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Message from the Board

The chirping birds, buds on trees, and puddles are heralds of upcoming spring. Members are sharing plans for gardens, travels, and time spent with family and friends. Spring at SEESA will bring us the Annual General Meeting and Volunteer Appreciation, the spring Re-use Sale and Book Sale, a performance by Melody Singers, a ukulele sing-along and much more.

Join us for the Annual General Meeting and Volunteer Appreciation on April 22 from 1:30 - 3:30 pm. We will be highlighting our learning and progress on SEESA's strategic plan. The volunteer appreciation event is our way of giving thanks to our volunteers who make SEESA a great place to learn, be active, discover our creativity, and share stories and laughter.

While you're spring cleaning, keep SEESA in mind for donations for the spring Re-use Sale. Your donations help keep these items out of the landfill and bring joy to those who purchase these items. These sales also generate significant revenue to support operations.

Our collection of Indigenous literature has continued to grow! These materials are part of the loaning library. You can also purchase books or puzzles at any time through the front desk.

Finally, some words to live by

“Joy is a vitamin for the soul.
You should have some every day.”



Save the Date

2026

**ANNUAL GENERAL MEETING &
VOLUNTEER APPRECIATION**

**Wednesday, April 22, 2026
1:30 P.M.**

Further information and documents will be available
closer to the meeting date.

**2026 SEESA Regular, Lifetime or Honorary
membership is required to vote at the AGM.**

South East Edmonton Seniors Association

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

780-468-1985 • info@seesa.ca • www.seesa.ca



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

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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 Hosts a Fantastic Day of Floor Curling Fun

On Wednesday, March 11, SEESA was buzzing with energy as participants gathered for an exciting Alberta Floor Curling Tournament. The day was filled with camaraderie, laughter, and just the right amount of friendly competition.

Players from several communities came together to enjoy the sport, build connections, and celebrate the spirit of recreation. The event showcased not only great skill on the floor but also the strong sense of friendship that makes gatherings like this so special.

A heartfelt thank you goes out to Brenda W and her dedicated team for organizing such a smooth and enjoyable event. Appreciation is also extended to Chef Cherie and her wonderful group of volunteers, who kept everyone well-fed with a delicious lunch that added to the day's success.

Tournament Results:

- 1st Place: Williams team (Fort Saskatchewan)
- 2nd Place: Beamish team (Jarvie)
- 3rd Place: Kurash team (Vegreville)
- 4th Place: Petersen team (Tofield)

Congratulations to all the winners and participants for making the day memorable. Events like these truly highlight the joy of coming together through sport and community.

We look forward to seeing everyone again at future SEESA events!



SEESA
You belong here



Mother's Day Spring Quilt Rabble

TICKETS: \$5.00

Draw Date: May 1, 2026

Spring Quilt
(size: 67" x 83")
Handcrafted & generously
donated by the SEESA
Quilters & Crafters Club

Value: \$800.00



Tickets Now On Sale

Purchase at SEESA Front Desk
or by phone 780-468-1985

License #774358
500 Tickets Printed



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



SEESA Partnering with Bonnie
Doon Flowers and Garden Centre

Pansy Planter Fundraiser

- Gorgeous Planter Pot (12 inch pot with variety of 7 different pansy colours)
- Cost: \$25 each, with \$7 supporting SEESA programs
- Order In-Person: March 5 - April 2 at SEESA's Front Desk
- Pickup: May 6, 7 and 8 - At SEESA



780-468-1985

9350 82 St NW, Edmonton, AB.

Donate a Car
Running or not,
old or new

CARS - TRUCKS
BOATS
MOTORCYCLES
RVs



WE WOULD
LOVE TO PUT IT
TO GOOD USE

Donate Your Car to

South East Edmonton Seniors Association

Donate-A-Car will arrange the pick-up of your vehicle at no cost to you, sell the vehicle, and once they receive the funds, you will receive your tax deductible receipt through CanadaHelps and SEESA will receive the cash value of the sale.



TELL US YOUR
VEHICLE INFO



WE PICK UP
YOUR CAR



YOU GET A TAX
DEDUCTIONS



FOR MORE INFORMATION, VISIT WWW.SEESA.CA OR
DONATE A CAR AT INFO@DONATECAR.CA / 1-877-250-4904



Got Empty Bottles,
Cans & other
Recyclables?

