



## Board Update

It's June and the time to enjoy summer! SEESA is still offering classes and club activities and Tillie's Café is open.

### Gather at Tillie's Café

We know that many of our members are spending their time in the garden, on the golf course, travelling, and hosting family and friends. Tillie's Café is a great place to have coffee, breakfast or lunch with SEESA friends, neighbours and family members. Cherie's baked goods have been very popular with my three grandchildren.

### Good Times!

Thanks to the staff and many volunteers, SEESA members and the community have

- celebrated their birthdays with cake and song, and
- enjoyed the talents of our ukulele players.

## Lots of opportunities for fun!

Thanks to the work of staff and the commitment of our instructors and volunteers, plans for fall 2023 and winter 2024 are in progress. There will be an exciting array of classes, clubs, FYIs, and social activities. Spread the word to family and friends that SEESA is a great place to be and encourage them to become a member.

Have a fantastic summer!



# SEESA Job Posting

## Operational Policy and Procedure Coordinator

Fixed Term 13 month project

Full-time; \$50,000 annual

**Are you interested in helping SEESA get back to the future?** Wanting to work with our members and staff to develop the best possible practices to operate effectively?

Reporting to the Executive Director, this position will be responsible to update, develop and consolidate SEESA's operational policies and procedures (OP&P) through several lenses; the six determinants of healthy aging and EDI (equity, diversity and inclusion) while setting the stage for the organization to be accredited through Imagine Canada.

We want a self-driven, engaging person to ensure that our practices are up to speed. Let's not reinvent the wheel. We need someone who can initially connect with other agencies, learn and share ideas to undertake and complete this project within the timelines. OP&P Manual will include the following sections: Human Resources, Finance, Programs, Volunteers and Events, Fund Development, Administration, Information Technology, Facility, Kitchen, Communications, and Occupational Health and Safety.

**The position is a 13 month term employment funded through the Community Service COVID Recovery Fund.**

If you have a drive to help organizations become more efficient and effective, then this is the position for you.

The successful candidate will have;

- Related diploma, degree or 2 year equivalency in a community based organization
- Minimum 2 years of experience in operational policy development
- Excellent working knowledge of Microsoft suite programs and Adobe
- Understanding and knowledge of the challenges and strengths related to seniors.

### Qualities

- Excellent Communications Skills; presentation and facilitation, written and verbal.
- Excellent Team Work; able to connect, contribute and bring out the best in a team.
- Problem Solver, the ability to focus on options for solutions.
- Ability to work independently and complete tasks on time.
- Attention to details is a must for the final document.
- Respectful, inclusive, ethical and welcoming.

Please email your resume and cover letter to: Shelley Williams, Executive Director at [shelley@seesa.ca](mailto:shelley@seesa.ca). Please include "Operational Policy and Procedure Coordinator" in the title of the email.

Closing date is Sunday June 25, 2023. Only those selected for interviews will be contacted.

South East Edmonton Seniors Association is committed to achieving a diverse workforce and strongly encourages applications from people of diverse backgrounds.



# HAPPY *July 1st* CANADA DAY

**SEESA Offices will be closed on  
Friday, June 30  
in observance of Canada Day**



**South East Edmonton Seniors Association**

9350 82 Street N.W. Edmonton Alberta Canada T6C 2X8

780-468-1985 • [info@seesa.ca](mailto:info@seesa.ca) • [www.seesa.ca](http://www.seesa.ca)

# Celebrating Summer Birthdays

## June 15 – July 14 Birthdays

Linda Acheson

Rita Arends

Heather Arndt

Helena Ball

James Bennett

Gordon Berdahl

Gerard Bissonnette

Ken Blyth

Rita Boucher

Tracy Bradley

Victoria Busch

Valerie Carlson

Linda Chernetski

Olga Chorny

Inge Christensen

Darlene Collette

Norma Collingwood

Sara Coumantarakis

Susan Crowe

Howard Dalpe'

