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**SEESA**  
*You belong here*

## MESSAGE FROM THE BOARD

As the days grow longer, our thoughts turn to warmer temperatures and all the beauty spring brings. Meanwhile, let's enjoy time spent at SEESA with friends sharing stories, learning, creating and moving our bodies.

The Board is continuing its work on strategic planning. Part of this process has involved reviewing documents and conducting interviews.

The landscape of the seniors community is changing and SEESA considering the impact this will have upon our centre. Here a few highlights of what we have heard:

- it is projected that by 2030, the seniors population will grow by roughly 120%
- the diversity of Edmonton's senior population continues to increase
- currently, more than 18% of seniors living in Edmonton are spending more than 30% of their income on housing and this is expected to increase
- seniors centres have helped rebuild a sense of community after the isolation caused by COVID
- activities, information sessions, and programs are gateways to healthy aging
- the upcoming group of seniors thinks the term 'seniors' presents a view of losing worth in society and does not recognize the knowledge, skills, life experience and wisdom that they have to share
- volunteers want to choose how they provide support and do not volunteer out of a sense of obligation

A reminder of our Town Hall on February 18, 2:00-3:30 pm in Tllie's Cafe. This is a chance to share ideas and ask questions.

# 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.



# ❤️ Pink Shirt Day, February 25: Standing Up Against Bullying

Every year, communities across the country come together to recognize Pink Shirt Day, a powerful movement dedicated to raising awareness about bullying and promoting kindness, inclusion, and respect. What began as a small act of solidarity has grown into a nationwide campaign that inspires schools, workplaces, and organizations to take a stand against bullying in all its forms.

## The Meaning Behind Pink Shirt Day

Pink Shirt Day started in 2007 when two students in Nova Scotia encouraged their classmates to wear pink in support of a peer who had been bullied for wearing a pink shirt. Their simple yet courageous action sparked a global movement. Today, Pink Shirt Day reminds us that even small acts of kindness can create meaningful change.

The day encourages conversations about:

- The impact of bullying on mental health and well-being
- The importance of empathy and compassion
- Creating safe, inclusive spaces for everyone
- Standing up for others when we see injustice

Wearing pink symbolizes a commitment to treating others with dignity and respect.



## SEESA: An Inclusive, Welcoming, and Supportive Community

At SEESA, Pink Shirt Day reflects values that are lived every day. SEESA is an inclusive, welcoming, and supportive community for everyone. Diversity is celebrated, voices are heard, and individuals are encouraged to be their authentic selves.

Creating a positive environment means:

- Promoting respect in every interaction
- Encouraging open communication
- Supporting one another through challenges
- Celebrating differences as strengths



Bullying has no place in a community built on kindness and mutual respect. By standing together, SEESA continues to foster a culture where everyone feels safe, valued, and empowered.



### How We Can Make a Difference

Pink Shirt Day is more than wearing a color—it is a call to action. Each of us can contribute by:

- Choosing kindness in our daily words and actions
- Speaking up when we witness bullying
- Supporting those who may feel isolated
- Building friendships across differences

When we unite in compassion and understanding, we create a ripple effect that extends far beyond one day.



On Pink Shirt Day—and every day—let's continue working together to ensure our community remains inclusive, welcoming, and supportive for all. ❤



# BOOK & PUZZLE SALE

**Audio Books, DVDs, CDs also available**

March 30 - April 9 10:00 a.m. - 3:00 p.m.

(closed Saturdays, Sundays, & Stat Holidays)

April 11, 2026 - 10:00am - 3:00pm

April 12, 2026 - 11:00am - 2:00pm

**Partial Closure (Cafe portion) of Book Sale on**

**March 31 from 1:00 - 3:30pm**

**April 2 from 11:00am - 2:00pm**

**Donations of used books, puzzles, audio books,  
DVDs & CDs can be dropped off at  
SEESA's South Doors March 30 - April 9 (Noon)**

We do not accept encyclopedias, magazines, Readers Digest condensed versions, medical books, "How to" books, atlases, phonebooks, or maps.



**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)

# The Reuse Sale



## at SEESA

Saturday April 11, 10AM - 3PM

Sunday April 12, 11AM - 2PM

**Book Sale: March 30 - April 9  
and during Reuse Sale weekend**

Includes Jigsaw Puzzles, CDs, DVDs, Records

### **Donation Hours**

Monday to Friday, 9:00am - 4:30pm

Starting March 25th, ending on April 9th at Noon.

