Curious How Digital Games, Artificial Intelligence, And Virtual Reality Can Support Healthy Aging?

We are inviting 100 seniors to take part in our research series

Come Join Us
Monday, November 9th at 10:00 a.m. in the WE Seniors Boardroom

To Learn About The
University of Alberta's The Community Research + Learning Series

The Community Research + Learning Series: Live Smarter, Age Stronger!

WE Seniors is excited to partner with the University of Alberta and give our members a chance to be directly involved in research about healthy aging and technology. The research team plans to collect information over six months to see whether digital games and other tools could help with screening and assessment. This is the starting point. Think of it as getting a small taste of the cake. If the research shows these tools are helpful, the hope is to build a much bigger program that more seniors could use regularly.

The researchers want to answer questions that matter in everyday life.
If someone uses a walker, could using these games make a difference in their movement after a few months? If someone needs help at home, could technology help them do more on their own? The research may also help identify areas where someone could benefit from talking with their doctor. In some cases, participants may receive a two- to three-month program and then be checked again to see what has changed.

Just as important, seniors will have a voice in how the information is presented.
Participants will try the activities, complete the assessments, learn about different digital tools and tell the researchers what makes sense to them. Together, they will help create a simple one-page infographic that focuses on the information seniors actually want and need. It is an opportunity for our members to help shape technology with seniors in mind, rather than having technology simply designed for them.

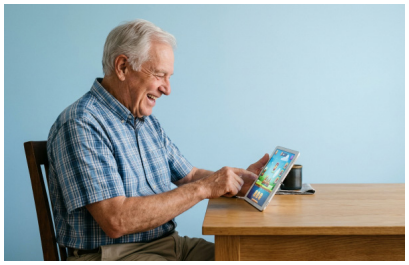
UNIVERSITY OF ALBERTA

WE Seniors
Edmonton

A. Speech & Frailty Check

(1-on-1 Sessions)

We will show you a picture and ask you to describe what you see.
Your voice will be recorded, and a computer program will look at your speech to understand your thinking and memory skills.
You will also complete the Edmonton Frailty Scale.



Time commitment:

- 2 sessions, 1 hour each
- Sessions are 2 days to 3 weeks apart
- For adults aged 65+
- One-on-one appointments based on your schedule

B. Game-Based Thinking & Arm Movement Screening

(1-on-1 Sessions)

Try tablet games and virtual-reality games that look at your attention, accuracy, reaction time, and arm movement. You will get a practice round before starting.

Time commitment:

- 2 sessions, 1 hour each
- Sessions are 2 days to 3 weeks apart
- For adults 65+
- One-on-one appointments based on your schedule

VR Games
Archery: We measure how you aim, how accurate you are, and how your arms move.
Levels: Easy, medium, hard

Lightsaber Game
We measure your reaction time and how well you follow moving targets.
Levels: Easy, medium, hard

Tablet Games
Word Search: We look at how fast you find words and how many you find.
Levels: Easy, medium, hard

Abstract Thinking Game
You group pictures into categories. We measure your thinking skills and reaction time.
Levels: Easy, medium, hard

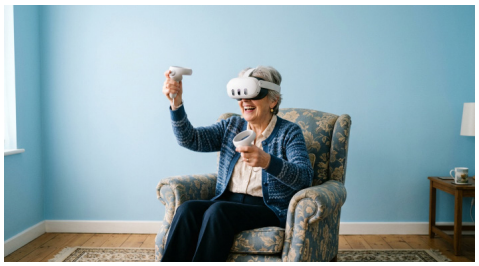
After the games, you will do a short paper-based test so we can compare your results. This is especially helpful for seniors who use walkers or have upper-body movement challenges.

Note:
If you sign up for both A and B, you can do your first session for both on the same day.

C. VR Confidence Building + Digital Health Learning
(Small Group Sessions)

Try or watch VR games, learn about digital tools, and help us design a simple report and infographic that explains your results.
This series helps seniors feel more comfortable using technology.

Time commitment:



- 3 sessions, each 2 hours
- Small group: 4–6 seniors
- Once a week for 3 weeks
- Refreshments provided
- WE Seniors gift certificate for participating
- For adults 65+

You will learn about digital tools that can help you stay independent and find reliable information online.

D. Aeternum: Your Digital Legacy
(Small Group Sessions)

Create and organize your memories, photos, and stories in a simple, senior-friendly digital platform.

You will try the program, tell us what you think, and the designer will improve it based on your feedback. One month later, you will return to try the updated version and share your final thoughts.

Time commitment:

- 3 sessions, each 2 hours
- Small group: 4–6 seniors
- Once a week for 3 weeks
- Refreshments provided
- WE Seniors gift certificate for participating -
- Receive a $30 gift card for each completed sessions = $90 for participating in all 3 rounds
- For adults 65+





WE Seniors
Edmonton

COME JOIN US NOVEMBER 9TH!

- Pre-register to book your spot
- Free session (includes beverage & treat)
- Presentation 10:00 a.m. to 12:00 p.m.
- Refreshments and Chat 12:00 to 1:00 p.m.
- Open To The Public - You Do Not Have To Be A Member To Attend

HOW TO REGISTER

- Pre-register at our front desk
- Call our office - 780 483 1209
- Email: charis@weseniors.ca

QUESTIONS?

Email: koubasi@ualberta.ca Call: 825-436-0295