Michael Dean

Shirley Deen

Anna Der

Trudy Desmond

Emily Dolynchuk

Vicki Dowd

Mark Dyer

Janice Edgington

Maria Facchin

Daniel Fearon

Myroslawa Fodchuk

Heidi Friesen

June Gillespie

Sandra Golan

Robert Gonkwicz

Olesia Graham

Nancie Graves

Kelly Green

Christa Gundermann

Muriel Hair

Janet Hedley-Smith

Marjorie Jean Hill

Gail Hunter

H. Douglas Hunter

Joan James

Pierre Jean-Louis

Katherine Jenkins

Brenda Johnston

Lydia Kapitza

Jacky Kapler

Peter Kossowan

Sylvia Kother

Gisela Kwok

Florence Lavigne

Annetta LeClerc

Leon Leclerc

Maxine Lemay

Marilyn Ligard

Louise Linarez

Fran Lusson

Lynne MacDonald

Ollie Machon

Sue Magnan

Dan Mah

Marlene Malyj

Wilda Marsh

Vince McDonald

Robert Meredith

Michael Merrier

Georgine Morin

Steven Nicol

Connie Nyтчay

Susan O'Brien

Carol Oczkowska

Eva Osterwoldt

Gary Ouellet

Margaret Overland

Laurene Park

Christine Peleshok

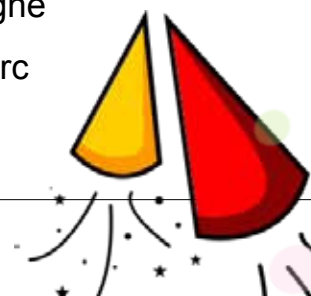
Ray Pinkoski

Leora Poulin

Toky Probek

Jacquelyn Rawson

Morris Reid



Phil Riopel  
Philip Riopel  
Cheryl Rynierse  
Claudette Sabourin  
Sue Sabulka  
Marilyn Sandahl  
Merrill Sandahl  
Freda Sinn

Carolyn Skinner  
Peter Sorel  
John Sparling  
Gail Spivak  
Leslie Stewart  
Mary Stewart  
Fay Sylvester  
Frances Tash

Judith Van Bruggen  
Jane Wall  
Debbie Willard  
Pete Wilson  
Sheri Woo  
Sheenagh Woywitka  
Shirley Yakimishyn

## July 15 – August 14 Birthdays

Daniel Acheson  
Evelyn Aherne  
Clare Algajer  
Elsie Allen  
Brenda Anderson  
Wayne Anderson  
William Anderson  
Marilyn Annis  
Margaret Antoniuk  
Joyce Aysan  
Brian Backstrom  
Darlene Bartman  
Len Belzil  
Stella Beniuk  
Colette Boudreau  
Francis Bowditch  
Dolores Cadrin  
Barbara Chapman  
Maria Christiansen  
Norman Clair

Joe Clarke  
Ruth Cockwill  
Elaine Collum  
Elsie Combs  
Patti Courchesne  
Muriel Darvill  
Elizabeth Demers  
Bob Disler  
Bruce Dunn  
Sheila Dyck  
Bunny Edwards  
Stan Edwards  
Kathy Ewald  
Carol Ewing  
Faith Fernald  
Lynn Fraser  
Donna Gannon  
Opal Gano  
Donna Garvin  
Laverna Gibb

Olga Gould  
Gail Gravelines  
Deanna Gupta  
Gloria Hodgetts  
Rayne Johnson  
Jadwiga Kalke  
Ted Kalmbach  
Chandrima Kapoor  
Mary Kieller  
Carl Kindred  
Janet Koren  
Fernie Labonte  
Madeleine Landry  
Diane LaPointe  
David Lapp  
Christina Logan  
Richard Lorentz  
Les Lutic  
Bruce MacDonald  
Julia Markowski

Silvano Martini  
Claudette McCartney  
Sandra McFadyen  
Claudine Metzner  
Roger Miller  
Sarah Miller  
Phyllis Molyneux  
Rick Morrow  
Leslie Musselwhite  
Bela Nemet  
Hanna Nordstrom  
Jim Palmer  
Vivian Palmer  
Susan Pederson

Natalie Piasetsky  
Wade Pike  
Thelma Pirot  
Elizabeth Prystawa  
Dave Rochefort  
Ron Schenker  
Marian Seitz  
Lynnda Sharp  
Jim Shipka  
John Shreenan  
Barry Slipp  
Arthur Spence  
Leland Stelck  
Sako Strikwerda

EvaGay Sutherland  
Brian Symic  
Allan Thomas  
Margot Trembath  
Bonnie Walter  
Donna Walton  
Hendrika Wenden  
Karen Wiltshire  
Maureen Winchester  
Vicky Wirth  
Randall Wolfert  
Margaret Wooff  
Catherine Wyard-Scott



May birthday party participants.

