



HIGHLIGHTS OF THE CURRENT ISSUE

2

Message from the Board

6

Volunteer Spotlight - Sandra

9

Holyrood School Musical Performance

11

The Power of Connection - Elder Abuse Awareness

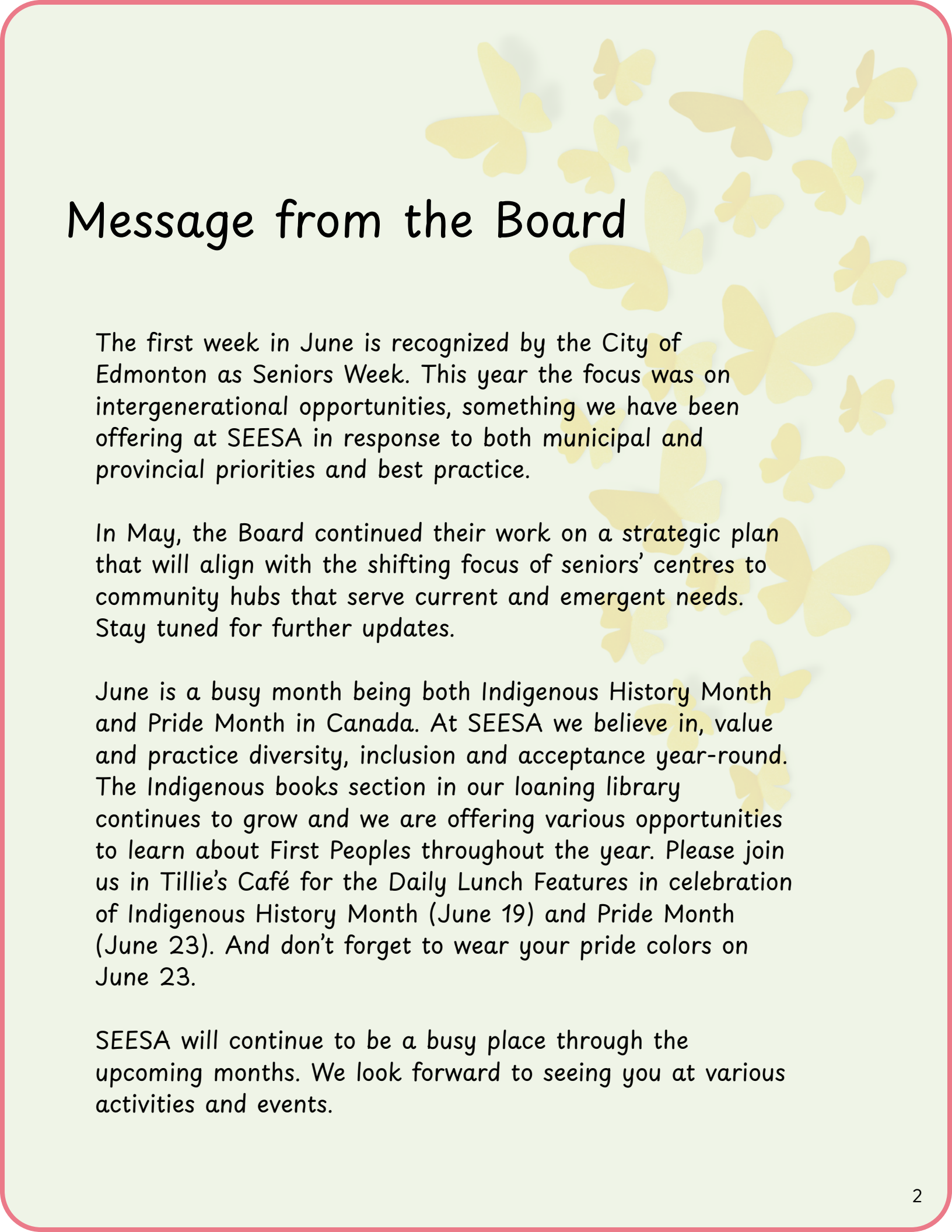
16

Singing into Summer - Ukulele

22

SEESA's Garden Volunteers

Message from the Board



The first week in June is recognized by the City of Edmonton as Seniors Week. This year the focus was on intergenerational opportunities, something we have been offering at SEESA in response to both municipal and provincial priorities and best practice.

In May, the Board continued their work on a strategic plan that will align with the shifting focus of seniors' centres to community hubs that serve current and emergent needs. Stay tuned for further updates.

June is a busy month being both Indigenous History Month and Pride Month in Canada. At SEESA we believe in, value and practice diversity, inclusion and acceptance year-round. The Indigenous books section in our loaning library continues to grow and we are offering various opportunities to learn about First Peoples throughout the year. Please join us in Tillie's Café for the Daily Lunch Features in celebration of Indigenous History Month (June 19) and Pride Month (June 23). And don't forget to wear your pride colors on June 23.

SEESA will continue to be a busy place through the upcoming months. We look forward to seeing you at various activities and events.



HAPPY CANADA DAY

Let's raise our flag, sing O Canada, and have a truly awesome day celebrating all that makes our country great.

