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## MESSAGE FROM THE BOARD

It's a new year and opportunities abound for SEESA members!

This year the Board is continuing to focus on strategic planning. This process will involve gathering feedback from members, staff and volunteers, funders and partners. Stay tuned for more about this!

The winter months can drain our energy with the shorter days and cold weather. Research has shown the positive effect of expressing gratitude on the well-being of ourselves and others.

Scientific studies show that sending and receiving brief messages of appreciation resulted in improved mood and positive affect, lower perceived stress, and greater relationship satisfaction over time.

Research on social connection has also shown that positive interactions, even brief ones, act as mini-buffers. They can increase resilience to stress, improve emotional balance, and create a sense of support.

So to all who make SEESA the great place that it is - thank you!

# Join SEESA's Board

Let's make awesome things happen!

SEESA needs energetic leaders  
to join our Board.

YOUR VOICE = OUR MOMENTUM

TO LEARN MORE  
[SEESA.ca](http://SEESA.ca)



**SEESA**  
*You belong here*

## **Board of Directors Membership Information and Application to Nominating Committee**

The SEESA Board of Directors governs the organization's vision, mission and values. Principally, the Board identifies the Strategic Directions, manages the organizational governance policies and oversees the financial quarterly statements. Additionally, the Board oversees the Executive Director, who is responsible for day-to-day management of the organization. Overall, the members of the Board contribute and commit their talents to ensure year-to-year excellence for SEESA's mission.

The Board of Directors have 8–13 voting members. Board members can serve up to 2–2-year terms for a total of 4 years.

The Nominating Committee actively recruits new board members for approval by the Board and the membership at the Annual General Meeting in April. We welcome individual applicants who have skills, experience and an interest in serving on a governance board.

### **Time Commitment & Expectations**

Board members are expected to contribute to the organization by:

- Attending and actively participating in Board and Committee meetings.
- Attending and/or volunteering at SEESA events from time to time
- Welcoming guests at special events on behalf of Board, Staff and Volunteers when available.
- Attending the Annual General Meeting in April
- Maintaining an active membership during their term.

The Board meetings are on a set schedule of approximately ten meetings per year the third Wednesday of the month from 9:30 to 11:30 am (excluding summer break). Meetings take place in-person at SEESA and may also be attended virtually. A Board Calendar/Agenda Planning schedule is provided in advance. Board work is supported by Board committees which focus on governance, finance, and nominations.

### **Process for Submitting Application**

In the form of a letter, please provide information/brief answers to the following questions.

- Name, mailing address, phone number to contact you and email address.
- What motivates you to become a board member of SEESA?
- Briefly describe your background and relevant experience; a current resume may be included with your letter.
- Outline the specific skills you bring or contributions you hope to make to this board.
- Describe your current and/or past experience serving on a board or volunteering with another organization(s).
- Provide the name, relationship and contact information for two references.

Please submit your letter to:

Attention: Nominating Committee – Confidential

c/o SEESA Front Desk  
9350-82 St. NW, Edmonton, AB T6C 2X8 -or-

Email to [info@seesa.ca](mailto:info@seesa.ca) – please put Attention: Nominating Committee – Confidential in the subject line.

A representative of the Nominations Committee will contact the applicant to verify interest and to offer a time for an interview. The nominating committee recommends potential candidates to the board as a whole and moves the candidacy forward to the SEESA membership for final approval at the AGM.

Please email or call Birgitta Larsson, Nominating Committee chair with any questions or to discuss opportunities.

Email: [birgitta@bimlarsson.ca](mailto:birgitta@bimlarsson.ca) or call 780-970-8552



# Respect: The Invisible Thread That Holds Our Community Together

Respect is the invisible thread that strengthens and sustains a community. It is more than polite words or courteous gestures—it is the sincere acknowledgment of each person's dignity, worth, and unique contributions, of each club's space and activities. When respect thrives, trust grows, collaboration flourishes, and people feel safe to share ideas, support one another, and belong.

## At SEESA, Respect Is Reflected in Our Values

With the Six Determinants of Healthy Aging as our framework, SEESA serves its members, our city, province, and country with intention and care. Our values are not just principles; they are practices we live every day.

· **Human Dignity** is paramount. Every individual—each with their own unique background, beliefs, and circumstances—is welcomed with respect, empathy, and compassion. At SEESA, we embrace interpersonal, intercultural, and intergenerational unity.

· **Belonging & Community** are vital to human well-being. A sense of belonging allows individuals to become the best version of themselves. When people feel supported, they can live with meaningful purpose, recognize beauty, share joy, and contribute to a healthy society.

· **Collaboration** with internal constituents and external partners helps us make informed and intentional decisions. By working together and exchanging ideas, we create programs and services that reflect the evolving needs of our community and the broader environment. Collaboration fuels SEESA's growth, development, and long-term sustainability.