**Do you have a birthday in August or September? Your party is on Tuesday, September 19th at 1:30 pm. Please RSVP by September 14th to the Front Desk or call 780-468-1985.**

# Front Yards in Bloom

Do you know a front yard that is a captivating oasis? A gardener who has poured love and care into their gardening, landscaping, or artistic endeavors? We encourage you to nominate them for the Front Yards in Bloom program, so their efforts can be celebrated and appreciated by all. In partnership with the City of Edmonton, Edmonton Horticultural Society, Canadian Union of Postal Workers, and many other groups and individuals, Front Yards in Bloom has been encouraging Edmontonians to beautify their yards and communities for over 20 years. The program has expanded into six different yard categories: General, Natural, Tiny, Edible, Public Spaces, and Balconies in Bloom. You can get involved by caring for your own gardens, nominating others' yards,



**VOLUNTEER WITH FRONT YARDS IN BLOOM!**

Explore our city and help recognize neighbours and community members who are going the extra mile to ensure Edmonton is a beautiful place to live! By delivering signs you also participate in our first round of judging the In Bloom Awards.

Go to [FrontYardsinBloom.ca](https://FrontYardsinBloom.ca) for signup details until July 4th!

**July 7 - 21, 2023**  
For sign delivery & yard judging  
Training provided!



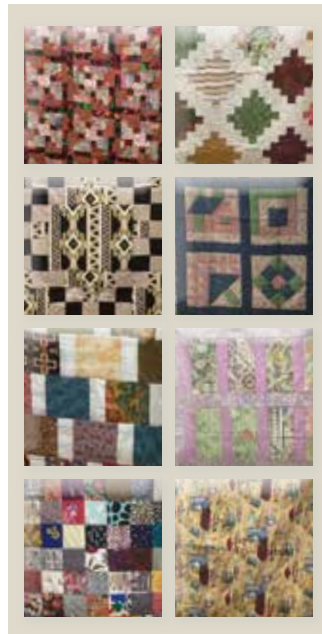
For information or to nominate a neighbour visit [edmonton.ca/FrontYardsinBloom](https://edmonton.ca/FrontYardsinBloom)

Front Yards in Bloom  
Edmonton

or by signing up to volunteer with the various aspects of Front Yards in Bloom. Visit [FrontYardsinBloom.ca](https://FrontYardsinBloom.ca) for more information.

# Handmade quilts for sale

You can purchase the quilts on display at SEESA on any day. Additional quilts are available to see and purchase on Mondays between 1:00 and 3:00 pm in the Forest Heights room.



Al Barclay was the winner of the **50/50 draw** held on May 15.

# Spring High Tea

In anticipation of the occasion, excited voices could be heard in the hallway outside Tillie's:

*I love your Fascinator; it is so colourful.*

*Wow, you look amazing!*

*Nice dress with matching shoes.*

Promptly at 1:30 the doors opened, and the ladies (plus two gentlemen) walked in and took their seats. Now the comments changed:

*The tables look wonderful.*

*See the pretty cups and saucers.*

*The baked dainties on the tiered cake stand look so tasty.*

*The sandwiches look delicious.*

*Fresh scones, strawberries and real cream, yum!*

The laughter and chatter continued only pausing between bites as everyone sampled the various levels of treats on each table.

Wendy (SEESA Board Chair) read the Treaty 6 acknowledgement and welcomed everyone. Avril (volunteer) thanked Brenda, Ollie, Eloise, Carol, Marilyn and Jo for their help with baking and making the room look special. Thanks were also given to Cherie, our staff cook. Karen, Shirley, Sylvia, and Claudette served the guests and kept the tea flowing all afternoon.

Thank you to Claire from the quilting club who sewed the pretty centre cloths.

