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Office Closure – Victoria Day

**Our offices will be closed on
Monday, May 18,
in observance of Victoria Day.**

**We will reopen on
Tuesday, May 19,
with regular hours.**

**Wishing you a safe and
enjoyable long weekend**

SEESA  *You belong here*





Message from the Board

This month brings that glorious day when suddenly the city bursts out in a multitude of shades of green. Our energy and spirits are magically lifted and we feel renewed.

Thanks again to all the volunteers that made the Spring Re-use Sale so successful! We hope many of you took the opportunity to join our celebration of our volunteers.

The Board will continue to move forward with its strategic priorities work. Stay tuned for future updates.

A heartfelt thank you to our retiring and continuing Board members and a warm welcome to our three new members. Take a few minutes to learn more about these individuals by checking the SEESA website.

We look forward to engaging with through activities and events.





Wendy Doughty
President



Birgitta Larsson
Vice-President



Donald Schick
Treasurer



Lucille Gans
Secretary

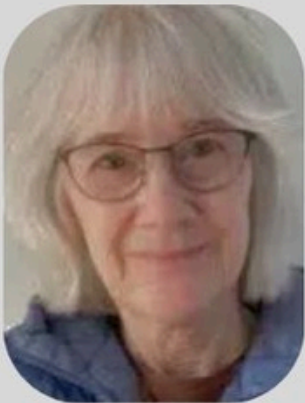


Ron Adams
Director

2026 - 2027 BOARD OF DIRECTORS



Don Der
Director



Karen Hayny
Director



Brenda Johnston
Director



Frank Zrim
Director

Volunteer Appreciation 2026

A well-deserved vacation for our volunteers!



Following SEESA's AGM on April 22, SEESA volunteers enjoyed a beach-themed vacation in Tillie's Cafe as a "holiday" from all their hard work this past year.

First there was a fun photo slideshow in the gym, and then in the cafe they enjoyed some delicious hors d'oeuvres courtesy of our Kitchen staff as well as some summery mocktails. There was a fun photo booth where folks could get their beachy picture taken with costumes and props, there was music, and door prizes too!

We can't thank all of you enough for your dedication to the SEESA community, and all the meaningful ways that you contribute. In 2025 SEESA had over 340 volunteers and over 27,000 volunteer hours recorded. These are some truly amazing numbers, and demonstrate just how volunteer driven this community continues to be. Thank you everyone!

Celebrating the Heart of Volunteering: Chris's Story

For more than 10 years, Chris has been a dedicated volunteer at SEESA, contributing her time, energy, and skills as both a Front Desk Volunteer and Website Volunteer. Her story is a wonderful reminder that volunteering is not only about helping others — it is also about building friendships, staying active, and being part of a caring community.



Chris first became involved with SEESA while she was still working in IT, attending clogging and line dancing classes. She quickly grew to love the welcoming atmosphere and the sense of connection she found through the programs and people at SEESA.

After retiring and inspired by seeing her sister Peggy enjoying her own experiences at SEESA, Chris decided it was time to give back. She began volunteering as a Front Desk Receptionist on Thursday's and at many weekend events, greeting members and visitors with a warm smile and friendly conversation. Even though volunteering means making a 90-kilometre round trip, Chris says it is always worthwhile. "It's worth the trip to meet and make new friends at SEESA."

Her commitment goes far beyond the front desk. When she is not at SEESA in person, Chris continues supporting the organization from home by helping update and maintain the SEESA website. Behind the scenes, she assists with keeping information current, making sure members can stay informed about programs, activities, and events. Her work helps ensure the website remains a useful and welcoming resource for the entire SEESA community.

Chris's willingness to contribute both on-site and behind the scenes demonstrates the many ways volunteers make a difference. Whether greeting members at reception, helping with technology, or simply sharing her positive spirit, Chris plays an important role in helping SEESA thrive.

Volunteers like Chris are truly the heart of SEESA. Their dedication, generosity, and enthusiasm help create the warm and supportive environment that so many members value and enjoy.