We've Got
a Cause!

Turn those recyclables into a
REAL CHANGE for SEESA

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

Your recyclable donation will go
directly toward SEESA to help support
our programs.





EASTER LUNCH

Thursday, April 2, 2026

Tillie's Cafe

Seatings at 11:00am & 12:30pm

Tickets: \$20/Person

Menu: Honey mustard ham, scalloped potatoes,
Spring salad, strawberry shortcake, coffee/tea.

*For vegetarian and gluten-free options, please sign up
through the Front Desk.*

Last day to buy tickets is Thursday, March 26

SEESA FRONT DESK - 9350 - 82 STREET
OR BY PHONE 780-468-1985



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 3
(May 4, 2026 to June 26, 2026)

Registration

Tuesday, April 14th @ 9:15am

Program Guide available on website (www.seesa.ca)

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!"



EASTER WEEKEND

**SEESA will be closed on
Friday, April 3, 2026 &
Monday, April 6, 2026
for the Easter Holiday.**



SEESA MELODY SINGERS PRESENT

ROCKIN' THRU THE AGES PART 2

Sunday, May 3 @ 2:00 pm

Doors Open at 1:30 pm

Tickets \$15.00

(includes a baked good and beverage to enjoy
during the after show social)



Purchase your tickets at SEESA's front desk
9350 - 82 ST NW, or by phone at 780-468-1985





UPCOMING CLASSES

MARCH-APRIL



MAR 24-APR 14 Cartooning for Fun
1:00-4:00 Member: \$120 Non Member: \$156

MAR 18 FYI: Investing Myths and Realities
1:30-3:00 Member: \$3 Non Member: \$3

MAR 19 Philosophers Cafe: The Values of
1:00-3:00 Our 24th Prime Minister
Member: \$15 Non Member: \$20

MAR 25 FYI: Sharpen Your Defenses Against
1:30-3:00 Financial Fraud!
Member: \$3 Non Member: \$3

APR 7, 14 & 28 Git-R- Done with Google
1:00-3:00 Member: \$40 Non Member: \$50

APR 8 FYI: Being in Control - Taking on the Role
1:30-3:00 and Responsibility of Being a Personal
Representative, an Attorney, and/or an Agent
Member: \$3 Non Member: \$3

APR 21 FYI: What You Need to Know About
1:30-3:00 Bucket List Planning Custom Trips and
Europe 2026, New Travel Rules as well
as Best Packing Practices
Member: \$3 Non Member: \$3

APR 30 Philosophers Cafe: The 4th Season of
1:30-3:00 Life
Member: \$15 Non Member: \$20

Register online, in person, or by calling 7804681985

Jamaican Patty Day Lunch – A Celebration of Food and Culture

Monday, February 23

Our recent Jamaican Patty Day Lunch was a wonderful success, bringing together great food, learning, and community spirit.



Attendees had the opportunity to enjoy delicious Jamaican patties, Maduros (Fried Plantain) and Caribbean Slaw, which were a hit with everyone. Thank you to Chef Cherie and her amazing team of volunteers!



Beyond the food, the event also served as a meaningful way to recognize and celebrate Black History Month. Participants had the opportunity to learn about the cultural significance and history connected to the occasion, creating a deeper appreciation for the traditions being highlighted.

The lunch was a perfect blend of flavor and education, leaving everyone with full stomachs and a greater sense of connection and understanding. Thank you to everyone who participated and helped make this event so memorable!





Black History Month: Reflecting on the Past, Inspiring the Future

Now marking 30 years of official recognition by the federal government, Black History Month continues to celebrate the rich legacy, achievements, and contributions of Black Canadians. In Alberta, this recognition has been observed since 2017, reinforcing the importance of acknowledging Black history both locally and nationally.

The 2026 national theme, “30 Years of Black History Month: Honouring Black Brilliance Across Generations – From Nation Builders to Tomorrow’s Visionaries,” highlights the enduring impact of Black Canadians across time. Locally, the City of Edmonton’s theme, “Hidden Histories and Bold Futures,” encourages reflection on untold stories while looking ahead to new possibilities.

