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Access Pass


Message from the Board



We are continually inspired by the dedication and impact of SEESA volunteers. National Volunteer Week (April 19-25, 2026) highlights the theme Ignite Volunteerism, encouraging people to reconnect through service, civic engagement, and mutual support—especially in this United Nations designated year recognizing volunteers’ role in building sustainable communities.

Volunteering is central to creating inclusive, resilient communities and driving meaningful change. This was evident in the success of the Spring Reuse Sale, where volunteers championed reuse, waste reduction, and community connection.

SEESA’s volunteers, ranging from ages 17 to over 80, bring diverse perspectives and often serve alongside family, strengthening intergenerational bonds. In 2025, 346 volunteers contributed 27,239 hours—equivalent to 14.2 full-time roles and over \$408,000 in value.

Thank you for your time, energy, and passion. Your contributions strengthen our community and move us toward a more sustainable, inclusive future. 





2026

ANNUAL GENERAL MEETING & VOLUNTEER APPRECIATION

Wednesday, April 22, 2026

1:30 p.m. - 3:30 p.m.

Business includes: Approval of Minutes from 2025 AGM, Financial Reports, Nominations Reports, and Bylaw Revision - Special Resolution

Bylaw Revision - Special Resolution can be obtained:

- **SEESA's website - seesa.ca/documents/2026ProposedBylawChange**
- **Posted on the bulletin boards at SEESA**
- **Available at the Front Desk**



2026 SEESA Regular, Lifetime or Honorary members are eligible 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

Destination:

Volunteer Appreciation

Wednesday, April 22 in Tillie's Cafe
following SEESA's AGM

A vacation-themed celebration with snacks, mocktails,
a photo booth, and door prizes! Everyone welcome!



Because you deserve a beach day!

SEESA
You belong here



Igniting Community

Celebrating SEESA Volunteers During National Volunteer Week 2026

As the United Nations marks 2026 as the International Year of Volunteers for Sustainable Development (IVY 2026), communities across Canada are embracing a renewed commitment to civic participation. This National Volunteer Week (April 19–25, 2026), we proudly join the nationwide Ignite Volunteerism movement—dedicated to strengthening volunteer culture, rebuilding community connections, and celebrating the people who make it all possible.

Every day, SEESA volunteers bring energy, compassion, and dedication to our organization.

They are often the first friendly faces visitors meet at our Front Desk Reception, setting a welcoming tone for everyone who walks through our doors. With their warmth, professionalism, and willingness to help, they create positive first impressions and ensure that every guest feels acknowledged and supported from the moment they arrive. We are sincerely grateful for the care and attention they bring to this important role—thank you for being the welcoming heart of our organization.



Tour Guides and Greeters warmly welcome prospective members, offering engaging insights and sharing valuable information about everything SEESA has to offer. Their enthusiasm and knowledge help others feel confident, excited, and inspired to get involved. By creating meaningful connections and showcasing our community, they play a vital role in our growth. Thank you for your passion and dedication in helping others discover a place to belong.

Club Liaisons are the key connectors between clubs and SEESA operations, helping to keep everything running smoothly behind the scenes. They share important information, coordinate requests, and ensure communication stays clear, organized, and consistent across all groups. We truly appreciate the time, care, and responsibility they bring to this role. Their efforts help clubs stay informed, supported, and heard—and that makes a real difference in creating a positive experience for everyone involved. Thank you for all that you do!



Our Administrative, Membership, and Communication Support Volunteers work diligently behind the scenes, ensuring that operations run smoothly and that members stay connected and informed. Their organization, attention to detail, and commitment help keep everything running efficiently, often without recognition. We deeply appreciate the time and effort they invest—thank you for being the steady foundation that supports our entire community.



Our Gardening Volunteers nurture more than just plants—they cultivate connection, sustainability, and pride in our outdoor spaces. Through their care and dedication, they help create a welcoming, vibrant environment that enhance our surroundings, and contribute to a stronger sense of community. Thank you for the time, energy, and heart you put into this work—your impact truly grows far beyond the garden!



INTERNATIONAL
VOLUNTEER
YEAR 2026



Our Book, Puzzle, and Library volunteers keep SEESA's John Sandercock Library organized, accessible, and inviting—a place where members can explore new interests, borrow or buy books and puzzles, and enjoy a welcoming space to discover something new. They also play an important role in our Reuse Sales, helping give items a second life and supporting a culture of sustainability within our community. Thank you for your time, care, and dedication—your efforts make the library a vibrant and valuable resource for everyone!