Thank you, Chris, for your years of service, your dedication, and the countless ways you help make SEESA a special place.



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!**

Seniors' Week – June 1 to 5, 2026

The Gift of Age

Age is a gift to a city. Older adults allow us to connect with the generations before, to learn the stories that brought us here, to understand the shape of a whole human life, and to remind us of a way of looking attentively at the world that is sometimes lost in the busy middle years.

Age brings its own resilience. Edmonton's older adults are survivors of many different histories and experiences.

They include individuals from Indigenous backgrounds and the descendants of settlers.

They include people who have lived here since birth and those who have moved here from around the globe. Leaders, workers, volunteers, artists, homemakers, and professionals of all kinds provide seasoning for our community in their older years.

The period after traditional retirement age can cover more than three decades of continued achievement and change. After a

lifetime of experience, we become even more individual in our interests, resources, capacities, and needs.

In many ways, the senior years are like any other time of life. We go through changes. We have the ability to learn, the need for love and connection, the desire to create and contribute. We add to the city's economy as consumers and sharers of wealth. Like people of all ages, we need respect and meaningful activity. We want the ability to make important choices about our lives.

Older adults do bring some special qualities to society, including perspective, time to share, and the gift of caring. Seniors also face the possibility there will be periods when we need extra support. Caring for older people has been a hallmark of human culture from our beginnings. Providing integration and care is just as necessary in our contemporary society. Together we can build and sustain a neighbourly city where we work to support older adults and their families, friends and caregivers of all ages—a city with people of all generations as its heart.

Written by Alice Major, Edmonton's former Poet-Laureate, in collaboration with members of Age Friendly Edmonton's Leadership Table.

Edmonton Seniors Declaration

Individuals are respected regardless of age. All generations have much to teach and learn from each other.

People of all ages feel safe, empowered, and supported as individuals, so that they can age well, connect with, and enrich the community.

Urban spaces are intentionally designed to be vibrant, inclusive, and accessible to meet the interests and needs of older adults.

Older persons have access to information, programs, and services that promote engagement.

City Council declares that it will work towards making Edmonton age-friendly as part of our vision for an integrated, sustainable, livable city. To do so, we will use the best knowledge available from international, national and local research. We will ensure our decision-making and policies embrace this perspective. We will encourage other organizations, individuals, businesses and institutions to adopt this declaration. And we will work with other orders of government to increase commitment and coordination on seniors' issues. Age is a gift to the city. We will value all the individuals who bring it to us.



Declared by Edmonton City Council on June 3, 2010.

Recommitted for October 1, 2020—the 30th anniversary of International Day of Older Persons (established by the United Nations).

Age is a gift to the city. Let us value all the individuals who bring it to us.

SENIORS' WEEK KICK-OFF EVENT

JUNE 1, 2026
CITY HALL

**BUILDING CONNECTION
ACROSS GENERATIONS**

10 am to 1 pm

SENIORS WEEK AT SEESA!

Mark your calendars! We're planning a week of fun to celebrate Seniors Week with you.

- **Mon. June 1, 10:00am:** Seniors Week Kick-Off at City Hall with SEESA display table
- **Tues. June 2:** Liver & Onions lunch special
- **Wed. June 3:** Holyrood Elementary School Musical Performance in the SEESA gym
- **Thur. June 4, 9am-12pm:** Professional photographer on site (sign-up required)
- **Fri. June 5 at 3:00pm:** Seniors Week Prize Draw Winner announced!

Stop by the Front Desk to enter for our prize draw anytime during the week!



In Celebration of
Seniors Week...

Holyrood
ÉCOLE • SCHOOL 

Musical Performance



Wednesday, June 3rd at 1:15pm

Admission is **FREE**.