Together, all of the volunteers made a wonderful team for this special occasion.



At the end of the event guests were delighted to be offered containers to take home the remaining tasty goodies, a little extra treat to finish off a fun and delicious occasion. Several patrons asked when they might expect another high tea!

A big thank you was given to IKEA for the generous donation of the 15 glass, three-tiered Kvitterra stands.

*Avril Pike*





# Family gathering at SEESA



Greetings, we had a wonderful gathering in late May at the cafeteria. We had relatives from out of town, so we all gathered at the SEESA cafe for lunch. The

staff and volunteers were so very helpful and lunch was delicious. Maybe others, seeing how happy we were to be there, might make a similar arrangement.

I wish I could remember the woman who suggested this to me. She was gracious to take some of the photos for us.

*Anne Rajotte*

## ElderCare EDMONTON

Society for Adult Day Programs

### ABOUT US

Founded in 1980, ElderCare Edmonton (ECE) is a non-profit organization that supports adults and their caregivers through recreational adult day programs. Funded for adults living independently in the community, our social/recreation Day Programs set us apart from other medical-based programs in the Edmonton region. Our programs allow participants to engage in therapeutic recreation independently from their caregivers to help adults maintain independence and reduce isolation.



### WHO CAN JOIN

Clients are eligible for adult day programs with a valid Alberta health-care card and who live in a community setting. Programs are suitable for those who are:

- Able to attend regularly
- At risk of losing their ability to manage independently in the community
- Increasing healthcare usage
- Experiencing chronic or complex medical conditions
- Having signs and symptoms of cognitive impairment
- Whose caregiver is in need of respite

### LOCATIONS

#### CENTRAL LIONS

11113 - 113 ST

#### FULTON PLACE

10310 - 56 ST

#### WESTEND SENIORS

9629 - 176 ST

### COST

The program includes a food service fee of \$10 per day. There is no additional charge for the program.

(780) 434 - 4747

WWW.ELDERCAREEDMONTON.CA

INFO@ELDERCAREEDMONTON.CA



# SEESA in the Community

Members of SEESA's Accidental Drama Club were out and about providing entertainment at the Fulton Place Community League and Sunshine Gardens **Generations Celebrations** (Saturday, May 27th). Community members of all ages enjoyed singing, dancing, poetry, and comedy.



**10 YOUTH/SENIOR  
ETS BUS TICKETS**

**FREE DRAW**

**for SEESA MEMBERS**

**1 DRAW TICKET/MEMBER**

**Draw Date: June 29, 2023**



Enter the draw at  
SEESA's Front Desk  
beginning June 15th

*Tickets Graciously Donated by SEESA Member*

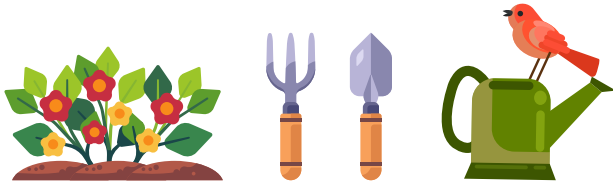


South East Edmonton Seniors Association  
9350 82 Street NW, Edmonton, Alberta Canada T6C 2X8  
780-468-1985 • info@seesa.ca • www.seesa.ca

## Summer hours

SEESA summer hours are 8:30 am to 4:30 pm, Monday to Friday. SEESA will be closed from August 21 to September 1 for building maintenance.