SEESA Reuse Sale Volunteers contribute to environmental responsibility while strengthening a local culture of sustainability and sharing. With over 100 volunteers dedicating many hours both before and during each sale, their efforts help organize, sort, and run these events smoothly. Together, they not only raise much-needed funds to support SEESA operations but also make a meaningful impact on the environment by keeping countless items out of the landfill and giving them a second life. You never know what hidden treasures you may find at a SEESA Reuse Sale! Thank you for your incredible commitment, teamwork, and care—your work truly makes a lasting difference for both the community and the planet!



Tillie's Café Kitchen Support Volunteers play a vital role in preparing and serving food for our guests, helping ensure everything runs smoothly behind the scenes. From egg salad sandwiches to daily feature items, they work alongside kitchen staff to deliver fresh, nutritious breakfasts and lunches with care and consistency. Their efforts make it possible for members to enjoy meals and refreshments as part of their experience.



Tillie's Café Cashier and Server Volunteers create a warm and welcoming space by taking and delivering customer orders while keeping the café clean, friendly, and inviting. They help foster an environment where connections are made and community comes to life. And they make sure the coffee is always hot and ready to enjoy.

Their energy and teamwork help create a welcoming dining experience where members can relax and connect over a good meal. Thank you for everything you do to make Tillie's Café such a vibrant and enjoyable place for all!



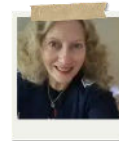
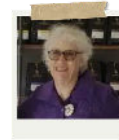
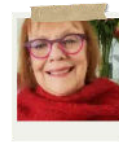


Event Volunteers bring creativity, energy, and enthusiasm to initiatives that help sustain and grow our operations. They play a key role in ensuring the smooth operation of each event, stepping in wherever needed to keep things running seamlessly and creating a positive experience for all attendees.

Behind the scenes, the Events Committee works thoughtfully and diligently to plan and coordinate memorable experiences that bring our community together. Their careful preparation and attention to detail help set the stage for every successful event.

Thank you to both our Event Volunteers and Events Committee for your dedication, teamwork, and passion—you make it possible for our community to connect, celebrate, and thrive!

And last but certainly not least, our Board of Directors provides invaluable leadership, guidance, and foresight that help shape the direction and future of SEESA. Their commitment ensures that our programs and initiatives remain strong, sustainable, and aligned with SEESA values and community needs. In addition to their leadership role, they also take the time to attend events, welcome guests, and show their ongoing support in very visible and meaningful ways. Their presence reinforces the strength and unity of our organization and the importance of community connection. Thank you to our Board of Directors for your dedication, thoughtful leadership, and continued support—you help make everything we do possible, and we are truly grateful for your service!



Together, all our volunteer contributions form the backbone of SEESA. They reflect the true spirit of Ignite Volunteerism: people coming together to build stronger, more resilient communities. Thank you for igniting volunteerism in our community and being the heart of SEESA.





in partnership
with



Together We Grow



Join children ages 0-3 and their caregivers for a fun-filled, intergenerational program of songs, rhymes, and stories followed by the opportunity to play and connect.

Program takes place in the Idylwyld Room on Fridays from 10:00am - 11:00am and runs for six weeks from May 8 - June 12. Registration required through the Front Desk or online. Limited spots available.

The 2026 Senior Homeowner's Survival Guide

Strategies to Lower Your Monthly Bills & Unlock the Value of Your Home

Are you “house rich but cash poor”? With rising property taxes, insurance, and utility costs in Edmonton, many seniors are finding it harder to maintain the lifestyle they’ve worked so hard to build.

Join us for a free 45-minute educational session focused on helping you lower monthly expenses, access available resources, and stay comfortably in the home you love.

In this session, we’ll cover:

- The “Age in Place” strategy, including reverse mortgage options
- How to review your power & gas bills (bring them with you!)
- Insurance savings and commonly missed discounts
- Government benefits and property tax deferral programs

Bonus: Stay after for complimentary one-on-one support reviewing your bills and identifying immediate savings opportunities.

Stay independent. Stay informed. Stay in your home.

Monday April 20, 2026

1:30pm-3:00pm

Members: \$3 Non Members: \$3

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



AI FOR EVERYONE!