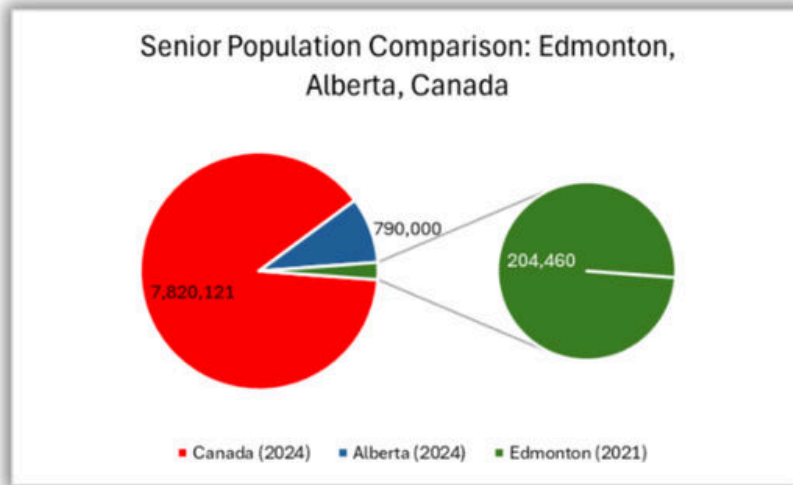
*Mix & mingle with the students
after their performance*

Gymnasium, 9350 - 82 Street, NW

Please consider bringing a donation
for the Edmonton Food Bank.

Seniors' Diversity in Edmonton

Edmonton's 204,460 seniors (65+) make up 14.4% of the city's total population, compared to national average of 19%. Edmonton's older adult population is growing, and the shift will bring a greater need to accommodate diversity within seniors. The time to plan for the future needs of our aging population is now.



Edmonton's seniors make up **25%** of Alberta's senior population, with Alberta representing **10%** of Canada's seniors. This shows that Edmonton is a key driver of Alberta's aging population and is key to shaping policies and services that meet the needs of seniors, especially diverse seniors.

Sources: Statistics Canada, Government Monitor

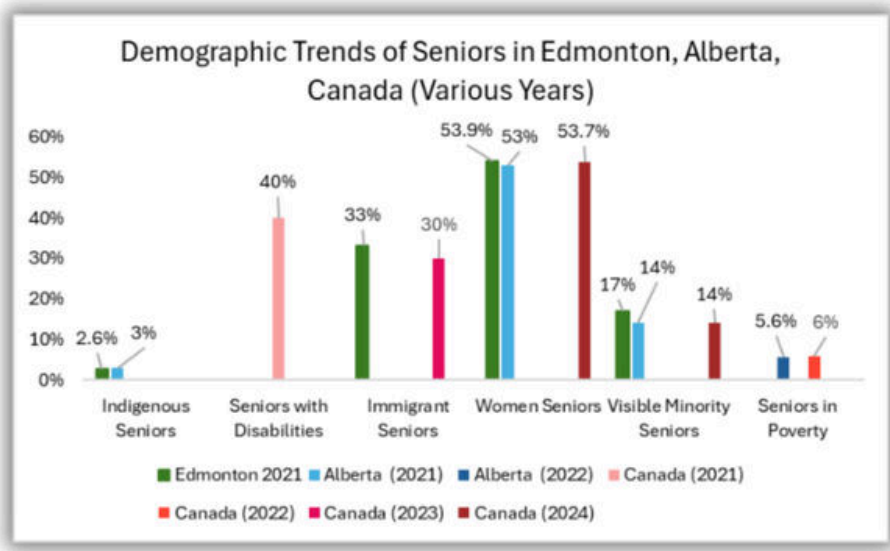
The significant diversity within the senior population of Edmonton, Alberta, and Canada calls for Equity, Diversity, and Inclusion driven policies, practices, and services.