9350 - 82 ST N.W. at SEESA's South Doors

Additional donation days on

Saturday, March 28th and Saturday, April 4th from 10am - 3pm

**Do not drop off donations on Friday, April 3 or  
Monday, April 6 as SEESA will be CLOSED**

**Please ensure that all donations are clean and in good working condition.**

### **Please Do Not Donate/Drop-off:**

Upholstered furniture, large furniture & TVs, baby furniture & supplies, mattresses & pillows, computer software, hardware & out of date technology, VHS tapes, cassettes, magazines, encyclopedias, soft toys, clothing, shoes, suitcases, plastic food containers, auto parts.



### **Donations accepted for the**



780-468-1985



info@seesa.ca



www.seesa.ca



## SEESA Celebrates Lunar New Year!

SEESA kicked off Lunar New Year with a lunch and celebration on Friday, February 13. For 2026, Lunar New Year falls on February 17 kicking off the 15-day Spring Festival.

Lunar New Year begins on the first new moon of the lunar calendar, typically falling between late January and mid-February, and is celebrated across many Asian countries with unique local customs while sharing common themes of renewal and family togetherness. It is not tied to a single historical event but represents a cyclical transition, clearing away the old year's misfortune and welcoming good luck for the year ahead.

### Origins and Legends

The festival has roots over 4,000 years old, originally linked to agricultural cycles and honoring deities, spirits, and ancestors to ensure a bountiful year. A central legend involves the monster Nian, which terrorized villages each New Year's Eve. Villagers discovered that Nian feared the color red, loud noises, and fire, leading to traditions of decorating with red, setting off firecrackers, and performing lion and dragon dances to ward off evil.



SEESA was honored to have the Dim Sum Dance Society join us and perform some traditional Chinese dances. Thank you to Jim Der for providing a summation of Chinese New Year's traditions and to Shirly Leung for wishing everyone wealth - *Gōngxǐ Fācái* (恭喜发财) - and a Happy New Year - *Xīnnián Kuàilè* (新年快乐). Also, thank you to Cherie and her team for a delicious dumpling and Lotus infused sticky rice bundle lunch.



### Traditions and Customs

Preparations begin days or weeks in advance, including thorough cleaning of homes to sweep away bad luck, decorating with red lanterns and couplets, and preparing special foods. Key customs include:

- Family reunions and reunion dinners on New Year's Eve, featuring symbolic foods like dumplings (wealth), fish (abundance), and sticky rice cakes (rising fortunes).
- Red envelopes (hongbao, lai see, or li xi) containing money, given to children and unmarried adults to convey blessings and good fortune.
- Fireworks and firecrackers to scare away evil spirits and celebrate the new year.
- Lantern Festival on the 15th day, marking the first full moon and the end of celebrations, with lantern displays and sweet rice balls symbolizing family unity.

### Zodiac and Symbolism

- Each Lunar New Year is associated with one of twelve zodiac animals, influencing personality traits, fortunes, and cultural practices for the year. The Chinese zodiac is combined with the five elements—wood, fire, earth, metal, and water—to create a 60-year cycle, adding further symbolic meaning to each year.

Overall, Lunar New Year is a festival of renewal, family, cultural heritage, and hope for prosperity, celebrated globally with variations that reflect local beliefs and traditions.



# Thank You

At SEESA, volunteers are the heart of our organization—and Sharen Lepine exemplifies the spirit of service that strengthens our community every day.

Whether welcoming members and guests as a Front Desk Volunteer, assisting patrons as a cashier at Tillie's Café, or leading the supply team during SEESA's Reuse Sale, Sharen approaches every role with professionalism, dedication, and genuine warmth. Her presence ensures that those who walk through our doors feel valued, supported, and connected.

Reflecting on her experience, Sharen shares:

“ My favourite part of volunteering is meeting people and sharing my skills. It has given me confidence and a sense of accomplishment. Volunteering at SEESA is fun and rewarding. If you're considering it, there are many opportunities to get involved and make a difference. ”



Sharen's contributions extend beyond day-to-day support. As Reuse Sale Team Lead, she plays an integral role in the success of one of SEESA's signature community events. She organizes supplies for all reuse sale teams, supports fellow volunteers, and helps ensure smooth operations throughout the event. Currently, she is also shadowing Wendy and Eloise to gain a broader understanding of the full scope of the Reuse Sale, demonstrating her commitment to continuous learning and leadership within SEESA.

