Cree Language Class 9:00am-12:00pm Lac St Anne Trip 9:00am-3:00pm Raspberry Picking 12:00-3:00pm	22 Cree Outing 9:00am-12:00pm Step Forward 9:45-11:45am Kitchen Program-EPL 12:00-4:00pm Community Safety-EPS 1:00-2:00pm Woman's Drum Group 5:00-7:00pm	23 Drop-in Technology Support 9:00-11:00am Maskwacis Sweat 9:00am-4:00pm Scrapbook Project 12:00-2:00pm	24 Breakfast 9:30-11:00am Step Forward 9:45-11:45am	25 Drop-in Technology Support 9:00-11:00am 80's Music Themed Bingo 12:00-2:00pm	
	28 Cree Language Class 9:00am-12:00pm Salve making (Chantelle Gray) 10:00am-2:00pm	29 Cree Language Class 9:00am-12:00pm Step Forward 9:45-11:45am Members Gathering 11:00am-1:00pm	30 Drop-in Technology Support 9:00-11:00am Tipi Teachings (Elder Trudy) 1:00-3:00pm Building Stronger Families (Elder Russell Auger) 12:00-3:00pm	31 Breakfast 9:30-11:00am Step Forward 9:45-11:45am Bring your own Project 10:00am-2:00pm Footcare 11:00am-3:00pm		

Community Fun



Coming Soon

July 1st - Closed for Canada Day

July 3rd Step Forward Program Launch

A beginner to intermediate level supervised exercise program for individuals with chronic health condition(s) who are motivated to improve their physical status and overall wellness, and who are ready to learn ways to move safely and more confidently in their home and community. Individuals are encouraged to access community physical activity programming upon completion of this program. Classes are run in small group settings.

July 3rd - Enoch Cree Nation Sundance

This is a sacred Indigenous ceremony. It is a powerful spiritual gathering that typically lasts several days, involving prayer, fasting, dancing, and acts of sacrifice for the well-being of the community and the land. It is a time for renewal, healing, and giving thanks to the Creator. Because of its deep spiritual significance, protocols must be followed. These include showing respect, refraining from taking photos or videos without permission, and wearing modest or traditional clothing. Offerings such as tobacco may be required. participants should follow the guidance of the Elders and Sundance leaders at all times. Limited transportation available. We will be leaving the Centre by 9:00.

July 7th - Medicine Walk with Chantelle Gray

Medicine picking is a meaningful and respectful journey into the land, where we are able to connect with nature, the spirits, and traditional knowledge. The walk often starts with the offering of tobacco or another gift before gathering any plant to acknowledge and thank the spirit of the medicine. The walk is not rushed, it is about listening to the land and learning its stories. Medicines such as sage, sweetgrass, cedar, or ratroot might be gathered. Teachings often focus on how to recognize the plants, the proper way to harvest without harming them, and the spiritual, emotional, and physical healing they offer. Limited transportation spots available. We will be leaving the Centre by 9:30.

July 7th - 10th - Culture Camp

This camp is at Kootenay Plains (Two O'Clock Creek Campground.) We are inviting 6 women and 6 men to join us for an unforgettable Cultural Camp experience, hosted by Theresa Strawberry and other local Elders. This land-based gathering will include: Ceremonies, Sweat Lodges, Traditional Teachings, Talking Circles, Community Feasts, Healing Practices & more. Camping supplies and snacks are provided by EASC and meals are provided by the camp. There is a $30 cost to attend and the deadline to apple is Thursday July 3rd. Spaces are limited and not all who inquire will be selected. We are being intentional in choosing participants to ensure a meaningful and balanced experience for everyone involved.

July 16th - Telus World of Science

Join us for a day of fun to the Telus World of Science where we will be embarking on a journey though the Aurora Borealis which is the greatest wonder a person can experience in nature. We will learn what ancient civilizations believed about the Northern Lights and how scientists of the past and present have explained this spectacular phenomenon.

July 18th - Gathering by the Water

This event was planned by one of our amazing practicum students. We will be heading out for a fishing and beach day to Wabamun Lake. We will have a BBQ out there. There are limited transportation spots available but if you are able to drive yourself we encourage you to join us out there! We will be leaving the Centre by 9:30.

July 21st - Raspberry Picking

We will be leaving the Centre at 10:30 to go picking out by Horse Hill. Please wear comfortable clothing and ensure you dress accordingly for the weather.

July 23rd - Maskwacis Sweat with Elder Leonard

This is a sacred and powerful purification ritual practiced by many Indigenous Communities. It involves entering a small, dome-shaped lodge where heated stones are placed in a central pit, and water is poured over them to create steam. The ceremony includes prayers, songs, and teachings, offering spiritual cleansing, healing, and renewal. There are important protocols to follow: participants should bring an offering (tobacco and Print) to the person leading the ceremony. Modest, comfortable clothing is expected; men usually wear shorts, and women wear long skirts and a loose-fitting top. Ensure all jewelry is removed. It's important to prepare by fasting lightly, avoiding alcohol or drugs, and coming with a clear mind and good intentions. If someone is unable to sit inside the lodge, they can still show respect by staying nearby, listening to the prayers and songs, tending the fire if invited, or supporting in other ways as guided. There is limited transportation available and we will be leaving the Centre at 9:00.

July 24th - Lac St. Anne Trip

We are taking a special trip to Lac Ste. Anne. This is a place of great importance to pilgrims, known for its sacred waters and long tradition of healing and renewal. Throughout the day, we will have the opportunity to take part in various religious ceremonies, prayers, and moments of reflection alongside others who come to seek blessings, healing, and peace. This is a time for deep faith, community, and reverence. There is limited transportation spots available. We will be leaving the Centre at 9:00.

July 28th - Salve Making with Chantelle Gray

Salve making with the medicines gathered during a traditional picking is a careful process guided by teachings passed down through generations. Once the Medicines have been picked with gratitude and offerings, they are prepared with the same spirit of humility and intention. We will be guided in gently preparing the medicines, taking time to pray and give thanks during each step. Throughout the process we will receive teachings about the spiritual and physical uses of the salve, how to use it for protection, healing, or ceremony, and the importance of making medicine with a good heart and clear mind.

July 30th - Tipi Teachings with Elder Trudy

Providing teachings inside the tipi holds deep cultural and spiritual significance. The tipi itself is more than just a shelter, it is a sacred space that represents home, family, and connection to the Creator and the natural world. The tipi offers a space where Elders, Knowledge Keepers, and community members can come together in a good way to pass on wisdom, stories, values, and lessons. Being inside the tipi helps create a sense of belonging and reminds those present of their responsibilities to one another, the land, and the spirit world. Teachings shared in this way are carried with respect, as they come from a place of tradition, ceremony, and deep connection to culture.

July 30th - Building Stronger Families with Elder Russell Auger

This event was put together by one of our amazing practicum students. Join us at the Centre for lunch and socialization at 12:00 with the sharing circle beginning at 1:00. Elder Russell will open the circle by sharing about family relationships and the impacts family has on the older generations.