Examples of Diversity in Seniors:

Life Expectancy in Alberta at 65 for males is 18.9 years and for females it is 24 years

Alberta's population growth is driven by immigration with 55% coming from international countries

33% of Edmonton seniors who are immigrants, are up 10% over 8 years



Sources: ESDC, Statistics Canada, CTV News,, Edmonton Social Planning, M.A.P.S

Connect Edmonton Seniors Coordinating Council with seniors to have conversations on diversity needs.
Contact Muna@seniorscouncil.net

Notes:
 1. Data collected from multiple years, but, most of the data is from 2021 unless otherwise noted.
 2. Poverty rates for seniors were calculated using the Market Basket Measure (MBM)
 3. Data is rounded up to the nearest whole percentage for clarity

Diverse senior groups can be vulnerable, facing challenges which impact their quality of life and well-being.

Truth and Reconciliation Calls to Action to address the ongoing impact of residential schools on survivors and seniors:

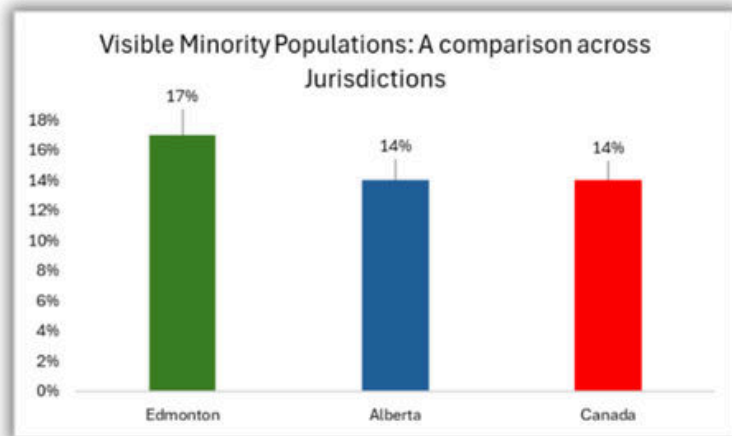
- Acknowledge Indigenous rights, include Indigenous language rights
- Skills based training in intercultural competency, conflict resolution, human rights, and anti-racism.
- Address distinct needs of Métis, Inuit and off-reserve First Nations



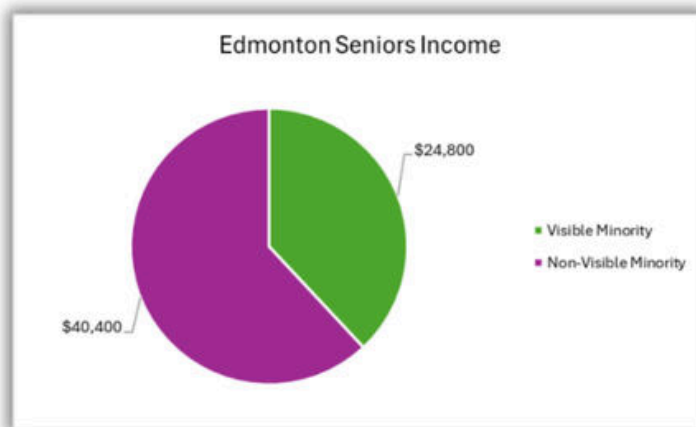
7.0%
of Alberta's Indigenous population
are seniors

The experience of Indigenous seniors in Edmonton are deeply shaped by the traumatic legacy of residential schools and the Sixties Scoop, underscoring the need for not only addressing their unique needs but also advancing reconciliation and justice.

The higher proportion of visible minority seniors in Edmonton compared to the national average shows **Edmonton has a growing population of diverse seniors that require tailored policies, practices and services.**



Sources: M.A.P.S, CTV News, Open Alberta



Source: M.A.P.S

Seniors living alone and other diverse seniors groups (e.g., women living alone, recent immigrants, persons with disabilities, and Indigenous seniors), are facing financial challenges and require improved financial support systems, affordable housing, accessible and affordable transportation.

Join our learning community!

Although specific statistics on 2SLGBTQ+ seniors in Edmonton are limited, the need for targeted services is evident. 2SLGBTQ+ seniors face unique challenges, including isolation, stigma and lack of inclusive social services that respect their identities and experiences.