Her journey reflects the broader impact of volunteering at SEESA—building meaningful relationships, developing confidence, and contributing to initiatives that benefit seniors and the wider community. Sharen's dedication reminds us that every volunteer hour strengthens the foundation of our organization and enhances the experience of those we serve.

Thank you, Sharen, for the enthusiasm, leadership, and commitment you bring to SEESA. Your contributions truly make a difference.

# Art Classes

MARCH-APRIL

**Pottery: Beginner Clay Hand Building**  
**Thursday March 5-26 - 9:00am-12:00pm**  
**Member: \$140 Non-Member: \$150**

**Stained Glass Floating Dragonfly Over Lily Pad**  
**Tuesday March 10 1:00pm-4:00pm**  
**Member: \$95 Non-Member: \$105**

**Beautiful Birdhouse Workshop**  
**Wednesday March 11 9:30am-11:30am**  
**Member: \$60 Non-Member: \$70**

**Intermediate Mandala Dot Art Painted Tea Light**  
**Monday March 16 1:00pm-4:00pm**  
**Member: \$50 Non-Member: \$60**

**Painting with Coffee- Card Making**  
**Friday March 20 1:00pm-3:00pm**  
**Member: \$45 Non-Member: \$55**

**Cartooning for Fun!**  
**Tuesday March 24-April 14 1:00pm-4:00pm**  
**Member: \$120 Non-Member: \$156**

Register in person, online or by calling us at 780 468 1985



## GENERAL INTEREST CLASSES MARCH-APRIL

March 9 & 13      More or Less? Less is More      1:30 pm-3:30 pm  
 Member: \$ 25 Non Member: \$ 35

March 16      Vibration Drum Healing      10 am - 2 pm  
 Member: \$ 30 Non Member: \$ 40

March 19      Philosophers Cafe: The Values of Our 24<sup>th</sup> Prime Minister      1:30 pm - 3:00 pm  
 Member: \$ 15 Non Member: \$ 20

March 20      Genealogy: An Intro to DNA and Genealogy      1 pm - 4 pm  
 Member: \$ 60 Non Member: \$ 70

March 23      Art Reading      10 am - 12 pm  
 Member: \$ 30 Non Member: \$ 40

March 31      AI for Everyone      1 pm - 3 pm  
 Member: \$ 20 Non Member: \$ 30

April 7,14 & 28      Git- R- Done with Google      1 pm - 3 pm  
 Member: \$ 40 Non Member: \$ 50

April 30      Philosophers Cafe: The 4<sup>th</sup> Season of Life      1:30 pm - 3 pm  
 Member: \$ 15 Non Member: \$ 20

## FYI Sessions March-April

\$ 3 for Members and Non Members 1:30-3:00

- FYI: Smartphone Boot Camp - March 3
- FYI: Plan Today/Peace for Tomorrow - March 4
- FYI: Healthcare Options for Aging Albertans - March 10
- FYI: Aging in Place-The Solution is in Your Own Backyard with Special Guest Adam Arsenault - March 11
- FYI: Investing Myths and Realities - March 18
- FYI: Sharpen Your Defenses Against Financial Fraud! - March 25
- FYI: Being in Control - Taking on the Role and Responsibility of Being a Personal Representative, an Attorney, and/or an Agent - April 8
- FYI: What You Need to Know About Bucket List Planning Custom Trips and Europe 2026, New Travel Rules as well as Best Packing Practices - April 21

Register in person, online or by calling us at 780 468 1985



## NEW AND RETURNING FITNESS CLASSES

### ELDOA (NEW)

TUESDAY MARCH 17-APRIL 21 9:00-10:00AM  
 MEMBER: \$60 NON MEMBER: \$78

### MOVE WELL

WEDNESDAY MARCH 4-APRIL 29 9:00-10:00AM  
 MEMBER: \$90 \$ NON MEMBER: \$ 117

### STRONG AND STEADY (NEW)

MONDAY MARCH 2-APRIL 27 12:30-1:30PM  
 MEMBER: \$ 80 NON MEMBER: \$104

REGISTER IN PERSON, ONLINE OR BY CALLING 780 468 1985





## 2<sup>ND</sup> ANNUAL South East Edmonton Community Fair

MARCH 14  
1 - 4 PM

Spirit of Hope  
United Church  
(7909 82 Ave.)