Explore the world of Artificial Intelligence! This two-hour session covers AI basics, real-world applications, and how you might use it. Learn how AI is shaping the future and what it means for you. Get ready and join Shawn Gramiak for an engaging introduction to this transformative technology!

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

Date	Time/Room	Price
Tuesday May 12, 2026	2:30PM-4:30PM Bonnie Doon Room	Member: \$20 Non Member: \$30



SPANISH BEGINNER

A friendly, relaxed course designed for those new to Spanish. Perfect for anyone who wants to start from scratch, prepare for travel, or keep the mind active. We'll cover basic conversation, pronunciation, and everyday phrases at a gentle pace with lots of practice. No experience needed—everyone is welcome. Small, supportive group with time for questions and conversation.

Friday April 24-June 12
9:00am-10:00am

Members: \$80 Non Members: \$104
Instructor: Ivonne Quintero

SPANISH CONVERSATION

A relaxed, supportive course for learners with basic Spanish who want to keep practicing and improve fluency. Focus includes guided conversation, everyday and cultural topics, vocabulary building, and light grammar review as needed. Comfortable pace with plenty of speaking time in a friendly group setting.

Friday April 24-June 12
10:15am-11:45am

Members: \$120 Non Members: \$156
Instructor: Ivonne Quintero

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



THANK YOU!

For being part of the Spring Reuse Sale Team



BUS OUTING

GREENLAND GARDEN CENTER

Monday May 11
Departure from SEESA: 10:00am
Departure from Greenland Garden Center: 1:45

Price: \$25 for Bus
At Greenland your own spending
Max: 26 spaces on the bus
2 spots available for wheelchair
Limited walker spaces

To sign up please register in person or by calling 780-468-1985 by May 4



RIVER CREE CASINO
Bus Outing

MONDAY JUNE 1
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

BUS OUTING

University of Alberta Botanic Gardens

THURSDAY JULY 23 / 2026

DEPARTURE FROM SEESA: 9:30
DEPARTURE FROM UNIVERISTYOF ALBERTA BOTANIC GARDENS: 2:30

PRICE FOR BUS: \$35
GARDEN ENTERANCE TO BE PAID AT GARDEN
MAX 26 SPOTS ON BUS
2 SPOTS AVAIBALE FOR WHEELCHAIRS
LIMITED WALKER SPACES

TO SIGN UP PLEASE REGISTER IN PERSON OR BY CALLING 780- 468-1985 BY JULY 16



2026 ANNUAL GENERAL MEETING & VOLUNTEER APPRECIATION

2026 SEESA Regular, Lifetime or Honorary members are eligible to vote at the AGM

Wednesday, April 22, 2026
1:30 p.m. - 3:30 p.m.

Gym activity is cancelled for Wed, April 22 all day.

Afternoon and evening clubs and classes are cancelled from 12:30 pm.

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



EASTER LUNCH



Thursday, April 2, 2026

Tillie's Cafe was filled with a gentle hum of laughter and conversation as members gathered to enjoy a delicious ham and scalloped potatoes Easter lunch prepared by Chef Cherie and her amazing team. Guests also put their search skills to test trying to find 12 Easter Eggs hidden in a photo of SEESA. The winner took home a SEESA gift certificate.



Easter is a springtime holiday observed in many parts of the world, usually falling between March and April. It has roots in ancient seasonal festivals that celebrated renewal, fertility, and the end of winter. Many symbols associated with Easter—like eggs and rabbits—come from these older traditions, where eggs represented new life and rabbits symbolized fertility.

In modern society, Easter is often celebrated as a cultural holiday rather than a strictly religious one. Common activities include egg decorating, egg hunts for children, exchanging chocolate or candy, and spending time with family. The "Easter Bunny," a folkloric character, is said to bring treats or hide eggs for children to find.

For many people today, especially those who are not religious, Easter is mainly about welcoming spring, enjoying traditions, and participating in community or family activities rather than observing its original Christian significance.

In the end, it was a reminder that celebrations are not defined by grandeur, but by the people who come together to share them.

For those who attended, Easter lunch was a meaningful expression of community, friendship, and the enduring joy of being together.



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



Mother's Day Brunch

Friday, May 15th at 11:00 a.m.
in Tillie's Cafe

Menu: Your choice of Denver-style or Vegetarian
Quiche with Side Salad, Tea/Coffee, and a Yogurt Parfait

Featuring live harp music by Roger Helfrick!
Tickets: \$20 | On sale until Monday, May 11
Includes the chance to win a door prize!