Sources for these statistics are available at seniorscouncil.net/diversity-infographic/

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

Picture Day at SEESA

Thursday June 4, 2026
9:00am-12:00pm
Idylwyld Room

Receive a FREE photo session including one 5x7 professionally retouched printed portrait!

Additional portraits and packages available.

Open to individuals and couples.

Sign up at the front desk or by calling SEESA at 780-468-1985



SEESA
You belong here

Singing into Summer
with SEESA's Ukulele Students

9350 - 82 Street NW
Wednesday, June 10, 1:30 - 3:00pm

TICKETS: \$10
(includes lemonade & watermelon)

Purchase at SEESA front desk or by phone 780-468-1985

Father's Day BBQ & Car Show!

Friday, June 12, 12:00pm - 2:00pm

Featuring Edmonton's **MAINSTREET Cruisers**

Join us in Tillie's Cafe and the West parking lot! Includes choice of hot dog, hamburger, or veggie burger, plus potato salad, chips, and a beverage! Tickets \$15, on sale from May 14 - June 8. Car show is weather permitting

SEESA
You belong here

National Indigenous Peoples Day at SEESA

Friday, June 19, 2026

(in lieu of nationally observed day on Sunday, June 21)

Celebrate and honour the contributions of Indigenous Peoples to our communities both past and present

Join us for a bison burger lunch special and stop by our Indigenous Peoples Day display table in Tillie's Cafe



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.



PRIDE DAY at SEESA

Tuesday, June 23, 2025



Wear your rainbow colours to SEESA to show your allyship with the 2SLGBTQ+ Community

Plus, join us for a rainbow-themed lunch for purchase in Tillie's Cafe!



And stop by our Pride display in Tillie's Cafe for resources and information about Pride!



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.



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

The Reuse Sale



This past April, SEESA hosted another successful Spring Reuse Sale as well as a Book & Puzzle Sale. We're pleased to announce that our sale generated \$25,150 in gross profit and that we had over 1,200 people walk through the doors! \$25,150 goes a long way for SEESA. It makes a big difference in helping us continue to provide a community hub where seniors can stay engaged and connected as they age.



As always, a big thank you to our Reuse Sale Volunteer Leads—Eloise, Sharen, and Wendy—for all their countless hours and hard work, our Team Leads in various sale areas, our Book & Puzzle Sale volunteers who put in a lot of extra hours, and the Cleaning & Sorting Team who put in a lot of hours leading up to the sale as well. Thank you to those who are a bit more behind the scenes, like our kitchen, cafe, front desk, and back office volunteers who also help to make the sale happen. And overall, we thank each and every one of you for the unique ways you help out and the special ways you contribute, no matter your role, and we thank those of you who came by to do some shopping or donate some items! Truly, each one of you matters and we all play an important part in making the sale a success in various ways.



We look forward to seeing all of you at our Fall Reuse Sale - September 26-27, 2026.



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 & **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

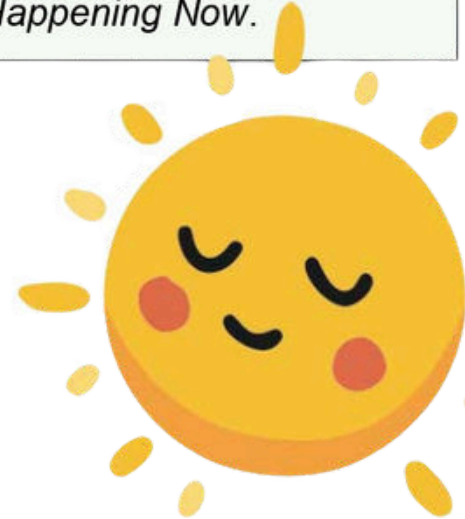
10045 81 Ave T6E1W7

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

**CASINO VOLUNTEERS
NEEDED!**



SEESA
You belong here



VOLUNTEER for a shift that has big impacts on SEESA's budget! Casino Funds support our efforts to provide programming and activities for our SEESA members.