CONNECT WITH LOCAL ORGANIZATIONS AND  
LEARN HOW THEY ARE WORKING IN OUR  
NEIGHBOURHOODS TO HELP CREATE A  
THRIVING, INCLUSIVE, AND VIBRANT SOUTH  
EAST EDMONTON FOR GENERATIONS TO COME!

LIGHT SNACKS AND REFRESHMENTS PROVIDED!  
COFFEE SUPPLIED BY CANDID COFFEE ROASTERS!



REGISTER  
FOR FREE!

4B Harm Reduction Society • BGCBigs • Boyle St. Community Services • COE - Neighbourhood Services • Coun. Ashley Salvador • CHEW Project • Dreams Gymnastics • Edmonton Women's Support Group • EPL • EFCL • EPS • NET • ETS • George Spady Society • Girl Guides • Kenilworth Youth Group • HERE • Homeward Trust • Impact Martial Arts • The Men's Shed • MLA Marlin Schmidt • Mustard Seed • Nickela Anderson, Ward D trustee • REACH • SAGE • Sahelian YEG (SA Women) • Saadiq Sumar, Ward G trustee • SEESA • SEECC • SECLA • Spirit of Hope United Church • St. David's

# Kaiser Club

March 4-April 29 (No April 22)  
3:15-5:15pm  
Holyrood Room  
Members: \$3 Non Members: \$6

Join us to play Kaiser! Kaiser is a popular four-player partnership trick-taking card game known for its strategic depth, engaging bidding, and social, competitive nature. It uses a 32-card deck, focusing on capturing points (5 of Hearts) while avoiding penalties (3 of Spades) to reach 52 points, offering a mix of skill, memory, and teamwork.

SEE SA  
You belong here

## New and Returning Evening Classes 2026

Body Blitz Wednesday

Mar 4-Apr 29 | 4:30-5:30pm

Body Blitz Thursday

Mar 5-Apr 30 | 4:30-5:30pm

Bolly X

Mar 5-Apr 30 | 6:00-7:00pm

Essentrics Stretch and Tone

Wednesday

Mar 4-Apr 29 | 6:30-7:30pm

Line Dance Beginner Monday

Mar 2-Apr 27 No Apr 6

| 6:15-7:15pm

Pickleball Introduction

Apr 13-Apr 27 | 5:30-7:00pm

Yoga Hatha with Barb Monday

Mar 2-Apr 27 No Apr 6 | 5:30-6:30pm

Zumba Gold Tuesday

Mar 3-Apr 28 No Mar 10 | 5:00-6:00pm

SEESA  
You belong here

Tips to  
stay safe  
this winter!

1 Wear appropriate clothing. Dress in layers before going outdoors.

2 Check the weather and road conditions before going out.

3 Avoid consuming alcohol before you go out in the cold as it may increase your risk of hypothermia.

4 Prepare an emergency kit for your car.

5 Wear good footwear with anti-slip soles.

6 Keep your steps and walkway clear and salted.



Canada

Join us for a variety of fun and engaging evening classes! Whether you're trying something new or picking up where you left off, there's something for everyone. Don't miss out! Check out our website for more information!



# Kaiser

## A Classic Canadian Card Game Worth Playing

Kaiser is a lively trick-taking card game that has been enjoyed for decades in parts of Canada, especially across the prairie provinces like Saskatchewan and Manitoba. It's often played in family gatherings, community halls, pubs, and social events — and once you learn it, you'll see why it's become a beloved pastime.

### Why Play Kaiser at SEESA?

Playing Kaiser becomes much more than just a card game — here's why joining the Kaiser Club at SEESA is worth your time:

- It's Social and Community-Building - the Kaiser Club is a great place to meet new friends or join in with current friends. Kaiser brings people together over shared play.
- It's Great for All Skill Levels - Even if you've never played before, the basic mechanics are easy to pick up. A few games in and you'll be reading bids, anticipating partners' plays, and having fun strategizing.
- Strategy & Teamwork - Unlike many casual games, Kaiser rewards planning ahead, communication with your partner (within the rules!), and tactical thinking. It's perfect for people who enjoy games with depth beyond pure chance.

Kaiser isn't just a card game — it's a shared experience. Whether you're in your first game or your hundredth, it brings laughter, strategy, and connection to the table. For newcomers looking to expand their social circle or card game lovers wanting a fresh challenge, joining SEESA's Kaiser Club is a great way to make new friends, build shared memories, and enjoy a classic Canadian tradition.