**SEESA Offices will be closed on
Wednesday, July 1
in observance of Canada Day.**



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

Please stop by our Indigenous Peoples Day display, and join us for bison stew and bannock in Tillie's Cafe!

Pre-pay for the lunch feature at the Front Desk to secure your meal!

NEW

Tickets are \$17. Beverages and other items purchased separately. Tickets can be redeemed in the cafe anytime during regular lunch hours (11:30am - 1:00pm)

Tillie's Cafe will still be OPEN for drop-in

SEESA
You belong here

PRIDE

DAY at SEESA

Tuesday, June 23, 2026



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!





INTERNATIONAL
VOLUNTEER YEAR 2026

Celebrating Sandra: Nine Years of Dedication and Service



For the past nine years, Sandra has been a valued member of the SEESA family—but her impact extends far beyond participation. From the very beginning, Sandra chose to give back, generously volunteering her time, energy, and talents to support the organization and the people around her.

Over the years, Sandra has taken on a variety of volunteer roles, assisting with administrative tasks, helping in the kitchen, and serving as a dedicated Club Liaison. Her willingness to step up wherever needed has made a meaningful difference to both staff and fellow members. Through her volunteer service, Sandra has helped create the welcoming and supportive environment that makes SEESA such a special place.

Living alone, Sandra also appreciates the friendships and sense of belonging she finds at SEESA. “It’s very helpful,” she shares, reflecting on the conversations, shared experiences, and daily connections that enrich her life. For Sandra, SEESA is more than a community centre—it’s a place where people genuinely care for one another.

She enjoys spending time at Tillie’s Café and participating in activities such as the drama club, reuse sales, and music programs. Each offers opportunities to connect, learn, and have fun alongside friends.

One of Sandra’s favorite hidden gems is the SEESA library. The opportunity to borrow books at no cost and enjoy them at home is a service she deeply values, providing both relaxation and lifelong learning.

When asked what she loves most about SEESA, Sandra’s answer is immediate: the people. “The best part is how welcoming everyone is,” she says. It’s a sentiment that perfectly reflects the spirit she herself helps foster through her volunteerism.

Thank you, Sandra, for nine years of dedication, generosity, and service. Your contributions have touched countless lives, and we are grateful for everything you do to make SEESA a stronger, warmer, and more connected community.

Mother's Day Brunch

May 15, 2026

SEESA was happy to host a belated Mother's Day Brunch on Friday, May 15 in Tillie's Cafe.



We celebrated and honoured the mothers in our lives, and attendees enjoyed Denver-style quiche with salad and a yogurt parfait.

We were also thrilled to have SEESA member Roger Helfrick perform beautiful harp music to accompany this event. A big thank you to Roger for generously offering up his talents for us! You can learn more about Roger's music at rogerhelfrick.ca.



A big thank you must also go out to the Kitchen staff, as well as the Kitchen and Cafe volunteers for all their support in making this event a success. We hope you all had a Happy Mother's Day!



SENIORS WEEK AT SEESA!

Ever year, Alberta celebrates the first week in June as Seniors Week to recognize the contributions seniors make to enhance the quality of life in Alberta.

SEESA was happy to join in the celebration in a variety of ways this year. We hosted a display and information table as part of the Seniors Week Kick-Off event at Edmonton's City Hall and took part in the community-building there.

Our Liver & Onions Lunch was as popular as ever!

We were thrilled to welcome over 100 students from Holyrood Elementary School for a wonderful performance in the SEESA gym.

We had a professional photographer on site later in the week for free portraits.

And last but not least we had a popular prize draw running throughout the week.

Thank you to all of our SEESA members for your contributions to this community, and beyond. We hope you all had a great Seniors Week!

In Celebration of Seniors Week...



Musical Performance



On Wednesday, June 3, over 100 music students from Holyrood Elementary School walked down the block to SEESA to sing songs in celebration of Seniors Week.

Students filled the gym stage and much of the gym floor below, and sang a wide variety of songs from different cultures and traditions.

There were excellent solos, duets, and even three-part harmonies! SEESA treated all of the students to a popsicle afterwards as a way to say thank you for sharing their talents with us. We look forward to many more collaborations to come with our neighbours across the field. Thanks again to Madame Majorowicz and all the other students and staff for celebrating Seniors Week with us!



Pole Walking Workshop

Tuesday, June 30, 2026

2:30 - 4:30 p.m.

SEESA - Gymnasium

Cost: \$20.00 (Member)

Learn about pole walking in this 2-hour workshop! Discover the benefits, how to choose and use poles, and practice proper techniques. We'll finish with a short walk if time allows.

Bring your own poles if possible; limited poles may be available—email letsgetactive5@gmail.com to request.



Visit or call the SEESA Front Desk to register

 780-468-1985

 9350 - 82 Street NW



The Reuse Sale



Save the Date!

Fall Reuse and Book Sale

Saturday September 26, 10AM - 3PM

Sunday September 27, 11AM - 2PM





The Power of Connection: Breaking Isolation, Preventing Abuse, and Growing Conversations

Every year on June 15, communities around the world recognize World Elder Abuse Awareness Day (WEAAD)—a day dedicated to raising awareness about the abuse, neglect, and exploitation experienced by older adults. This year's theme, "The Power of Connection: Breaking Isolation, Preventing Abuse, and Growing Conversations," reminds us that meaningful connections are essential to protecting the well-being, dignity, and rights of older adults.