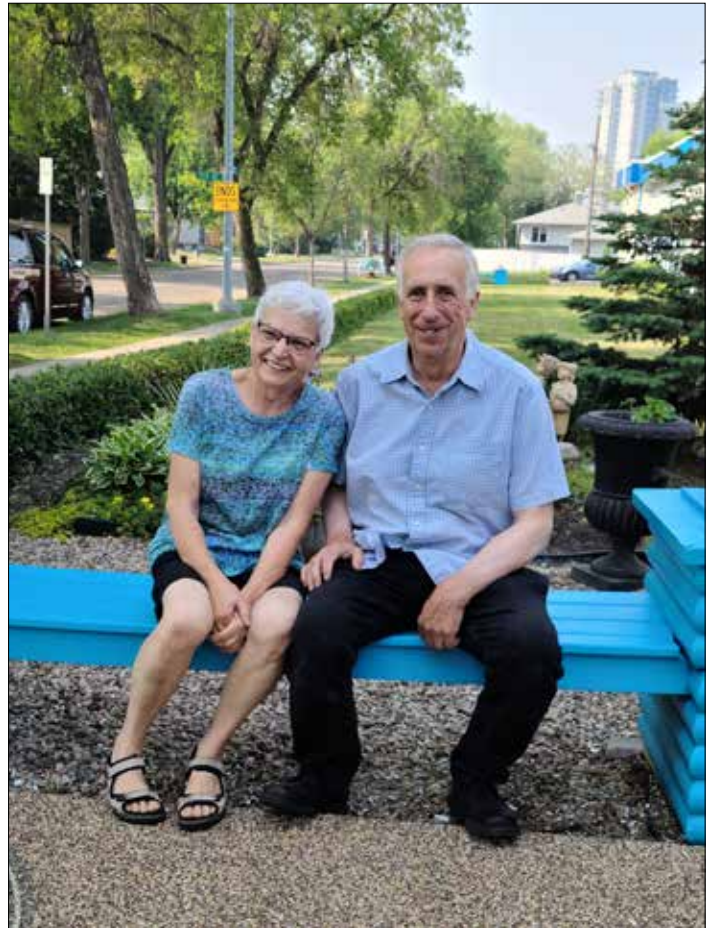




Thank you to our **garden volunteers** for donating their own plants and time to make SEESA's gardens beautiful! This dedicated group has been coming out to clean up the garden and yard, including weeding, hedge trimming, transplanting, watering, scraping and painting the planter benches.



Thank you to Wallish Greenhouses who donated plants to SEESA and thank you to our garden volunteers for picking up the plants and installing them in their new homes.





## Heather McPherson

**Member of Parliament  
Edmonton Strathcona**

**Contact my office for assistance with:**

- Employment Insurance
- Old Age Pensions
- Canada Revenue Agency
- Citizenship & Immigration
- Canada Student Loans
- Celebratory Messages

**780-495-8404**  
 10045 81 Ave T6E1W7  
 heather.mcpherson@parl.gc.ca



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Visit my website at [www.heathermcpherson.ndp.ca](http://www.heathermcpherson.ndp.ca)



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- Grants of Administration

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780.450.2929**





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# Ukulele Summer Sing Along

Thank you to those of you who came out to support the Ukulele Summer Sing Along. It was a rousing success; we sold out of tickets and sold out of lunch as well! People enjoyed singing along to old favourites.

A big thank you to the performers and volunteers who donated their time to make this event a success.



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1-877-929-9222

Our Parents' Home  
10112 119 Street, Edmonton 780-935-922



# Tillie's Special

## Liver & Onions

### Menu

Liver & Onions

Mashed Potatoes & Gravy

Coleslaw

August 9th  
(Registration Day)

Tickets \$12.50

Sittings: 11:30 & 1:00

Cut off for tickets - July 24th



SEESA You belong here

**SEESA** *You belong here*

# Tillie's Cafe

**WE ARE OPEN**  
**Monday - Friday**  
**9:00am - 4:00pm**

Breakfast 9 am – 10:30 am  
hot and cold selections

Lunch 11:30 am – 1:00 pm  
soup, salads, sandwiches

Wednesday: hot entrée (served 11:30am - 1:00pm)  
*Gluten Free options available*

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9350 82 Street N.W. Edmonton Alberta Canada T6C 2X8  
780-468-1985 • info@seesa.ca • www.seesa.ca

## Specials for June 20 – 22

### Tuesday

Chicken Caesar Wrap \$11.00

### Wednesday

Ginger Beef Rice Bowl \$12.50

### Thursday

Club Sandwich \$10.00

Frozen soups available every day for \$4.00!

## Ottewell Pharmacy Clinic

**GET THE BEST TREATMENT AT YOUR COMMUNITY PHARMACY FOR YOUR HEALTH, WE COME TO YOU**

Call our friendly pharmacist from your home and we will deliver medicine to your door.