Club Liaison - Dorothy Mayall

Assistant Liaison - Teresa Krukoff

Club Dates & Times - Wednesdays - 3:15 pm to 5:15 pm



# Pink Shirt Day

Join us in wearing a pink shirt to SEESA on Wednesday, February 25 to stand against bullying!



Pink Shirt Day began in 2007 when a student in Nova Scotia was bullied for wearing a pink shirt to school. It has since been recognized annually worldwide as a day to stand against bullying. Pink Shirt Day encourages us to be inclusive, welcoming, and supportive with friends, family, and our communities.



Book Your Exam Today

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

50% Off Lens Upgrades for Seniors



SEESA

St. Patrick's Day

# LUNCH



TUESDAY  
**MARCH 17**

11:30 am  
In Tillie's Cafe

Lamb stew, scones, lavender shortbread for dessert, and coffee/tea. Including trivia with the chance to win a prize!

Tickets \$22, on sale from February 17 - March 10 at SEESA Front Desk (9350 82 Street) or phone 780-468-1985



# Specsavers

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- ⌚ Accepting New Patients
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store.bonniedooncentre.ca@specsavers.com  
specsavers.ca



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Let us help!**

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

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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:

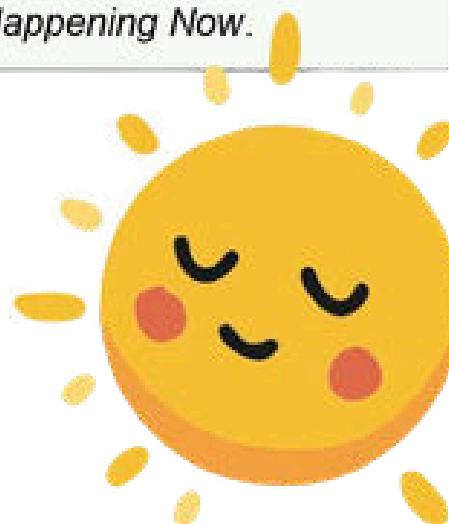
Card size:	3.5" w x 2" h	\$25.00
1/4 page:	4" w x 5" h	\$40.00
1/2 page:	8" w X 5" h	\$80.00
1/2 page:	4" w X 10" h	\$80.00
Full page		\$120.00

### 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*.



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**MARLIN SCHMIDT**  
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W: [NextHomeHub.ca](http://NextHomeHub.ca)



## 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**



**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)





**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**  
**March Birthday**  
**Party**

Are you a SEESA Member with a Birthday in March 2026?

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

**TUESDAY, MARCH 31**

**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!

Featuring a sing-a-long with SEESA Ukulele Students!

Please call SEESA's Front Desk (780-468-1985) by Friday, March 27 to RSVP (along with the number of guests joining you)

**SEESA**  
You belong here



**CONVERT YOUR BATHTUB  
INTO A WALK-IN SHOWER.**



**CALL TODAY  
780-539-7558**



## Enjoy Parties?

Become a SEESA Birthday Party Volunteer!

### Requirements

- Fun, friendly, welcoming, and positive attitude
- Comfortable serving food and beverages
- Must be patient and enjoy working with seniors
- Available on the third Tuesday of each month from 12:30pm - 3:30pm



Want to volunteer with friends?  
We are also able to recruit multiple volunteers together!

### Apply Today!

Obtain and submit a volunteer application at the Front Desk, or via our website at [seesa.ca/volunteering](http://seesa.ca/volunteering)

9350 82 St. NW  
780-468-1985



## FRONT DESK RECEPTIONISTS NEEDED

Volunteer at SEESA's Front Desk and help keep our center running smoothly!



### REQUIRED SKILLS

- Administrative and cash handling experience
- Excellent customer service skills
- Basic computer skills
- Friendly and positive attitude
- Must be patient and enjoy working with seniors

### 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



## 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.



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



### REQUIRED SKILLS:

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

## 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)



9350 82 St. NW | 780-468-1985



## SEESA Seniors Shine at the Alberta 55+ Games held in Leduc on August 21-24, 2025!

Submitted by Anna Der

This past summer, the city of Leduc hosted active adults 55+ for the Alberta Provincial Games. These were not just athletics but categories as crafts, photography, cards and creative writing to demonstrate talents from all over Alberta (Zones 1 to 8). SEESA members from both Zone 6 (Edmonton) and Zone 5 (Outlying communities around Edmonton) participated and medaled!