## How We Demonstrate Respect at SEESA

To ensure that respect is lived—not just spoken—we commit to behaviors that uphold dignity, harmony, and trust throughout our community. At SEESA, we strive to:

1. Behave in a courteous and respectful manner toward others.
2. Be respectful of the differences of others, including diversity of race, age, cultural heritage, ethnicity, gender orientation, religion, physical and mental abilities, and economic circumstances.
3. Be considerate toward all participants and tolerant of others' limitations and restrictions.
4. Treat everyone with compassion, respect, and dignity.
5. Consider the feelings of others, especially during difficult interactions.
6. Manage one's temper in challenging circumstances, choosing calm and constructive responses.
7. Use acceptable and respectful language in all communications and whenever representing SEESA.
8. Respect the personal belongings of others.
9. Act honestly and ethically in all relationships and interactions.

## Respecting Our Shared Spaces as We Grow

As SEESA continues to grow, these commitments strengthen our connections and reinforce a culture where everyone feels safe, valued, and included. Growth often brings change, and we recognize that change isn't always easy. However, these changes help ensure our shared spaces remain welcoming, functional, and accessible to all.

Transition periods between classes and clubs are intended for set-up and take-down, though these times may also be accessed by others for operational requirements. Additionally, due to limited storage, some rooms and shared spaces may be used to store equipment or materials. Please be respectful of these items and do not move or use them without permission.

## A Shared Responsibility

Ultimately, respect is the foundation of harmony. When practiced consistently—and when perceived entitlement is set aside—it transforms a group of individuals into a strong, supportive, and resilient community. Within SEESA and beyond, respect helps build a world where everyone feels valued and empowered to contribute. Thank you for working together to support a respectful, inclusive SEESA community.

# Writers Corner Club

## All Writers' Welcome

Whether you are a long time writer or beginner

Whether you write poetry, stories, memoirs or reflections

Two prompts each week to get us started

A warm and safe place to gather

Writing just for the fun of it

Tuesday 1:00-3:00pm

Drop-in

Idylwylde Room

Members: \$3 Non Members: \$6

Contact Carol: 780 434 4557



SEESA  
You belong here

## ART CLASSES FEBRUARY

Stained Glass- Flying 3D Hummingbird  
Tues, Feb 17 from 1:00-4:00

Decorative Rafia Wreath  
Wed, Feb 25 from 9:30-11:30

Textured Birch Tree  
Fri, Feb 27 from 1:00-3:00

Register online, in person or by calling 780-468-1985

## FYI SESSIONS JANUARY-FEBRUARY

- FYI: Staying Independent and Comfortable at Home - Jan 19
- FYI: Retire Like a Pro: Making the Most of Your Retirement Paycheck - Jan 20
- FYI: Annual 2025 Global Financial Market Review - Jan 21
- FYI: Brining Sight to Your Site - Jan 27
- FYI: Defining the Differences in Home Care for Seniors - Jan 28
- FYI: Fall Prevention - Feb 3
- FYI: Estate Planning - Personal Directives and Power of Attorney - Feb 4
- FYI: Helpful Hands - Feb 11
- FYI: Civida - Feb 17
- FYI: Romance Scams and Your Finances - Feb 18
- FYI: Dementia 101- Understanding Memory, Mind and Connection - Feb 24
- FYI: Living Well at Home: Home Care Supports Independence - Feb 25

Register online, in person or by calling 780-468-1985

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## GENERAL INTEREST CLASSES JANUARY-FEBRUARY

Monday, 01/26 to 02/09

Story Telling (by a Métis Elder)

Thursday, 01/29

Philosophers Cafe: Neighborliness, Friendship and  
Redeeming Political 'Enemies'

Thursday, 02/19

Philosophers Cafe: The Loss of Culture and  
the Civil Life

Friday, 02/20

Genealogy: On the Internet

Register online, in person or by calling 780-468-1985

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## WARNING SIGNS OF HEARING LOSS

persistent ringing in the ear  
 struggling to follow conversational speech  
 difficulty hearing high-pitched sounds  
 regularly increasing the volume on media devices  
 perceiving muffled sounds  
 frequently asking people to repeat themselves

World Health Organization Western Pacific Region

### SEESA NEEDS YOUR FEEDBACK!

Dear 2025 SEESA Members,

We want to hear from you! Please take 5-10 minutes to complete our Annual SEESA Member Survey. Your feedback helps us improve, track changes over time, and plan for the future.