July 14-15, 2026



**Pure Casino Edmonton
7055 Argyll Road, NW Edmonton**

- No previous experience is necessary
- Casino Volunteers must be a minimum of 18 years of age
- Daytime shifts: 9:00 AM – 7:00 PM
- Evening Shifts: 6:00 PM – 3:45 AM
- Evening Count room shifts: 11:00 PM – 3:45 AM
- Snacks & meal provided

Please contact Graham Witten
Phone: 780-468-1985 (ext 260)
Email: graham@seesa.ca



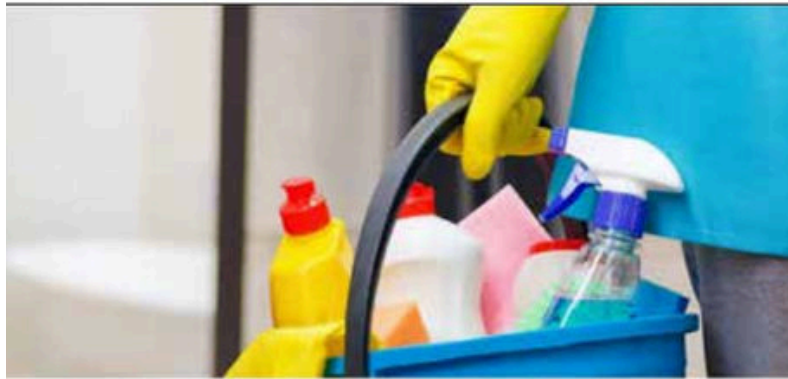
T.O.P.S.

Take Off Pounds Sensibly

Please join us at:

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

Contact information:
Phyllis 780 983 8787
Iris 780 293 3619



Need some help around the house?

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

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

**MORE INFORMATION,
CONTACT DONNA**

**PHONE
780-803-0121**

**EMAIL
mycleanersedmonton@gmail.com**





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-  Senior Exam Covered by Alberta Health Care
-  Direct Billing to Most Insurance Companies
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-  OCT Imaging with every eye exam
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-  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



CRIBBAGE Tournament

Saturday, April 25, 2026

Submitted by Pam Ellenberger

Although the April winds and snow did not make our Spring Cribbage Tournament very "springy," the 100 people playing in the tournament brought lots of energy to the event. Once again, we had a cribbage peg vendor on site, a 50/50, and lovely door prizes. SEESA member Sandra G. had donated an NHL Oilers cribbage board in the shape of a hockey rink which was a popular raffle. The chili lunch was perfect for such a chilly day!



There were monetary prizes for the 19 Pot, the Skunk Pot, the highest hand (four-way tie), and of course the 50/50 with the winner taking home \$279! The winners of the tournament also took home cash prizes. SEESA members scored big with first place going to Brandi C. and Marilyn E. who were only eleven points under a perfect score. Then there was a tie for second place, so the second and third prizes were split between Judy S., Barb W., Linda K. and Ruth Ann L. who were only seven points behind first place. Winners or not, there were lots of smiling faces at the conclusion of the day.



A big thank you goes out to the volunteers and staff who helped make the event run smoothly, for those who helped set up the day before, and of course to Cherie and her kitchen crew for providing the lunch. This event could not run without you!

SEESA MELODY SINGERS PRESENT

ROCKIN' THRU THE AGES PART 2

On Sunday, May 3 the SEESA Melody Singers returned for another sold out Spring concert: Rockin' Thru The Ages Part 2, a fun sequel to their Spring concert of last year.

Once again, the choir put their own fun spin on familiar favourites including Abba's "Dancing Queen", Neil Diamond's "Sweet Caroline", and more! There was an opportunity for the crowd to join in for a singalong as well.

After the show, attendees and the choir headed over to Tillie's cafe to enjoy baked goods and beverages and the chance to visit and chat together.



Overall, it was a great way to kick off the Spring season. Thank you to all the volunteers and staff who helped put this event together.