*Let's celebrate all the incredible Moms
and Mother figures in our lives!*



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

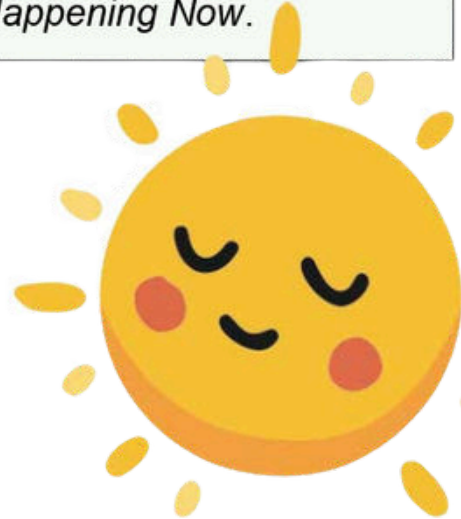
10045 81 Ave T6E1W7

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

hello
seniors
Support Starts Here

Outreach Program

Mon, Apr 27 - 1-4
Wed, May 13 - 9-12
Mon, May 25 - 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

SEESA
You belong here

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

Mi Casa
Cleaning Services



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**

50/50 Raffle

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

**19 Pot!
\$0.25**

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

red dress day may 5



National Day of Awareness for Missing and Murdered Indigenous Women and Girls

Join SEESA in wearing red on May 5 to honour the lives and legacies of MMIWG2S.



THE TUB DOCTOR



CONVERT YOUR BATHTUB INTO A WALK-IN SHOWER.

**CALL TODAY
780-539-7558**



YOU'RE INVITED TO

SEESA's April Birthday Party!

Calling all SEESA members with a birthday in April! Join us for birthday cake, beverages, a sing-a-long with SEESA band TCB, and a door prize to be won!



TUESDAY, APRIL | 21 |

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



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

Please call SEESA at 780-468-1985 by
Friday, April 17 to RSVP



SEESA'S BIRTHDAYS MARCH 15 TO APRIL 14

Jacques Albert
Doug Anderson
Maureen Arnold
Dawn Blaeser
Marianne Bouthillier
Angie Dorlich
Elsa-Marie Frazer
Colleen Freese
MP Gibson
Bob Griffith
Gail Guss
Gerri Haythorne
Marilyn Isitt
Lynne Kaluzniak
Carol Kodish-Butt
Jean Kyte
Sharen Lepine
Helen Lovell
Eda McDonald
Colleen Murdoch

Shahzad Mushtaq
Richard Nally
Ann Nicolai
Diane Nordhagen
Della Paradis
Gloria Pigat
Avril Pike
Linda Ramirez
Ollie Reid
Karen Reschke
Sharon Savage
Sharon Schnell
Georgina Schurman
Cally Slater-Dowson
Valerie Stenson
Vel Thompson
Geri Tomlin
Brian Whitson
Ken Woo

My apologies for printing the wrong list last month.

Darlene



SEESA'S BIRTHDAYS APRIL 15 TO MAY 14

Ken Ambler
George Bailey
Linda Breitreitz
Pat Chobater
Cynthia Clarke
Elise Couture
Marilyn Duguid
Phyllis Footz
Owen Fregene
Charles Gachnang
Ellen Gahr
Ellie Haakonson
Joyce Hartman
Karen Herzog
Carol Holmberg
Wayne Jensen
Ken Jones

Liliane Jones
Cheryl Kaminski
Linda Klym
Muriel Kuchison
Maryanne Kuzio
Birgitta Larsson
Alice Levasseur
Val MacDonald
Joe Norris
Sylvie Pauze
George Skaley
Jeannette Smit
Bill Tkachuk
Anne Wightman
Sherrie Wilson
Eya Zariwny
Loranna Zatorski

Mother's Day Spring Quilt Raffle

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

The Reuse Sale

SEESA

50/50 Raffle

TICKETS \$5 EACH

On Sale

April 10 to April 30, 2026

Purchase at SEESA Front Desk
or Call 780-468-1985

DRAW DATE - MAY 1, 2026

LICENCE #778128
300 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

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.skipthedept.com/seesa>
and schedule your pickup today.

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



An East Coast Tribute

with the

Wild Rose Fiddlers

Saturday, May 23, 2026

Doors 1:30pm | Concert 2:00pm

Tix \$20 (incl. beverage and baked good)

**Music, door prizes, and a
photo booth! Join us!**



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!