**WHY YOUR INPUT MATTERS:**

- ✓ Tell us what's working well
- ✓ Share what could be better
- ✓ Help SEESA grow and serve you better

**TAKE THE SURVEY:**

- ✓ Links were emailed to members
- ✓ Hard copy survey's are available at the Front Desk
- ✓ One Survey Per Member

Contact Us  
780-468-1985

### TURN THOSE RECYCLABLES INTO A REAL CHANGE FOR SEESA

Visit Skip The Depot at  
<https://app.skipthedepot.com/seesa>  
 and schedule your pickup today

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**Sitting for long hours is harmful to health!**

Physical inactivity and long sitting hours at work are linked to non-communicable diseases.

1. **Get up and move** at least 5 minutes per hour  
 Ideally, 3 minutes physical activity every 30 minutes.
2. **Get up and stretch** at your desk  
 Hourly reminders may be helpful
3. **Stand and work**  
 Use a high desk if working on a laptop.
4. **Pace** while taking your calls.
5. **Practice proper posture** while sitting.
6. **Use staircase** for healthy walking.
7. **Stretch** every day, unrelated to your workout.

World Health Organization South-East Asia Region



## Why You Should Join Our Board Game Friday Night Club

Looking for a fun, relaxed way to connect with other SEESA members? Our Board (& Dice) Game Friday Night Club is a great opportunity to enjoy good company, keep your mind active, and have a few laughs—all in a welcoming, low-pressure setting.

The group typically meets on the 1st and 3rd Friday night of each month (this may vary during the month because of stats and other events), from 5:30 to 8:30 pm. The best part? There's no need to stay for the entire time. Whether you can join us for the full evening or just drop in for an hour or two, you're always welcome.

### More Than Just Games

Playing board and dice games isn't just entertaining—it offers real benefits. Games help keep the mind sharp by encouraging memory, strategy, and problem-solving. They also provide a natural way to relax, reduce stress, and focus on enjoyment rather than everyday worries.

Just as important is the social connection. Spending time with others, sharing conversation, and enjoying a little friendly competition can reduce feelings of isolation and help build new friendships. Many members find that game night becomes something they genuinely look forward to each month.

### Bring a Friend!

Game night is even better when shared. Members are encouraged to bring a friend, whether they're a SEESA member already or someone curious about joining in. It's a wonderful way to introduce others to SEESA in a relaxed, social environment.

### Join Us!

If you're looking for laughter, connection, and an enjoyable way to spend a Friday evening, consider joining our Board Game Friday Night Club. You don't need to be an expert or even know the rules—everything can be explained, and the atmosphere is supportive and fun. This is a casual group designed to fit your schedule and comfort level.

### Upcoming Dates

January 23; February 6 and 20; March 7 and 21; April 18 and 25 between 5:30 and 8:30 pm—and don't forget to bring a friend!

Club Liaison – Vicki Dowd

Drop-in Fee - \$3 for members; \$6 for non-members



# Happy Family Day

A Reminder that SEESA will be closed on Monday, February 16 for Family Day.



**SEESA**



**Book Your  
Exam Today**

Two Pairs from \$149  
That's Expert Eyecare for All  
& Includes Prescription Sunglasses

**50% Off Lens Upgrades for Seniors**

**hello  
seniors**  
Support Starts Here

# Outreach Program

Mon, Jan 19 - 1-4  
Wed, Feb 4 - 9-12



In collaboration with Edmonton Seniors Coordinating Council's Hello Seniors program, formally Outreach Program, SEESA is pleased to host Jewish Family Services Outreach Worker Brandon, on-site the first Wednesday (9 am to noon) and the third Monday (1 pm to 4 pm) of each month.

**The Outreach Worker will be able to assist with:**

- Home support options
- Information, referrals and case management
- Assistance with food security & affordable housing
- Solutions for social isolation
- Navigating systems like transportation & housing
- Assistance with filling out forms
- Access to government benefit programs

**For emergent needs: call 211-2**

**FOR MORE  
INFORMATION**

780-468-1985  
9350 82 Street  
seesa.ca

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You belong here

# Specsavers

Bonnie Doon Centre

- 👓 Accepting New Patients
- 👓 Senior Exam Covered by Alberta Health Care
- 👓 Direct Billing to Most Insurance Companies
- 👓 Diabetic Testing
- 👓 OCT Imaging with every eye exam
- 👓 Weekend & Evening Appointments
- 👓 Locally Owned & Operated
- 👓 Check out our Google Reviews

Unit 176, 8330 82 Ave Edmonton  
located next to the food court  
587-442-2932  
store.bonniedooncentre.ca@specsavers.com  
specsavers.ca

 **Don't know how to fix your home?  
Let us help!**

**Get a \$10 coffee card when you book any free on-site quotation.**

Our clients are like friends and sometimes we show up with coffee!