Be sure to keep your eye out for the Melody Singers Christmas concert in December!



ART CLASSES AT SEESA -MAY/JUNE

Stained Glass - Butterfly Plant Buddy
Monday, May 25 | 1:00-4:00
Member: \$95 | Non-Member: \$105



Acrylic Painting Workshop: Quirky Bird
Friday, June 5 | 1:00-4:00
Member: \$55 | Non-Member: \$65

Clay Workshop: "Light & Shadow" Sgraffito Vessel
Thursday, June 11-18 | 9:00-12:00
Member: \$125 | Non-Member: \$135

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



FYI SESSIONS MAY-JUNE



- Tues, May 19 – E-Bikes
- Wed, May 20 – The Role of Exchange-Traded Funds in Retirement Portfolios
- Tues, May 26 – Estate Planning: The Great Intergenerational Wealth Transfer
- Wed, May 27 – Taking in Blockbuster Events in Our Skies
- Tues, June 2 – Healthy Feet, Confident Steps: What You Should Know About Foot Care
- Wed, June 3 – Aging in Place: The Solution Is in Your Own Backyard with Special Guest Adam Arsenault
- Wed, June 10 – No-Makeup Makeup Look Workshop
- Tues, June 16 – Invest Like a (Retired) Pro: Balancing Risk and Rewards in Your Retirement Portfolio
- Wed, June 17 – Semi-Annual 2026 Global Financial Market Review and Outlook



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



GENERAL INTEREST CLASSES MAY/JUNE

R.I.P.P.L.E: Personal Growth Reflections –
How Do Your Thoughts, Words, and
Actions Ripple Into Your Life
Thursday, May 21 | 9:30-12:00
Member: \$15 | Non-Member: \$20

Learning to Forgive & Self-Forgiveness
Monday, May 25 | 10:00-12:00
Member: \$30 | Non-Member: \$40

Paranormal Activities
Monday, June 1 & 8 | 10:00-12:00
Member: \$40 | Non-Member: \$50

Smudging
Monday, June 15 | 10:00-12:00
Member: \$30 | Non-Member: \$40



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

BUS OUTING

University of Alberta Botanic Gardens

THURSDAY JULY 23 / 2026

DEPARTURE FROM SEESA: 9:30
DEPARTURE FROM UNIVERSITY OF
ALBERTA BOTANIC GARDENS: 2:30

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

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





SEESA'S BIRTHDAYS
MAY 15 TO JUNE 14

Donna Anders
Jay Atienza
Jenny Bain
Trudy Bartsch
Barb Brown
Denyse Doran
Bob Drabiuk
Brian Fish
Darlene Fleming
Mona Freeman
Jill Hague
Robert Harris
Marilyn Hooper
Mary Kennedy
Colin Kinnell

Dan Leclair
Marjorie McLean
Darlene Monty
Iris Neufeld
Michael O'Neill
Gene Parent
Sharon Pasula
Debbie-Lynne Roy
Dilys Ryerson
Gord Stewart
Grace Thomson
Paul Vanderham
Wendy Wiltse-Norbom



SEESA May Birthday Party!

Calling all SEESA members with a birthday in May – join us for birthday cake, beverages, and a door prize to be won!

**Featuring a musical performance from
Riverdale Elementary School students!**

TUESDAY, MAY | 19 |

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, May 15 to RSVP

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 a blue and white facade, 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).

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

TILLIE'S CAFE MAY 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

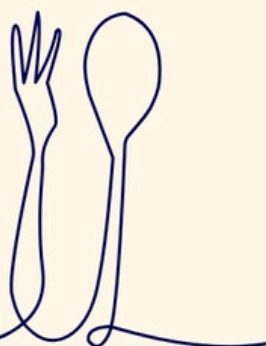
As available and as priced	
Cinnamon Buns (Thursday's only)	\$4

TAKE-HOME (FROZEN) PRODUCTS

As available and as priced



April 29, 2026



DAILY LUNCH FEATURES

Features - Chef may substitute as required:

MAY 4 TO 8

Mon, May 4 - Baked Tomato Pasta topped with Mozza served with Garlic Toast	\$10
Tues, May 5 - Chicken Enchiladas with Pico De Gallo and Refried Beans	\$15
Wed, May 6 - Meat Loaf and Cheesy Mashed Potatoes	\$15
Thurs, May 7 - Eggs Benedict with fruit cocktail	\$15
Fri, May 8 - Chef's Special	As Priced

MAY 11 TO 15

Mon, May 11 - Roast Pork with Polenta	\$15
Tues, May 12 - Dragon Eye Rolls	\$15
Wed, May 13 - Chicken Cordon Blue Pie with side salad	\$15
Thurs, May 14 - Cheese Burgers or Falafel Burger	\$7
Fri, May 15 - Closed - Ticketed Event - Mother's Day Luncheon	

MAY 18 TO 22

Mon, May 18 - Closed - Victoria Day	
Tues, May 19 - Donair with Tziki Sauce	\$15
Wed, May 20 - Bulgogi Beef with Fried Rice	\$14
Thurs, May 21 - Macaroni and Cheese	\$7
Fri, May 22 - Chef's Special	As priced

MAY 25 TO 29

Mon, May 25 - White Fish and Dill Sauce with Side Salad	\$15
Tues, May 26 - TBD	\$15
Wed, May 27 - Roast Vegetable Sandwich topped with Swiss and Aioli	\$10
Thurs, May 28 - Bison Burgers w side salad	\$15
Fri, May 29 - Chef's Special	As priced

TILLIE'S CAFE

CLOSURE - MAY 2026

Full Day Closure

May 15 - Mother's Day Brunch - Ticketed Event

May 18 - Victoria Day - Statutory Holiday

Partial Closure

May 6 - 3:00 pm to 4:30 pm - Travel Club Meeting

May 19 - 1:30 pm to 4:00 pm - Birthday Party

May 20 - 3:00 pm to 4:30 pm - Travel Club Meeting

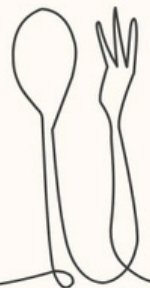
Pop-up Cafes

May 6 - 3:00 pm to 4:30 pm - Cloak Room

May 15 - All Day - Cloak room

May 19 - 1:30 pm to 3:30 pm - Idylwyld

May 20 - 3:00 pm to 4:30 pm - Cloak Room



June 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
<p>Senior's Week June 1 - 7</p>	<p>1 Seniors Week Prize Draw runs all week! Enter at Front Desk</p>	<p>2 Liver & Onions Lunch Special for Seniors Week</p>	<p>3 Holyrood School Seniors Week Performance 1:15pm in gym</p>	<p>4 Photographer on site from 9am-12pm, sign up required</p>	<p>5 Seniors Week Prize Draw winner announced!</p>	<p>6</p>
<p>7</p>	<p>8</p>	<p>9 Session 4 Registration Day 9:15am</p>	<p>10 <i>Ukulele "Singing into Summer"</i> 1:30pm (Gym) Tickets \$10 <i>Outreach Worker On Site (9am - Noon)</i></p>	<p>11</p>	<p>12 Father's Day BBQ & Car Show 12pm in Café, tickets TBA</p>	<p>13</p>
<p>14</p>	<p>15</p>	<p>16 Monthly Birthday Party June & July 1:30 - 3pm Tillie's Café</p>	<p>17</p>	<p>18</p>	<p>19 Session 3 Classes End National Indigenous Peoples Day Lunch Special</p>	<p>20</p>
<p>21 Father's Day  National Indigenous Peoples Day</p>	<p>22 Session 4 Classes Begin <i>Outreach Worker On Site (1 - 4pm)</i></p>	<p>23 Pride Day at SEESA Join us in wearing your rainbow colours! + Rainbow themed meal available in Tillie's</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p><i>National Indigenous History Month</i></p>			