

# Explore & Engage Edmonton's Seniors Centres

## Your Passport to Fun, Friendship, and New Experiences!

Not currently a member of a Seniors Centre? Looking for something new to try? Curious about what's happening at seniors' centres across Edmonton? The Explore & Engage initiative is here to welcome you—no pressure, no long-term commitment, just plenty of opportunities to discover what you enjoy most.

Created by the Edmonton Age Friendly Alliance, Aging Well in Community Hub, Explore & Engage is a city-wide invitation for older adults to step inside Edmonton's senior centres and see what they have to offer. Whether you love fitness, arts and crafts, learning opportunities, social gatherings, or simply a good cup of coffee and conversation, there's something waiting for you.

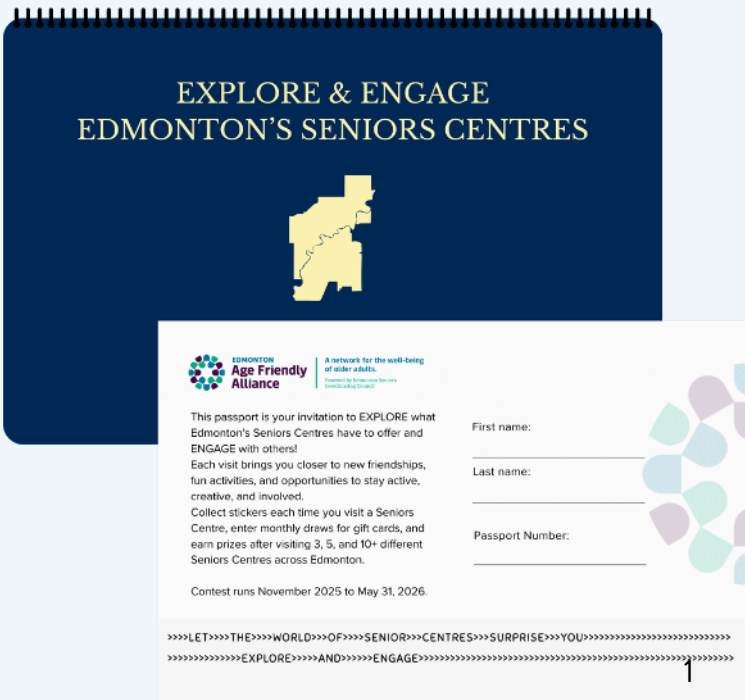
### How It Works

At the heart of Explore & Engage is the Explore & Engage Passport—a small, easy-to-use booklet that introduces you to 13 participating seniors' centres across the city (SEESA is a participating centre!)

- EXPLORE** - Visit participating centres and receive a sticker in your Passport at each stop.
- ENGAGE** - Use the coupons inside your Passport to try programs, drop-in activities, or enjoy special offers—perfect for sampling something new.
- CELEBRATE** - As your Passport fills up, you'll unlock prize milestones and be entered into monthly prize draws. Every visit counts!

### What's Inside the Passport?

- Descriptions of each participating seniors' centre
- Coupons for activities and programs
- A handy map to help plan your visits
- Sticker spaces to track where you've been
- Monthly prize ballots for exciting draws



## Who Can Get a Passport?

Passports are available to older adults who:

- Are 55 years or older
- Live in the Edmonton Metropolitan Region
- Are **not currently a member** of any Edmonton seniors' centre

## Where Can I Get A Passport?

You can pick up a Passport at any participating seniors centre. Simply visit the front desk and staff or volunteers will check your eligibility and provide one.

Participating centres are:

- Central Lions Seniors Association – [centrallions.org](http://centrallions.org)
- Edmonton Aboriginal Seniors Centre – [easc.ca](http://easc.ca)
- Edmonton Seniors Centre – [edmontonseniorscentre.ca](http://edmontonseniorscentre.ca)
- Jewish Senior Citizen's Centre – [jdicseniors.ca](http://jdicseniors.ca)
- Mill Woods Seniors Association – [mwsac.ca](http://mwsac.ca)
- North Edmonton Seniors Association – [nesa1.ca](http://nesa1.ca)
- Northwest Edmonton Seniors Society – [nwess.ca](http://nwess.ca)
- Sage Seniors Association – [mysage.ca](http://mysage.ca)
- South East Edmonton Seniors Association – [seesa.ca](http://seesa.ca)
- South West Edmonton Seniors Association – [swesa.ca](http://swesa.ca)
- Strathcona Place Society – [strathconaplace.com](http://strathconaplace.com)
- The Shaama Centre – [shaama.ca](http://shaama.ca)
- Westend Seniors Activity Centre – [weseniors.ca](http://weseniors.ca)

## Bring a Friend!

SEESA members can still join the fun! Pick up a Bring a Friend invitation card at SEESA's front desk and share it with someone new. If your friend is eligible, they can redeem the invitation for their own Passport when they visit.

## Your Invitation Awaits

Explore & Engage is all about discovery, connection, and having fun at your own pace. Pick up a Passport, open the door to new experiences, and see just how welcoming Edmonton's seniors' centres can be.

**Your next adventure could be just one visit away!**



**A network for the well-being  
of older adults.**

Powered by Edmonton Seniors  
Coordinating Council