CONTACT THE EXPERIENCED PROFESSIONALS AT

**HOME & OFFICE  
HANDYMAN  
s e r v i c e s**

Give us your list; we'll get it done

[www.HOHS.ca](http://www.HOHS.ca) | 780.940.2127 



**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](mailto:heather.mcpherson@parl.gc.ca)



Follow on

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

## **SEESA Shares Advertising Rates**

SEESA accepts paid advertising in *SEESA Shares*.

### **Advertising rates per single issue:**

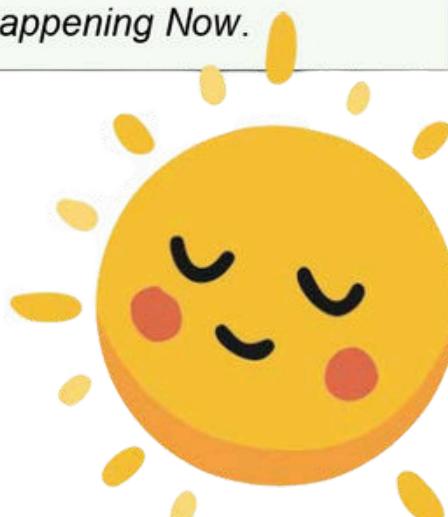
Card size:	3.5" w x 2" h	\$25.00
1/4 page:	4" w x 5" h	\$40.00
1/2 page:	8" w X 5" h	\$80.00
1/2 page:	4" w X 10" h	\$80.00
Full page		\$120.00

### **1500 email circulation**

Send submissions to: [info@seesa.ca](mailto:info@seesa.ca) preferably by the 1st of each month, so that any amendments can be complete by the 8th of the month. Publication is around the 15th of the month.

A one-time set up fee of \$30.00 may apply if your ad is not print ready.

Note: paid advertisements may not reflect the views of SEESA. Buyer discretion is advised. There is NO advertising in *SEESA What's Happening Now*.



HONOURABLE

**MARLIN SCHMIDT**  
MLA EDMONTON-GOLD BAR



My staff and I are at your service. The Edmonton-Gold Bar office is here to:

- provide information about provincial government programs and services
- participate in local events
- share ideas
- provide a congratulatory scroll for significant birthdays, anniversaries, or other occasions

Email: [edmonton.goldbar@assembly.ab.ca](mailto:edmonton.goldbar@assembly.ab.ca)  
Address: #100 8925 82 Avenue, T6C0Z2  
Phone: 780-414-1015

## T.O.P.S.

**Take Off Pounds Sensibly**

**Please join us at:**

**GRACE UNITED CHURCH ANNEX  
6215-104 AVE EDMONTON  
MONDAYS AT 10.00AM  
FIRST VISIT IS FREE TO ATTEND**

**Contact information:  
Phyllis 780 983 8787  
Iris 780 293 3619**

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**Real Estate Expertise for Seniors**

Ready to move into a situation that will enable you to thrive?

**NextHomeHub.ca**



Michael Draper, REALTOR<sup>®</sup> and Senior Real Estate Specialist (SRES)<sup>®</sup>

P: 780-242-1774  
E: [michael@nexthomehub.ca](mailto:michael@nexthomehub.ca)  
W: [NextHomeHub.ca](http://NextHomeHub.ca)

**MaxWell** Progressive Where Real Estate Happens.



**Need some help around the house?**

At Mi Casa Cleaning we clean bathrooms, kitchens, flooring, windows, baseboards, and dusting. We can also help with laundry and other small household tasks.

We charge \$35 per hour. The cost includes cleaning supplies and equipment. Our team has lots of experience working in homes with pets.

**MORE INFORMATION,  
CONTACT DONNA**

PHONE  
780-803-0121

EMAIL  
[mycleanersedmonton@gmail.com](mailto:mycleanersedmonton@gmail.com)

**Mi Casa**  
Cleaning Services



**RIVER CREE CASINO Bus Outing**

**MONDAY MARCH 9**  
11:00AM PICK UP FROM SEESA  
3:30PM DEPARTURE FROM RIVER CREE TO SEESA

**\$5 FREE PLAY VOUCHURE**  
**COMPLIMENTARY LUNCH AT TAP 25**  
**\*BEVERAGES AND GRATUITY NOT INCLUDED\***

**COST: FREE**

SIGN UP AT THE FRONT DESK OR BY CALLING 780 468 1985



**YOU'RE INVITED TO**  
**SEESA's February Birthday Party**

Are you a SEESA Member with a Birthday February 2026?

Join us as we celebrate your special day! There will be birthday cake, beverages, entertainment, and a door prize!

**TUESDAY, FEBRUARY | 19 |**

**Tillie's Cafe**  
**1:30 - 3:00pm**

NEW! Bring TWO guests with you, free of charge, and bring additional guests for a \$5 entry fee/person!