780-465-0371  
www.ottewellpharmacy.ca  
9245 – 50 ST, T6B 3B6

SEE *You belong here*

Ottewell Pharmacy will be hosting information presentations at SEESA

Scan here to visit our website

# Welcome to the Neighborhood

You are invited to...

## The 2<sup>nd</sup> Annual Oliver Community Seniors Trade Show

Our Parents' Home is pleased to extend an invitation to you and a guest to enjoy refreshments and delicious appetizers created by our New Revera Chef and kitchen, while you meet and mingle with local businesses in the Oliver area who cater specifically to the needs and interests of seniors.

Join us on the 14th floor for some pretty amazing views, good conversation and great food.

**June 29, 2:00 – 4:00pm**  
Our Parents' Home - 10112 119 Street

Please RSVP to Tracy by June 27th (as space is limited)  
Tracy.Shaw-Ache@reveraliving.com  
(780) 935-5922

# Seniors' Week Kick-Off Through the Eyes of Experience

Age Friendly Edmonton launched Seniors' Week on June 5th with *Through the Eyes of Experience*, an event focussed on recognizing and celebrating Edmonton seniors. The gathering was held at City Hall and included a short program, entertainment and a light lunch. Exhibitors joining SEESA at the event were Sage, Central Lions, Revera, Chartwell and Drive Happiness.



**Ageless**  
MOTION DAY  
JUNE 21, 2023

JOIN AS A SENIORS GROUP, PARTICIPANT, OR FAMILY!  
REGISTER AND/OR LEARN MORE AT [WWW.SHAPEAB.CA](http://WWW.SHAPEAB.CA)

The poster features a group of seniors walking on a path in a park-like setting. At the bottom, there are logos for various organizations including the City of Edmonton, Finding Balance, Ability Prevention Centre, and SHAPE (Safe Healthy Active Better Everyday) in partnership with the Government of Alberta.

## Machine Learning Model Detects Signs of Alzheimer's

(Edmonton Seniors Coordinating Council Link Letter)

This article published by *Folio*, features the work of researchers Russ Greiner, Zehra Shah and Eleni Stroulia from the Department of Computing Science at the University of Alberta. These researchers managed to meet the challenge of developing a machine learning model (MLM) that uses speech traits to detect cognitive decline, paving the way for a potential screening tool.

This MLM is capable of detecting Alzheimer's dementia by analyzing speech patterns independent of language - which could one day be turned into a simple screening tool anyone with a smartphone could use.

Read the article [here](#).

# Launching Transit Smart Card (Arc) to Seniors this Fall

(Edmonton Seniors Coordinating Council Link Letter)

The city of Edmonton will be launching Arc — the Edmonton region’s new electronic fare payment system — to Seniors this fall. While it is an easy-to-use system that provides an innovative and convenient way to ride transit, transitioning to Arc means changes to how riders will use transit.

To assist seniors in their transition to Arc, the city will be conducting a pilot to understand how to best support Seniors during their transition. To ensure the success of the Seniors Arc Pilot and Seniors transition to Arc, they will be engaging Seniors Agencies soon to get their feedback.

During this engagement, they will be delivering in-person, on-site presentations to provide an overview of Arc and the Seniors Pilot, followed by a Q&A session where they can understand how to recruit Pilot Volunteers, support Seniors during the pilot and the most effective education and awareness channels to help Seniors become informed and transition prior to public launch.

If you would like to discuss the Arc Seniors Pilot & Arc Seniors Launch in more detail and/or would like to schedule a presentation please contact: [cameron.grayson@edmonton.ca](mailto:cameron.grayson@edmonton.ca)



**SEESA** You belong here

## Melody Singers

Seeking new members!  
An inclusive, friendly, 4 part harmony seniors choir.

WE ARE ALMOST 20 YEARS OLD AND WOULD LOVE FOR YOU TO BE A PART OF OUR UNIQUE SEESA LEGACY.

"Singing in harmony with the choir makes my heart sing" ... Maria

Singing is good for my lungs and breathing" ....Dallis

It gives me a sense of community. There's nothing better for my physical and mental health than singing" ..... Nancie

Visit us. Sit in for a session. Sing with us.  
Please contact Maria Yakula at [myakula@shaw.ca](mailto:myakula@shaw.ca) for more information.