Black presence in Canada dates back to the early 1600s with Mathieu Da Costa, yet many stories remain overlooked. From Black Loyalists who settled in the Maritimes after the American Revolution to Black soldiers who served in conflicts like the War of 1812, these contributions have helped shape Canada’s identity. Despite this, histories of enslavement in Canada and the systemic barriers faced by early Black immigrants—including discriminatory policies like the 1911 order-in-council restricting Black immigration—are often underrecognized.

The first major wave of Black immigrants to Western Canada (1905–1912) arrived seeking opportunity but were met with hostility and exclusion. It wasn’t until the 1960s that immigration restrictions were lifted, allowing Black communities to grow, connect, and flourish across the country.

Today, organizations like the Africa Centre (africacentre.ca) and the Shiloh Centre for Multicultural Roots (shilohcmr.com) continue to foster community, celebrate culture, and support future generations. Black History Month serves as a vital reminder to learn, reflect, and honour the resilience, excellence, and lasting contributions of Black Canadians—past, present, and future.

Your Opinion Counts!

You may notice one of our practicum students, Pauline, out and about at SEESA collecting feedback from members as part of her student practicum requirements. Pauline will be conducting a survey on SEESA's special events.

If you'd like to arrange a time to meet with Pauline to complete the survey, please contact Graham at 780-468-1985 ext. 260 or graham@seesa.ca



Outreach Program

Wed, Mar 11 - 9-12
Mon, Mar 23 - 1-4
Wed, Apr 8 - 9-12
Mon, Apr 20 - 1-4

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 2nd Wednesday (9 am to noon) and the 4th 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 MORE
INFORMATION

780-468-1985
9350 82 Street
seesa.ca

For emergent needs: call 211-2



Specsavers Bonnie Doon Centre



Book Your
Exam Today

- 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

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

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

50% Off Lens Upgrades for Seniors

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



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

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

CONTACT THE EXPERIENCED PROFESSIONALS AT

HOME & **O**FFICE
ANDYMAN
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

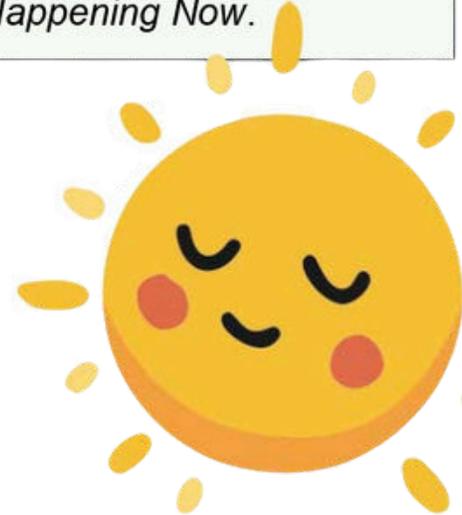
heather.mcpherson@parl.gc.ca



Follow on   



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



in partnership with



Free Tax Clinic

Wednesday, April 8, 9:00am – 3:00pm

At SEESA – room location TBD

Eligibility Criteria:

- Ages 55+
- Modest income (approx. \$35,000 individually or \$45,000 as a couple)
- Simple tax situation (e.g. not self-employed, no investment over \$1000, no rental income, etc.)

Call or visit the SEESA Front Desk to sign up for a 30-minute time slot (limited capacity).

Questions? Email Judy at finance@strathconaplace.com

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





CRIBBAGE Tournament

Saturday, April 25, 2026

Games start at 11:00am

Check-in & Payment (cash only) 9:30 - 10:30am

Door
Prizes!

\$25 per person
\$50 per team of 2
(includes a light lunch)

Skunk Pot!
\$1.00

Peg
Vendor
Cash or
e-transfer
only

1st, 2nd & 3rd place cash prizes!
Highest hand cash prize!

**Registration Is Now Full -
Accepting Waitlist**

To add your name to the waitlist, contact Pam
Ellenberger at 780-668-4815
or pam.ellenberger23@gmail.com

50/50
Raffle

19 Pot!
\$0.25

South East Edmonton Seniors Association
9350 - 82 Street N.W. Edmonton



Take Action Against

CLIMATE CHANGE

save the
earth



Switch To Renewable Energy

Use solar, wind and hydro power to reduce dependence on fossil fuels



Reduce Waste

Practice recycling and composting, and choose products with minimal packaging.