**Entertainment provided by TCB - A Performance Band Club**

Please call SEESA's Front Desk (780-468-1985) by Friday, February 13 to RSVP (along with the number of guests joining you)

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



**2026 - Session 2**

**(March 2 - May 1, 2026)**

### Registration

**Tuesday, February 10th @ 9:15am**

**Program Guide available on our Website**

### Ways to Register

- Online via MyActiveCenter
- In Person @ SEESA
- Drop Off @ SEESA front desk
- By Phone 780-468-1985

See the Program Guide for Registration Option Details

A Valid 2026 Membership is required for member prices

"Not 55 yet?  
We'd love to have you too!"



**Congratulations**  
The following members won the 2026 membership draw

Glenn E
Claire K
Brenda R
Sherr W
Emily W
Iris N
Jane S
Irv D
Donna T
Aurora A
Faye M
Jane K



# Celebrating Carol

SEESA Volunteer Spotlight

Carol has been a SEESA member since 2006 and a kitchen volunteer since 2010—and she is truly one of a kind. Faithful, dedicated, reliable, helpful, and always cheerful. Carol is as remarkable a volunteer as any organization could hope for.

She arrived every Thursday like clockwork, with only the most important reasons ever keeping her away. Carol knows her role inside and out and needs no direction—she simply gets the job done. And if you've ever enjoyed one of her egg salad or tuna sandwiches, you know they were made with generosity and care. Carol always wanted to be sure everyone received a full portion.

In quieter moments, she instinctively finds something to do. In the organized chaos of a busy kitchen—cleaning, laundry, dishes, prep, organizing, and putting away orders—Carol is always there, pitching in wherever needed. She works effortlessly with everyone, helping create the teamwork and calm that make a high-pressure kitchen function smoothly.

Carol also brings joy. She laughs easily, embraces the kitchen's quirky sense of humour, and somehow manages to make hard work fun. Add to that her encyclopedic knowledge of Oilers stats and game breakdowns, and every shift came with good conversation and camaraderie.

Most of all, Carol cares. She remembers appointments, family concerns, and life's challenges, always checking in with genuine kindness and empathy.

As Carol steps away from volunteering, she is deeply appreciated and will be missed beyond measure. We are so grateful for the many years she shared her time, heart, and spirit with us. We look forward to Carol stopping by SEESA to have lunch and check up on everyone in the kitchen.



# Kitchen Volunteers Needed!

*Support our kitchen in running smoothly and help keep our community well-fed!*



## Skills Required

- Friendly, positive, and welcoming attitude
- Familiar with following food safe regulations
- Comfortable working in a fast-paced work environment
- Occasional long periods of standing

## Apply Today!

Submit a volunteer application through the front desk, or via our website at [seesa.ca/volunteering](http://seesa.ca/volunteering)

**SEESA**  
*You belong here*

9350 82 St. | 780-468-19856

# Café Cashiers Needed!

*Join us in bringing smiles to our community by volunteering at Tillie's Café! Serve the public in a fun, welcoming environment and help keep our café running smoothly.*



## REQUIRED SKILLS:

- Experience with cash handling
- Excellent customer service and a positive attitude
- Long periods of standing
- Occasional fast paced work



Come Join Us!

**APPLY  
TODAY**

Submit a volunteer application through the front desk, or via our website at [seesa.ca/volunteering](http://seesa.ca/volunteering)

9350 82 St. NW  
780-468-1985

**SEESA**  
*You belong here*



# CHRISTMAS AROUND THE WORLD

SEESA's Melody Singers delighted a sold-out, enthusiastic audience on December 7 with their festive program, Christmas Around the World. The concert featured a joyful mix of beloved seasonal favorites, filling the room with warmth, nostalgia, and holiday spirit. Audience members joined in the magic as timeless carols like "Joy to the World," "It Came Upon a Midnight Clear," and "Silent Night" rang out in beautiful harmony.

Choir members shared that rehearsals are a highlight of their week—an opportunity to get out of the house, connect with others, and do what they love most: sing. Music truly is a universal language, and this performance was a wonderful reminder of its power to bring people together, lift spirits, and create lasting memories during the holiday season.



· "SILENT NIGHT" ORIGINATED IN AUSTRIA IN 1818, WITH LYRICS BY JOSEPH MOHR AND MUSIC BY FRANZ XAVER GRUBER. FIRST PERFORMED ON CHRISTMAS EVE WITH GUITAR ACCOMPANIMENT, IT HAS SINCE BECOME ONE OF THE MOST CHERISHED CHRISTMAS CAROLS WORLDWIDE.

# ***Songs of Hope & Peace Ukulele Performance Strikes a Joyful Chord***



SEESA's ukulele students filled the afternoon of December 10 with music, joy, and holiday spirit during their Songs of Hope and Peace performance—and the response was nothing short of remarkable. The event sold out within days, welcoming a full and enthusiastic audience eager to celebrate the season through song.