Lucina Barsalou, Chair of the 2025 AB 55+ Games reminded us that the 55+ Games are more than just a competition; they are a powerful reminder that the joy of sport, the value of teamwork and the importance of connection knows no age limit. These games are about community, camaraderie, and proving that staying active, engaged, and passionate is something we can carry with us throughout our lives. Alberta 55+ is proud to be able to organize events to give these athletes an opportunity to advance to not only our provincial games but some winners are able to advance to the Canada Games.

A full listing of winners from all Alberta Zones is available on the Alberta 55plus website ([alberta55plus.ca](http://alberta55plus.ca)) and all Edmonton winners are available from the "Grapevine" Newsletter from our Zone 6 Edmonton Region -Marigold! They have stated that some winners were listed at the incorrect level or missed altogether – if this is you, please advise them and us so the missing people can be congratulated.

The 55+ games are a grand event with both opening and closing ceremonies and volunteers demonstrating flags from each zone of Alberta and performances from local cultural organizations. Quite a few of the Medals were awarded at the closing banquet.

The next Alberta 55 Plus Summer games will be held in Fort McMurray in 2027 and you are all encouraged to enter in your appropriate category of interest.



Participants (that we know of) from SEESA that entered the Alberta Games:

- Culture Crafts – No entries from SEESA
- Culture Creative Writing – Pam Ellenberger – GOLD MEDAL 2X
- Culture Photography - No entries from SEESA
- 8-Ball - No entries from SEESA
- Badminton - Amy Chin, Tannis McElroy - SILVER MEDAL  
Steven Siu, Alfred Mo – GOLD MEDAL
- Bertha Lardner, Steven Siu – GOLD MEDAL
- Bocce – No entries from SEESA
- Contract Bridge – No entries from SEESA
- Cribbage – No entries from SEESA
- Darts – No entries from SEESA
- Duplicate Bridge- Lloyd White, Jim Normey – SILVER MEDAL
- Floor Curling – Carl Kindred, Ken Heller, Anne Yarmuch, Jim Clifford - FOURTH
- Floor Shuffleboard – No entries from SEESA
- Golf – No entries from SEESA
- Horseshoes (event cancelled) - Sheila MacKay
- Military Whist – Pat Chobater, Fran Purschke, Phyllis Stark, Rosalyn Schilberg - SEVENTH
- Pickle Ball – Jim Der, Donald Der – GOLD MEDAL (listed as Bronze in the 55+ newsletter as many age groups were put together since there were too few entries in each category).
- Slo-Pitch – No entries from SEESA
- Swimming – No entries from SEESA
- Tennis – No entries from SEESA
- Track and Field - No entries from SEESA



Jim Der had a few encouraging comments from his first attendance at the Alberta games:

*"We entered under the Pickleball Age 65+ 2.5 category even though I am 75 because my brother is 65. It was played outdoors and the weather conditions did not cooperate. Winds were gusting at times of 30 km/hr or more and it was threatening to rain. At the odd time when it started to sprinkle, play had to be halted until the rain stopped, so the courts at times were damp (not wet or it would have been dangerous). So, all in all, it was very difficult to play under those adverse conditions. Imagine lobbing a hollow ball high in the air, only to have the ball come back right at you!"*

*"For the 2.5 rating level, unfortunately there were not enough participants for each age category, so the organizers decided to lump everyone together, no matter their age into the 60+ category. Jim Der and Don Der were lumped into this category and won the bronze medal. However, when they were properly categorized into the age category of 65+, they were awarded the GOLD Medal."*