Adopt Sustainable Transportation

Walk, bike, carpool or use public transportation to cut down on carbon emissions

Seniors for Climate Action Now

April 1 & April 29
1:30-3:00

Edmonton Room
9350 82 Street- SEESA

Members: \$ 3 Non Members: \$3



THE TUB DOCTOR



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

**CALL TODAY
780-539-7558**



March is Fraud Prevention Month in Canada. This annual campaign helps people learn how to spot scams, stop them, and report them. Unfortunately, scammers often target older adults. The good news is that knowing the warning signs can help keep you safe.

Remember the Three Rs of Fraud Prevention: Recognize – Reject – Report

Investment Scams

- Someone may contact you about an investment that promises high profits with little or no risk.
- If it sounds too good to be true, it usually is.
- Never invest money with someone you do not know or trust.

Grandparent or Family Emergency Scam

- A caller pretends to be your grandchild or family member in trouble.
- They may say they need money quickly for bail, an accident, or a medical emergency.
- They may also ask you not to tell anyone.
- Always hang up and call your family member directly to check the story.

Bank or Government Impersonation

- A scammer may pretend to be from your bank, the police or a government office.
- They may say your account is in danger and ask for personal information or money.
- Remember: Real banks and government agencies will not ask for sensitive information this way.

Romance Scams

- Scammers sometimes form relationships online through social media or dating sites.
- After building trust, they ask for money for emergencies, travel, or investments.
- If someone you have never met in person asks you for money, be very cautious.

Lottery or Prize Scams

- You may receive a message saying you won a prize or lottery.
- But first, they say you must pay fees or taxes.
- Real lotteries never ask you to pay money to collect a prize.



Watch for these red flags:

- ▶ Someone asks you to send money quickly
- ▶ They tell you the situation is urgent
- ▶ They ask you to keep it secret
- ▶ They ask for payment using gift cards, cryptocurrency, or cash
- ▶ You receive unexpected calls, emails, or text messages asking for personal information

If something doesn't feel right, trust your instincts.

Simple Ways to Protect Yourself

- ✓ Slow Down - Scammers want you to rush. Take time to think before acting.
- ✓ Verify the Story - Call the person or organization directly using a phone number you already trust.
- ✓ Do Not Click Suspicious Links - If you receive a strange email or text, do not click on the link.
- ✓ Never Send Money to Someone You Have Not Verified

Report Fraud

- If you think you have been targeted by a scam, report it.
- Reporting scams helps protect others in your community.
- You can report fraud to the Canadian Anti-Fraud Centre or contact your local police if money has been lost.

Stay Safe

Scammers rely on fear, pressure, and confusion.

Remember the Three Rs:

- Recognize the signs
- Reject suspicious requests
- Report scams

When in doubt, talk to a trusted family member, friend, or financial advisor before sending money.



The security of your benefits rests in your hands

Simple steps to protect your personal information

This leaflet offers tips for protecting your personal information as well as your Old Age Security (OAS), Canada Pension Plan (CPP), Guaranteed Income Supplement (GIS) benefits, as well as the Allowance and the Allowance for the Survivor. It will also help you recognize the risks and how to respond confidently.

What to look out for

Contact Service Canada immediately if you notice any of the following:

- You discover that someone else is receiving or using your benefits.
- Changes have been made to your personal information without your consent (address, marital status, or banking information).
- Someone is forcing you to pay them part or all of your benefits.
- Personal documents look suspicious or altered (proof of residence, power of attorney, etc.).

Recognizing legitimate calls or visits

Sometimes, our employees may call or visit you. If someone claims to represent the Government of Canada and you are unsure about their identity, take a moment to verify their credentials. You can call **1-800-O-Canada (1-800-622-6232 / ATTY: 1-800-926-9105)** to check if their name is on the official employee list.

Keep your personal information up-to-date for added security

To prevent errors or fraud, inform Service Canada promptly of any changes to the following:

- Mailing and residential address
- Banking information
- Marital status (married, common law, widow, separated or single)
- Absence from Canada for more than six months

If you modify your personal information, you must inform all applicable government organizations. It will not be automatically updated across all government organizations.