From the opening notes, the concert set a heartfelt tone. Beloved classics such as What the World Needs Now Is Love and Imagine resonated deeply, spreading messages of unity, kindness, and hope. The infectious energy, warm harmonies, and genuine smiles lit up the room, reminding everyone that music truly knows no age.

The performance created a feel-good atmosphere that wrapped everyone in joy and togetherness. It was a heartwarming celebration of music, community, and the enduring power of the human spirit—enjoyed tremendously by all who attended.



*Elvis Presley was known to occasionally play the ukulele in his downtime, and Jimi Hendrix was said to have owned several ukuleles and enjoyed playing them. Other famous ukulele players include Eddie Vedder of Pearl Jam, Paul McCartney of the Beatles, and Taylor Swift.*

# 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



 EDMONTON  
**Age Friendly  
Alliance**  
A network for the well-being  
of older adults.  
Supported by Edmonton Health

This passport is your invitation to EXPLORE what Edmonton's Seniors Centres have to offer and ENGAGE with others! Each visit brings you closer to new friendships, fun activities, and opportunities to stay active, creative, and involved. Collect stickers each time you visit a Seniors Centre, enter monthly draws for gift cards, and earn prizes after visiting 3, 5, and 10+ different Seniors Centres across Edmonton.

First name \_\_\_\_\_

Last name

Contest runs November 2025 to May 31, 2026.

## 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!**



# SEESA'S BIRTHDAYS

## JANUARY 15 TO FEBRUARY 14

Barb Baer Pillay	Marie Musynski
Weston Benjamin	Lorna Nesdole
Louise Bennett	Jean Northill
Belinda Choban	Rose Ostafichuk
Finn Christiansen	Lois Ough
Diane Davies	Rollie Poulin
Sandy Eggen	Cathy Pruden
Ian Elliott	Sharon Simonato
Claire Fraser	Barb Sinosich
Wendy Hierlmeier	Val Solash
Carol Holod	Donna Spanu
Fabian Jennings	Verna Stevenson
Mary Jones	Jim Thomas
Bruno Kante	Gisele Wood
Donna Kwong	Bill Yasunaka
Mike Langstone	Suet-Bing Yen
Dorothy Mayall	Bonnie Yuremchuk
Guy Milner	Al Zariwny

# SEESA 's TOWN HALL

Join us for an update on what's happening at SEESA!

**Let's deal with opportunities and challenges together.**



18 FEBRUARY 2026

2:00 - 3:30pm

Tillie's Cafe

Empowering and enhancing the quality of life of people in our community as we age.



## Strategic Planning Consultation with SEESA Members

October 22, 2025

### Introduction

A “town hall” created an opportunity to launch the consultation phase of SEESA’s strategic planning process, gathering input from members.

We used the format of the World Café. During three rounds of about 15 minutes each, we invited participants to contribute their experience and ideas in small groups, mixing the composition after each round.

The table facilitators/recorders were members of the board who acted as the bridge between rounds so that participants could build on what had already been said. We gathered input on four themes:

- Belonging
- Relevance
- Community-centred
- Gains

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### Belonging (facilitated by Donna Pickens)

**What do we do that makes SEESA a welcoming place and for whom? What does it look like?**

Are there ways to strengthen SEESA as a welcoming organization?

What would make it more likely that people with no connection to SEESA would come?

#### Connection

- Connection with people – eye contact/greeting from staff and members.
- In the programs, members are welcoming.
- On some days, front desk volunteers are not acknowledging visitors. Work on welcoming – human contact:
  - Having volunteers trained.
  - Members need to be encouraged to welcome newbies.
- As a first-time newcomer, need to come again to feel more comfortable.

#### Physical features

- SEESA has a more modern/fresher look when walking in.
- Add a welcome sign.

#### Programs

- Variety of programs.

## Relevance (facilitated by Karen Hayny)

### What is your perception of whether SEESA is relevant for seniors of all ages?

How could we become more engaging for people that are less connected?

#### How do we connect with people?

##### Transportation

- Issue of accessibility is a factor.
- Frequent bus service is not available.
- Accessibility by walking or driving may not be possible for the individual: alternative transportation means/options would be required, which might result in additional cost.

##### Men

- Men don't come; why? How do we attract men?
- Word-of-mouth is important.
- Offer more activities men engage in:
  - Game nights, i.e., big screen TV to watch sports games.
  - Man shed, e.g., woodworking.
  - Have a club of tradespeople who could teach people how to do/fix things or do small jobs for members.