# 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!**

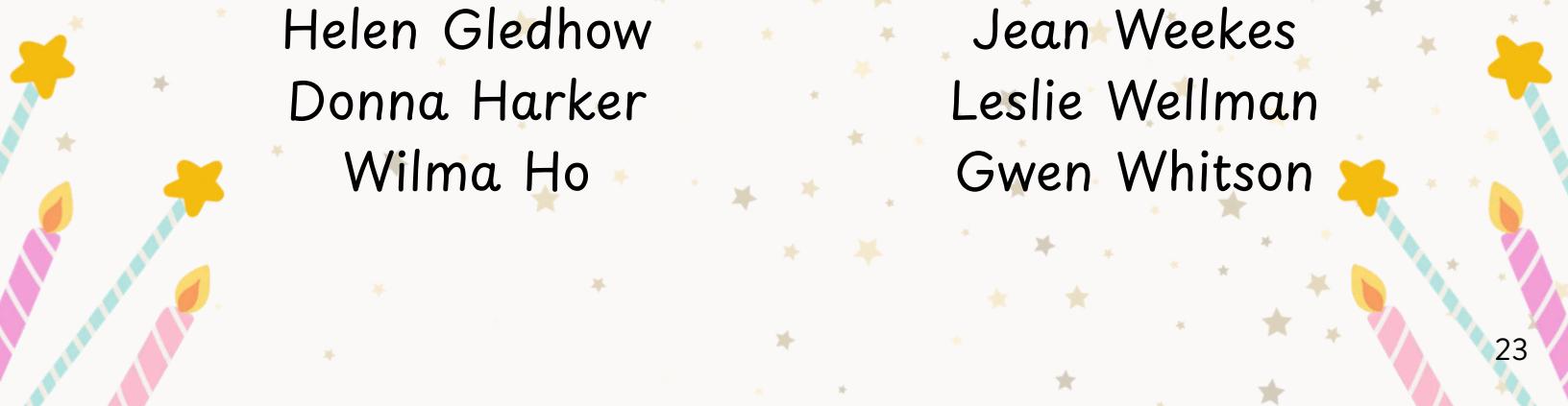


# SEESA'S BIRTHDAYS

## FEBRUARY 15 TO MARCH 14

Marilyn Albert  
Alexandra Anderson  
Glenna Anderson-Thompson  
Jay Atienza  
Sandy Bell  
Claudette Belyea  
Susan Bidlock  
Karen Bolstler  
Christine Clarke  
Shirley Clarke  
Freda Clemens  
Wendy Doughty  
Judy Droessler  
Lorraine Fiske  
Karen Gibbs  
Helen Gledhow  
Donna Harker  
Wilma Ho

Alma Kessel  
Marge Lange  
Lesia Levytsky  
Marco Levytsky  
Wendy Lomas  
Ron McGregor  
Danielle Paradis  
Fay Petkus  
Andy Rathbone  
Dianne Reddekopp  
Dee Scott  
Peg Sloan  
Elsie Stannard  
Pam Swinton  
Pat Ursuliak  
Jean Weekes  
Leslie Wellman  
Gwen Whitson



# TILLIE'S CAFE FEBRUARY 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>	<b>\$13</b>
2 eggs, 2 toast, bacon/sausage, & hashbrowns	
<b>SMALL BREAKFAST</b>	<b>\$10</b>
1 egg, 1 toast, bacon/sausage, & hashbrowns	
<b>BREAKFAST SANDWICH</b>	<b>\$6</b>
Fried egg, cheese, bacon on a bun	
<b>PANCAKES</b>	<b>\$8</b>
2 pancakes with bacon/sausage	

## LUNCH

<b>FULL SANDWICH</b>	<b>\$6</b>
Egg Salad; Tuna Salad; Grilled Cheese (as available)	
<b>HALF SANDWICH</b>	<b>\$3.50</b>
Egg Salad; Tuna Salad	

## 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:

### FEB 2 TO 6

Mon, Feb 2 - Butter Chicken & Rice	\$15
Tues, Feb 3 - Roast Vegetable Sandwich on multigrain bun with pesto aioli	\$13
Wed, Feb 4 - Roast Chicken topped with dill sauce & mashed potatoes	\$14
Thurs, Feb 5 - House Club Sandwich	\$12
Fri, Feb 6 - Chef's Special	As priced

### FEB 9 TO 13

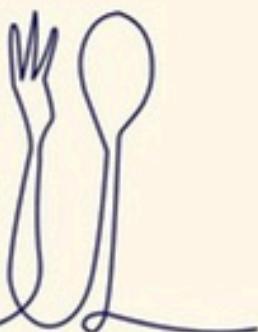
Mon, Feb 9 - Stuffed Cannoli with goat cheese & Caesar salad	\$14
Tues, Feb 10 - Cheese Burgers or Falafel Burgers	\$6
Wed, Feb 11 - Chicken Shawarma Wrap	\$12
Thurs, Feb 12 - Vegetarian Lasagna	\$14
Fri, Feb 13 - Lunar New Year Luncheon - Ticketed Event	\$15

### FEB 16 TO 20

Mon, Feb 16 - Family Day - SEEAS Closed	
Tues, Feb 17 - Shrimp Fettuccini Alfredo	\$15
Wed, Feb 18 - Chicken Quesada's	\$12
Thurs, Feb 19 - Pork Schnitzel on brioche with slaw	\$12
Fri, Feb 20 - Chef's Special	As priced