Service Canada can assist you:

By telephone:

- Old Age Security and Canada Pension Plan: **1-800-277-9914** (TTY: 1-800-255-4786)
- Outreach Support Centre – this service is available to clients who do not have internet access or who face language or literacy difficulties: **1-877-631-2657** (TTY: 1-833-719-2657)

In person: offices.service.canada.ca/en

Contact the Canadian Anti-Fraud Centre

If you believe you are a victim of fraud, get help from the Canadian Anti-Fraud Centre through their website, or by telephone at **1-888-495-8501**.





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'S BIRTHDAYS
MARCH 15 TO APRIL 14

Belinda Choban
Finn Christiansen
Diane Davies
Sandy Eggen
Ian Elliott
Claire Fraser
Wendy Hierlmeier
Carol Holod
Fabian Jennings
Mary Jones
Bruno Kante
Donna Kwong
Mike Langstone
Dorothy Mayall
Guy Milner
Marie Muszynski

Lorna Nesdole
Jean Northill
Rose Ostafichuk
Lois Ough
Rollie Poulin
Cathy Pruden
Sharon Simonato
Barb Sinosich
Val Solash
Donna Spanu
Verna Stevenson
Jim Thomas
Gisele Wood
Bill Yasunaka
Suet-Bing Yen
Bonnie Yuremchuk
Al Zariwny

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!)

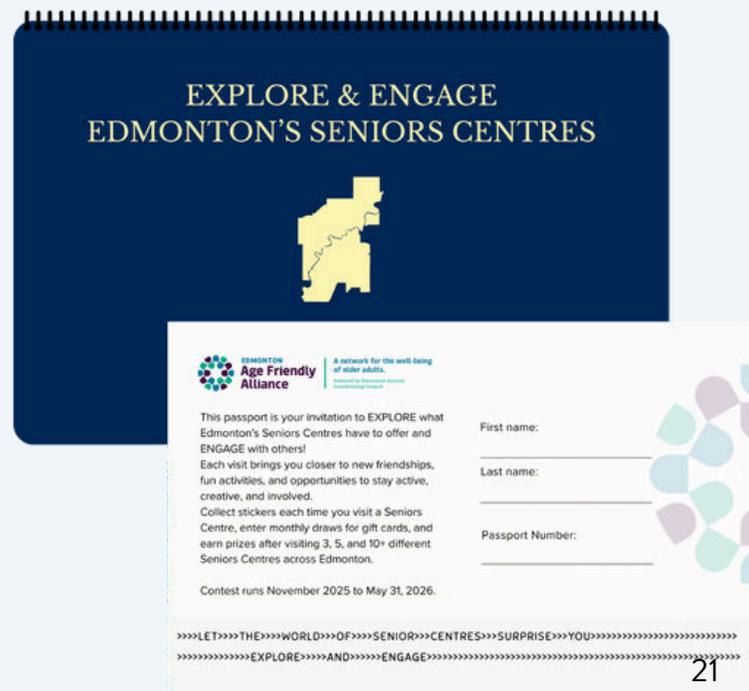
EXPLORE - Visit participating centres and receive a sticker in your Passport at each stop.

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

The top left of the page features three green circles of varying sizes. On the right side, a large green circular frame contains a photograph of a modern building with blue accents and large windows, surrounded by trees and a paved area.

SEESA ACCESS PASS (SAP)

Who Is Eligible?

- Current SEESA member or those looking to become a SEESA member (reciprocal members not eligible)
- Demonstrate financial need

What SAP Covers

The Access Pass subsidizes or fully covers the cost of SEESA's:

- Classes
- Clubs
- FYI sessions
- General interest class or workshops
- Transportation to and from SEESA

Note:

- The program does not apply to SEESA event registrations or fundraising activities.
- Reciprocal members are not eligible.
- There is a maximum amount eligible per year.



Interested in applying or know someone who could benefit?

Contact our Membership Coordinator (780-468-1985 ext 225 or by email at gina-marie@seesa.ca).