##### Marketing

- Perception important. Rebranding is required.
- Seniors are not a homogenous group. Offer programs for smaller groups that are more reflective of the diversity of the population, e.g., "non-active" activities; mindfulness groups.
- There is a stigma attached to being a senior; some people don't want to be part of/associated with a seniors organization because they don't think they are ready for it, or they don't think they have things in common with 'Seniors'. Why would a younger 'senior' want to join a seniors organization?
- Marketing ideas:
  - Advertise, e.g., in papers.
  - Market through churches and community centres.
  - Give people the chance to try out an activity; get their money back if they don't want to continue.
  - Set up tournaments, e.g., cribbage.
  - Have printed material for people who are not online, e.g., at churches, seniors' apartment buildings.
  - Create walking groups to get to SEESA.

## Community-centred (facilitated by Birgitta Larsson)

### What does SEESA being “community-centred” mean to you?

What is your perception of SEESA as part of the community now?

Are there ways we can strengthen this aspect of the centre?

### Definition

- Community is often geographical. But this place is community-centred by being so welcoming. It is a place where it is safe to connect with others.
- Gathering of like-minded people
- Sharing the story of what you find
- Accessible – everyone can afford to come.
- Extended family, intergenerational, inclusive, cost effective, open door, accepting.

### How we know about SEESA?

- Live here, know SEESA.
- We find out about things through the networks we establish; If you have a dog, you meet other dog owners and find out things about community.
- When you have kids – the same thing.
- For seniors – it is often through the wife and her connections that the word of mouth is spread.

### We must make people aware – clubs, programs

- It is about people – all in community – young and old – increase awareness.
- Making sure people over 55 know – they are the future.
- Have staff and volunteers out in community.
- Invite participation:
  - Bonnie Doon Mall – Night of Artist (some SEESA members participate), Strathearn Art Walk (booth and walking around).
  - Contact community leagues – 12 to 15 in southeast Edmonton.
  - Bring community league into SEESA – invite for information session – invite to Open House.
  - Integrate SEESA programs with community league programs.
  - Ask community league if they have senior representative in their organization (x2)
  - Put information about SEESA into new buildings close to SEESA.
  - Have flyers for everyone to pick up.

### Messaging

- Senior – retiree – maybe change the term.
- Play with being seniors – welcome – lucky you, are “now old enough” to join SEESA.

Name tags for everyone

## Gains (facilitated by Georgina Schurman)

### What do you believe seniors take with them when they participate in SEESA?

What have you taken away from your involvement? Have there been surprises?

What do you tell others about what you are gaining by being involved?

#### Friendships x2

- You feel you have a family.
- Social life (socializing).
- Exposure to new experiences
- Sense of belonging/community.

#### Skills

- Art, music, writing, language/French language fluency, exercise.
- Cognitive skills and maintaining cognitive health; mental stimulation.
- Entertaining new ideas, new points of view.

#### Confidence in being a senior (participating, seeing others be confident, motivation to do other things)

- Knowing where you can go for help.
- Seeing people who are older than me do well.
- Seeing how others deal with change and their strategies.

#### Gain more confidence in the younger people who come into SEESA to interact with the members (faith in the younger generation)

#### Opportunities

- Opportunities for volunteering
- Gives structure and purpose.
- SEESA allows members to continue to participate in their choice of programs/activities to consistently maintain their lifestyle over time.
- Friendships at SEESA starts when the person comes in the door as a member and there may be support to the member in whatever form (sharing, caring, assisting). That continues over the years until the member exits.

#### Surprises

- Friendships that develop through attending a club, e.g., French.
- Circuit-training – friendships that develop; meet for coffee after.
- Surprised at friends made and how many people the person already knew who come here too.

- Reconnected with old friends.
- Gain physical and mental well-being, emotional connections together.
- Surprised at options for volunteering.

**Tell others the above**

- Friendly, welcoming.
- Similar people with your mindset.
- Not like the stigma of elderly people.
- Quality of fitness classes/programming.

**Other comments**

- People not aware of other programs happening at SEESA or the Town Hall meeting.  
Need to further review our communication strategy.

# TILLIE'S CAFE JANUARY MENU

Breakfast served from 9:00 am - 10:30 am

Lunch served from 11:30 am - 1:00 pm

Beverages, Goodies, Take-home (frozen) products are available 9 am to 4 pm

## BREAKFAST

<b>BIG BREAKFAST COMBO</b>	\$13
2 eggs, 2 toast, bacon/sausage, & hashbrowns	
<b>SMALL BREAKFAST</b>	\$10
1 egg, 1 toast, bacon/sausage, & hashbrowns	
<b>BREAKFAST SANDWICH</b>	\$6
Fried egg, cheese, bacon on a bun	
<b>PANCAKES</b>	\$8
2 pancakes with bacon/sausage	

## LUNCH

<b>FULL SANDWICH</b>	\$6
Egg Salad; Tuna Salad; Grilled Cheese (as available)	
<b>HALF SANDWICH</b>	\$3
Egg Salad; Tuna Salad; Grilled Cheese (as available)	
<b>SOUP OF THE DAY</b>	\$5

