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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 Tillie'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 • 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 lì xì) 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



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



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 24th 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 4th Season of Life** 1:30 pm - 3 pm
Member: \$ 15 Non Member: \$ 20

Register online, in person or by calling 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






2ND 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 • SEEC • SECLA • Spirit of Hope United Church • St. David's

New and Returning Evening Classes 2026

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!

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



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.





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.



Kaiser

A Classic Canadian Card Game Worth Playing

J



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



Q

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.



SEESA

St. Patrick's Day

LUNCH



TUESDAY
MARCH 17

11:30am
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

Bonnie Doon Centre




**Book Your
Exam Today**

- Accepting New Patients
- Senior Exam Covered by Alberta Health Care
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- OCT Imaging with every eye exam
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& Includes Prescription Sunglasses

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located next to the food court
587-442-2932
store.bonnedooncentre.ca@specsavers.com
specsavers.ca

50% Off Lens Upgrades for Seniors



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**
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S E R V I C E S

Give us your list; we'll get it done
www.HOHS.ca | 780.940.2127



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 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.



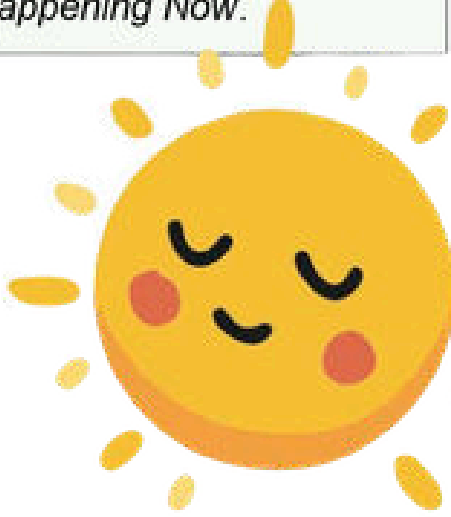
Heather McPherson
 Member of Parliament
 Edmonton Strathcona

- 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



Visit my website at www.heathermcpherson.ndp.ca



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

Address: #100 8925 82 Avenue, T6C0Z2

Phone: 780-414-1015

Next Home Hub

Real Estate Expertise for Seniors

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

NextHomeHub.ca



Michael Draper, REALTOR[®] and Senior Real Estate Specialist (SRES)[®]

P: 780-242-1774

E: michael@nexthomehub.ca

W: NextHomeHub.ca

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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





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



THE TUB DOCTOR

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

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



REQUIRED SKILLS:

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

Submit a volunteer application through the front desk, or via our website at 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!



APPLY TODAY

Submit a volunteer application through the front desk, or via our website at seesa.ca/volunteering

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

9350 82 St. NW
780-468-1985



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



9350 82 St. | 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) 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.

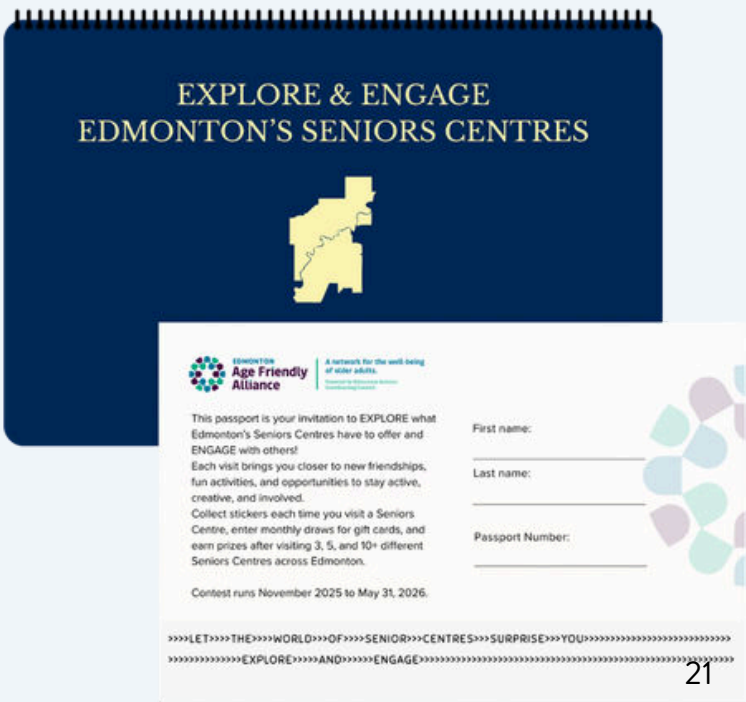
How It Works

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
- Edmonton Aboriginal Seniors Centre – easc.ca
- Edmonton Seniors Centre – edmontonseniorscentre.ca
- Jewish Senior Citizen's Centre – jdicseniors.ca
- Mill Woods Seniors Association – mwsac.ca
- North Edmonton Seniors Association – nesa1.ca
- Northwest Edmonton Seniors Society – nwess.ca
- Sage Seniors Association – mysage.ca
- South East Edmonton Seniors Association – seesa.ca
- South West Edmonton Seniors Association – swesa.ca
- Strathcona Place Society – strathconaplace.com
- The Shaama Centre – shaama.ca
- Westend Seniors Activity Centre – 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



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

BIG BREAKFAST COMBO \$13

2 eggs, 2 toast, bacon/sausage, & hashbrowns

SMALL BREAKFAST \$10

1 egg, 1 toast, bacon/sausage, & hashbrowns

BREAKFAST SANDWICH \$6

Fried egg, cheese, bacon on a bun

PANCAKES \$8

2 pancakes with bacon/sausage

LUNCH

FULL SANDWICH \$6

Egg Salad; Tuna Salad; Grilled Cheese (as available)

HALF SANDWICH \$3.50

Egg Salad; Tuna Salad

SOUP OF THE DAY \$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



Feb 3, 2026

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6  2026 Winter Olympic Games Begin (Feb 6 – 22)	7
8	9	10 Registration Day Session 2 9:15am	11 Outreach Worker On Site (9am – Noon)	12	13 Lunar New Year Lunch 11:30am Tillie's Café Tickets: \$15.00	14 Valentine's Day 
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
22 Outreach Worker On Site Mon, Jan 23 (1pm – 4 pm)	23 Jamaican Patty Day Lunch 11:30am Tillie's Café Tickets: \$15.00	24	25 Pink Shirt Day at SEESA 	26	27 Session 1 Classes End	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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Session 2 Classes Begin	3	4	5	6	7
8 International Women's Day	9	10	11 Outreach Worker On Site (9am – Noon) 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 Outreach Worker On Site (1 – 4pm)	24	25	26	27	28
29	30	31 Monthly Birthday Party 1:30 – 3pm Tillie's Café	Reuse Sale Collection – March 25 to April 9, Mon to Fri, 9 am to 4:30 pm Sat, March 28 & April 4 – 10 am to 3 pm No collection – Fri, Apr 3 and Mon, Apr 6 Book Sale – March 30 to April 9			

Updated: Feb 15, 2026

SEESA *You belong here*