TILLIE'S CAFE MARCH 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 27, 2026

DAILY LUNCH FEATURES

Features - Chef may substitute as required:

MARCH 2 TO 6

Mon, Mar 2 - Sesame Ginger Tofu Bowl with Quinoa Salad	\$13
Tues, Mar 3 - Cabbage Rolls	\$15
Wed, Mar 4 - Crunchy Chicken Caesar Wrap	\$14
Thurs, Mar 5 - Samosas and Salad	\$13
Fri, Mar 6 - Chef's Special	As priced

MARCH 9 TO 13

Mon, Mar 9 - Cheese Burgers or Falafel Burgers	\$7
Tues, Mar 10 - Lasagna with Caesar salad	\$15
Wed, Mar 11 - Closed for Event	
Thurs, Mar 12 - Chicken Fajitas	\$15
Fri, Mar 13 - Chef's Special	As priced

MARCH 16 TO 20

Mon, Mar 16 - House Macaroni and Cheese	\$10
Tues, Mar 17 - St. Patrick's Day Lunch - Ticketed Event	\$22
Wed, Mar 18 - Thai Noodle Bowl	\$15
Thurs, Mar 19 - Wor Wonton Soup	\$15
Fri, Mar 20 - EID Lunch - Chicken Kabobs, Tabbouleh, Flatbread, Tziki	\$16

MARCH 23 TO 27

Mon, Mar 23 - Fish and Chips - 1 piece	\$13
Fish and Chips - 2 piece	\$15
Tues, Mar 24 - Pulled Pork on bun topped with slaw	\$14
Wed, Mar 25 - Liver and Onions	\$15
Thurs, Mar 26 - Chicken Alfredo	\$15
Fri, Mar 27 - Chef's Special	As priced

MARCH 30 TO 31

Mon, Mar 30 - Salmon with dill sauce and Mashed Potatoes	\$16
Tues, Mar 31 - All Dressed or Vegetarian Pizza - 2 pieces	\$10

TILLIE'S CAFE

CLOSURE - MARCH 2026

Full Day Closure

Mar 11 - Private Event - AFCA Curling Tournament

Mar 17 - St. Patrick's Day Lunch - Ticketed Event

Partial Closure

Mar 4 - 2:30 pm to 4:30 pm - Travel Club Meeting

Mar 18 - 2:30 pm to 4:30 pm - Travel Club Meeting

Mar 31 - 1:30 pm to 4:00 pm - Birthday Party

Pop-up Cafes

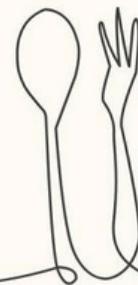
Mar 4 - 2:30 pm to 4:30 pm - Cloak Room

Mar 11 - All Day - Cloak room

Mar 17 - All Day - Cloak room

Mar 18 - 2:30 pm to 4:30 pm - Cloak Room

Mar 31 - 1:30 pm to 4:00 pm - Cloak Room



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 Daylight Savings, clocks forward 1hr.	9	10	11 <i>Outreach Worker On Site (9am – Noon)</i> AFCA Curling Tournament Tillie's Closed	12 Free Tax Clinic Sign up required, limited availability	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 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			

April 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
Reuse Sale Collection – March 25 to April 9, Mon to Fri, 9 am to 4:30 pm Sat, April 4 – 10 am to 3 pm No collection – Fri, Apr 3 and Mon, Apr 6 Book Sale – March 30 to April 9			1	2 Easter Lunch 11 & 12:30 seatings, tickets \$20	3 Good Friday SEESA Closed	4
5 Easter Sunday 	6 Easter Monday SEESA Closed	7	8 <i>Outreach Worker On Site</i> <i>(9am – Noon)</i> Free Tax Clinic Sign up required, limited availability	9	10 Reuse Sale Set Up Day No clubs or classes, café closed	11 Spring Reuse Sale 10am – 3:00pm
12 Spring Reuse Sale 11am – 2:00pm	13	14 Session 3 Registration Day	15	16	17	18
19	20 <i>Outreach Worker On Site</i> <i>(1 – 4pm)</i>	21 April Birthday Party 1:30 – 3pm Tillie's Café	22 AGM & Volunteer Appreciation Event 1:30 – 4pm	23	24	25 Spring Cribbage Tournament \$25/person incl. lunch
26	27	28	29	30		