## BEVERAGES

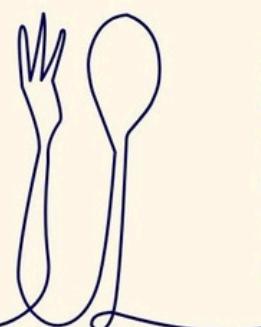
Coffee / Tea	\$2
Includes 1 refill	
Bottled Water; Pop	\$2

## BAKED GOODS

As available and as priced	
Cinnamon Buns (Thursday's only)	\$4

## TAKE-HOME (FROZEN) PRODUCTS

As available and as priced



## DAILY LUNCH FEATURES

Features - Chef may substitute as required:

### JAN 5 TO JAN 9

Mon, Jan 5 - Tuna Casserole	\$10
Tues, Jan 6 - Chicken Cordon Blue Pie	\$15
Wed, Jan 7 - House Pomodoro Sauce with Noodles baked with mozzarella	\$10
Thurs, Jan 8 - Cheese Burger or Veggie Burger	\$6
Fri, Jan 9 - Chef's Special	As priced

### JAN 12 TO JAN 16

Mon, Jan 12 - Turkey Meatloaf with Sweet Potatoes	\$15
Tues, Jan 13 - Curry Vegetable Pie with side salad	\$13
Wed, Jan 14 - Beef Stew with Dumplings	\$15
Thurs, Jan 15 - Taco Salad	\$14
Fri, Jan 16 - Chef's Special	As priced

### JAN 19 TO JAN 23

Mon, Jan 19 - Chicken Caesar Wraps	\$15
Tues, Jan 20 - Chicken Mushroom Swiss Burgers	\$10
Wed, Jan 21 - Cabbage Rolls and Roast Pork	\$14
Thurs, Jan 22 - Falafel Wrap with Tzatziki Sauce and Tabouleh	\$14
Fri, Jan 23 - Robbie Burns Luncheon - Ticked Event	\$20

### JAN 26 TO JAN 30

Mon, Jan 26 - Thai Fried Noodles	\$14
Tues, Jan 27 - Reuben Sandwich	\$12
Wed, Jan 28 - Liver and Onions	\$12
Thurs, Jan 29 - Dragon Eye Roll Sushi	\$15
Fri, Jan 30 - Chef's Special	As priced

# TILLIE'S CAFE

## (CLOSURE - JAN 2026)

### Full Day Closure

Dec 24 to Jan 4 - SEESA Seasonal Closure

Jan 23 - Robbie Burns Day Luncheon - Ticketed Event

### Partial Closure

Jan 7 - 2:30 pm to 4:30 pm - Travel Club Meeting

Jan 19 - 1:00 pm to 4:00 pm - Dec/Jan Birthday Party

Jan 21 - 2:30 pm to 4:30 pm - Travel Club Meeting

### Pop-up Cafes

Jan 7 - 2:30 pm to 4:30 pm - Cloak Room

Jan 19 - 1:00 pm to 4:00 pm - Idylwyld

Jan 21 - 2:30 pm to 4:30 pm - Cloak Room



# January 2026

This calendar primarily displays events.

For a full list of programs and clubs,  
visit [www.seesa.ca](http://www.seesa.ca)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Year's Day SEESA Closed	2 SEESA Closed	3
4	5 Session 1 Clubs Begin	6	7 <i>Outreach Worker On Site (9am – Noon)</i>	8	9	10
11	12 Session 1 Classes Begin	13	14	15	16	17
18	19 <i>Outreach Worker On Site (1 – 4pm)</i>  Dec-Jan Birthday Party Tillie's Café 1:30 - 3pm	20	21	22	23 Robbie Burns Day Luncheon  Tillie's Café 11:30 am Tickets: \$20.00	24
25	26	27	28	29	30	31 Mill Woods Resource Fair  11 am to 2 pm Millwood Town Centre

# February 2026

This calendar primarily displays events.  
For a full list of programs and clubs,  
visit [www.seesa.ca](http://www.seesa.ca)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 <i>Outreach Worker On Site (9am–12pm)</i>	5	6	7
8	9	10 <b>Registration Day</b> Session 2 9:15am	11	12	13	14 <b>Valentine's Day</b> 
15 <b>National Flag Day</b> 	16 <b>Family Day</b> <b>SEESA Closed</b>	17 Monthly Birthday Party 1:30 – 3pm Tillie's Café	18 SEESA Town Hall 2pm Tillie's Café	19	20	21
22	23	24	25 <b>Pink Shirt Day at SEESA</b> 	26	27 <b>Session 1 Classes End</b>	28
<b>Black History Month</b>						