EDMONTON
**Age Friendly
Alliance**

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 APRIL 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

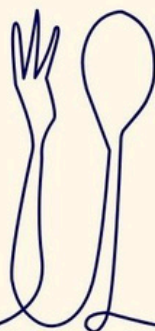
BAKED GOODS

As available and as priced

Cinnamon Buns (Thursday's only) \$4

TAKE-HOME (FROZEN) PRODUCTS

As available and as priced



April 11, 2026

DAILY LUNCH FEATURES

Features - Chef may substitute as required:

APR 1 TO APR 3

Wed, Apr 1 - Chicken Mushroom Swiss Burger \$8

Thurs, Apr 2 - Easter Lunch - Ticketed Event

Fri, Apr 3 - Good Friday - Closed

APRIL 6 TO 10

Mon, Apr 6 - Easter Monday - Closed

Tues, Apr 7 - Ukrainian Feast: Nalyshnyky, Nachynka, Fried Kubasa, sauerkraut \$16

Wed, Apr 8 - Pork Schnitzel with hot potato salad \$15

Thurs, Apr 9 - Beef Satay with stir-fry \$15

Fri, Apr 10 - Volunteer Lunch - Reuse Sale - Tillie's Closed

APRIL 13 TO 17

Mon, Apr 13 - House Macaroni and Cheese \$7

Tues, Apr 14 - Tourtiere with side salad \$15

Wed, Apr 15 - Fish and Chips - 1 piece \$13

Fish and Chips - 2 piece \$15

Thurs, Apr 16 - Samosas with side salad \$15

Fri, Apr 17 - Chef's Special As priced

APRIL 20 TO 24

Mon, Apr 20 - Denver Style Quiche with side salad \$15

Tues, Apr 21 - Chicken Club Sandwich \$10

Wed, Apr 22 - AGM & Volunteer Appreciation - Tillie's Closed

Thurs, Apr 23 - Tortellini with Pomodoro Sauce and Garlic toast \$14

Fri, Apr 24 - Chef's Special As priced

APR 27 TO MAY 1

Mon, Apr 27 - Reuben Sandwich \$11

Tues, Apr 28 - Cubano Sandwich \$12

Wed, Apr 29 - Vegetarian Lasagna \$15

Thurs, Apr 30 - Ginger Beef with Fried Rice and a spring roll \$15

Fri, May 1 - Chef's Special As priced

TILLIE'S CAFE

CLOSURE - APRIL 2026

Full Day Closure

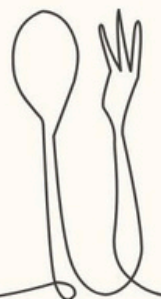
- April 2 - Easter Lunch - Ticketed Event
- April 3 - Good Friday - SEESA closed
- April 6 - Easter Monday - SEESA closed
- April 10 - Reuse Sale Setup - SEESA closed
- April 22 - AGM and Volunteer Appreciation

Partial Closure

- April 1 - 3:00 pm to 4:30 pm - Travel Club Meeting
- April 15 - 3:00 pm to 4:30 pm - Travel Club Meeting
- April 21 - 1:30 pm to 4:00 pm - Birthday Party

Pop-up Cafes

- April 1 - 3:00 pm to 4:30 pm - Cloak Room
- April 2 - All Day - Cloak room
- April 15 - 3:00 pm to 4:30 pm - Cloak Room
- April 21 - 1:30 pm to 3:30 pm - Idylwyld
- April 22 - 9:00 am to 1:00 pm - Cloak Room



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, Ap 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 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 Outreach Worker On Site (9am – Noon)	16	17	18
19	20	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 Outreach Worker On Site (1 – 4pm)	28	29	30		

Updated: March 31, 2026

May 2026

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Session 2 Classes End	2
3 <i>Melody Singers – Rockin’ Thru The Ages Part 2 2 pm Tickets \$15</i>	4 Session 3 Classes Begin	5  National Wear Red Day	6	7	8	9
10  Happy Mother's Day	11	12	13 Outreach Worker On Site (9am – Noon)	14	15 Mother's Day Brunch 11 am Tickets \$20	16
17	18  SEESA Closed	19 Monthly Birthday Party 1:30 – 3pm Tillie's Café	20	21	22	23 East Coast Tribute Wild Rose Fiddlers 2 pm Tickets \$20
24	25 Outreach Worker On Site (1 – 4pm)	26	27	28	29	30
31						