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ACFA  
Régionale d'Edmonton

## CAMP SOLEIL

**French Day Camp in Edmonton!**

Join our fun-filled day camp this summer for children aged 6 to 11!

Monday to Friday, 9 am-4 pm  
\*childcare available

From **July 4** To **August 25** **\$180 Per week**

- New theme each week
- Field-trips
- Activities
- Sports
- More!

South East Edmonton Seniors Association | Tel: 780-469-4401 | Cel: 780-201-4553  
9350, 82 Street NW, Edmonton, AB | [campssoleil@acfaedmonton.ab.ca](mailto:campssoleil@acfaedmonton.ab.ca) | [www.edmonton.acfa.ab.ca](http://www.edmonton.acfa.ab.ca)

SEESEEA You belong here

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Canada

AGLC

Edmonton

EDMONTON CATHOLIC SCHOOLS

Conseil scolaire Centre-Nord



**Semi-Annual Global Financial Market Review and Outlook****Tuesday Jun 13 / 1:30 pm - 3:00 pm**

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened so far in 2023, and look at forward guidance on what to expect for the second half of the year. Of importance this year is the fundamental long term shift in how retirement portfolios should be managed, as we are shifting away from the investment environment of 1980 to 2020, and back towards the past investment environment of what worked in the years 1939 to 1979. *Presenter: Wei Woo*

**Dizziness and Vertigo****Wednesday Jun 14 / 1:30 pm - 3:00 pm**

Are you suffering from dizziness and vertigo? Come and join us as we learn more about the causes and treatment available to you. *Presenter: Dr. Raj Dhaliwari*

**Strike Out Stroke****Wednesday Jun 14 / 1:30 pm - 3:00pm**

Come learn how to reduce your risk of stroke, recognize the signs and symptoms, and how to react. Plus you will learn about the risk factors you can control and the simple changes you can make that could save your life. *Presenter: Gail Elton-Smith*

**Bring Your Own Device: New York Times and NYTimes Cooking****Thursday Jun 15 / 10:00 am - 11:00 am**

Free access to the daily newspaper and archives, as well as books, food, travel, Wordle, and more. Please bring your own iPad, laptop or tablet. In addition, please bring your Edmonton Public Library card or know your barcode number and PIN to be able to fully participate. If you don't have an EPL card, you can apply online or visit any EPL branch, or bring a piece of ID with your current address to this session and arrive between 9:30 and 9:50 to get your free card.



*Presenter: Wendy Gronnestad-Damur*

**Pharmacist's Tips for a Healthy and Fun Summer****Thursday Jun 27 / 1:30 pm - 3:00pm**

The sun brings out the fun, but don't let sunburns or stomach aches, illnesses or injuries throw shade on your summer. Come and join our wonderful pharmacists who will provide tips for a healthy summer. *Presentors: Farah Saeb & Hend Mohammadi*

**Register in person or by phone**

South East Edmonton Seniors Association  
9350 82 Street N.W. Edmonton Alberta Canada T6C 2R8  
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Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<b>Alberta Seniors Week (June 5 – 11)</b>  <b>Registration for Session 3 - Summer Programs</b> <i>available online &amp; in-person</i>				1	2 <b>Jam Session</b> 6:45 – 10:00pm	3
4	5	6	7	8	9	10
11	12	13	14 <b>Ukelele Performance</b> <b>Tillie's Café</b> (1:15 – 2:15pm) Tickets \$5.00	15	16 Session 2 Classes End  <b>Jam Session</b> 6:45 – 10:00pm	17
18 <b>Happy Father's Day!</b> 	19 Session 3 Classes Begin	20 <b>Monthly June/July Combined Birthday Party</b> 1:30 – 3:00pm 	21	22	23	24
25	26	27	28	29	30	

**FYI Sessions (see Program Guide for details):**

- June 13 – Semi-Annual Global Financial Market Review & Outlook
- June 14 – Dizziness and Vertigo
- June 14 – Strike out Stroke
- June 15 – Bring Your Own Device: New York Times & NYTimes Cooking
- June 20 – Pole Walking Workshop
- June 22 – Philosophers Café: Being Mortal
- June 27 – Tips for a Healthy & Fun Summer