### FEB 23 TO 27

Mon, Feb 23 - Jamaican Patty Day - Black History Month - Ticketed Event	\$15
Tues, Feb 24 - Beef Goulash with Egg Noodles	\$12
Wed, Feb 25 - Toutiere with mushy peas	\$15
Thurs, Feb 26 - Taco Salad	\$14
Fri, Feb 27 - Chef's Special	As priced



# TILLIE'S CAFE

## CLOSURE - FEB 2026

### Full Day Closure

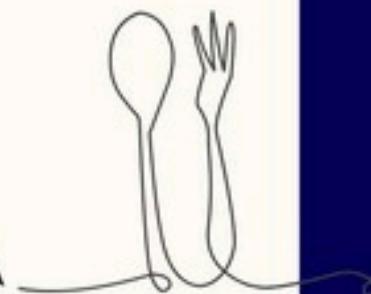
Feb 13 - Lunar New Year Luncheon - Ticketed Event  
Feb 16 - Family Day  
Feb 23 - Black History Month - Jamaican Patty Day  
Luncheon - Ticketed Event

### Partial Closure

Feb 11 - 2:30 pm to 4:30 pm - Travel Club Meeting  
Feb 17 - 1:00 pm to 4:00 pm - Feb Birthday Party  
Feb 18 - 2:00 pm to 4:00 pm - Town Hall Meeting  
Feb 25 - 2:30 pm to 4:30 pm - Travel Club Meeting

### Pop-up Cafes

Feb 11 - 2:30 pm to 4:30 pm - Cloak Room  
Feb 13 - All Day - Cloak room  
Feb 17 - 1:00 pm to 4:00 pm - Idylwylde  
Feb 18 - 2:00 pm to 4:00 pm - Cloak Room  
Feb 23 - All Day - Cloak room  
Feb 25 - 2:30 pm to 4:30 pm - Cloak Room



# 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	5	6	7
					 <b>2026 Winter Olympic Games Begin (Feb 6 – 22)</b>	
8	9	<b>10</b> <b>Registration Day Session 2</b> <b>9:15am</b>	<b>11</b> <b>Outreach Worker On Site (9am – Noon)</b>	12	<b>13</b> <b>Lunar New Year Lunch 11:30am</b> <b>Tillie's Café</b> <b>Tickets: \$15.00</b>	<b>14</b> <b>Valentine's Day</b> 
15 National Flag Day 	16 Family Day SEESA Closed	17 Monthly Birthday Party 1:30 – 3pm Tillie's Café 	18 SEESA Town Hall 2pm Tillie's Café	19	20	21
<b>22</b> <b>Outreach Worker On Site</b> <b>Mon, Jan 23 (1pm – 4 pm)</b>	<b>23</b> <b>Jamaican Patty Day Lunch</b> <b>11:30am</b> <b>Tillie's Café</b> <b>Tickets: \$15.00</b>	24	<b>25</b> <b>Pink Shirt Day at SEESA</b> 	26	<b>27</b> <b>Session 1 Classes End</b>	28

**February 1 to 28: Black History Month**

**February 6-22: 2026 Winter Olympics**

**February 17: Lunar New Year – Year of the Horse**

**February 17: Random Acts of Kindness Day**

**February 17: First Day of Ramadan**

**February 18: Ash Wednesday**

**February 26: National Letter to an Elder Day**

# March 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 <b>Session 2 Classes Begin</b>	3	4	5	6	7
8 International Women's Day	9	10	11 <i>Outreach Worker On Site (9am – Noon)</i>  AFCA Curling Tournament Tillie's Closed	12	13	14 SE Community Fair Spirit of Hope Church 1 – 4 pm
15	16	17 St. Patrick's Day Lunch 11:30 am Tillie's Café Tickets - \$22 	18	19	20	21
22	23 <i>Outreach Worker On Site (1 – 4pm)</i>	24	25	26	27	28
29	30	31 <i>Monthly Birthday Party 1:30 – 3pm Tillie's Café</i>	<b>Reuse Sale Collection – March 25 to April 9, Mon to Fri, 9 am to 4:30 pm Sat, March 28 &amp; April 4 – 10 am to 3 pm No collection – Fri, Ap 3 and Mon, Apr 6</b>  <b>Book Sale – March 30 to April 9</b>			