Life changes such as retirement, health challenges, loss of loved ones, or reduced mobility can increase the risk of social isolation. While loneliness can have serious impacts on physical and mental health, it can also make older adults more vulnerable to abuse. When individuals become disconnected from family, friends, neighbours, and community supports, signs of mistreatment may go unnoticed, and opportunities for assistance may be limited.

Breaking Isolation

Experiencing isolation can be detrimental to both physical and mental health. Social connections help people feel valued, supported, and engaged in their communities. Whether it is a phone call, a visit, participation in community programs, or simply checking in on a neighbour, meaningful interactions can reduce loneliness and strengthen a person's sense of belonging. By fostering connections, we help create a protective network that supports healthy aging and overall well-being.

Preventing Abuse

Abuse can take many forms, including physical, emotional, financial, sexual, and verbal abuse, as well as neglect. It affects people of all backgrounds and can occur in homes, communities, and care settings. Being alert to the indicators of elder abuse and understanding how to respond are important steps in prevention. We all have a role to play in creating positive environments where abuse does not occur. Through education, awareness, respect, and advocacy, we can help ensure older adults feel safe, valued, and empowered.

Grow the Conversation

One of the greatest barriers to addressing elder abuse is silence. This World Elder Abuse Awareness Day, we are encouraged to break the silence by opening dialogue with families, friends, colleagues, and communities. Honest conversations help challenge stigma, raise awareness, and build a culture of respect and safety for older people. When we talk openly about elder abuse, we make it easier for individuals to seek help, access support, and know they are not alone.

How You Can Help

- Reach out to an older family member, friend, or neighbour.
- Encourage participation in social and community activities.
- Learn the signs and indicators of elder abuse and neglect.
- Listen respectfully when older adults share concerns.
- Promote inclusion, dignity, and respect for people of all ages.
- Start conversations that raise awareness and encourage action.

Together, we can harness the power of connection to break isolation, prevent abuse, and grow conversations that strengthen our communities. Every act of kindness, every connection made, and every conversation started contributes to a safer and more supportive environment where older adults can age with dignity, respect, and security.

**Because everyone deserves to feel seen,
heard, valued, and protected.**

To Learn More about Elder Abuse, please visit:
Alberta Elder Abuse Awareness Council - www.albertaelderabuse.ca



Outreach Program

Mon, June 22 - 1-4

Wed, July 8 - 9-12

Mon, July 27 - 1-4

Wed, Aug 12 - 9-12

Mon, Aug 17 - 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

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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

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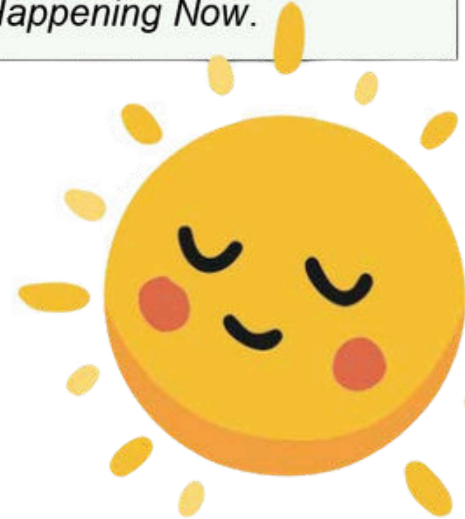
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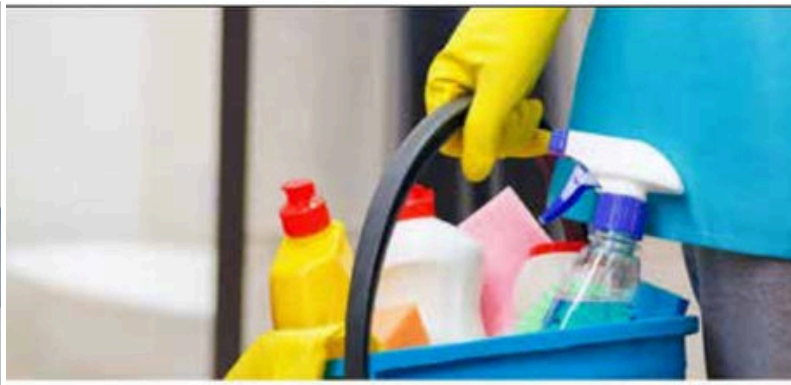
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My staff and I are at your service. The Edmonton-Gold Bar office is here to:

- 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



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



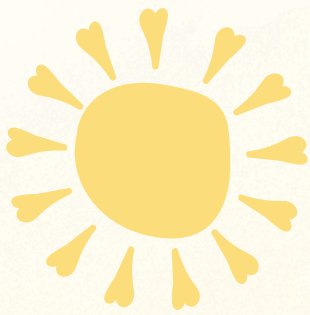
EMAIL
mycleanersedmonton@gmail.com



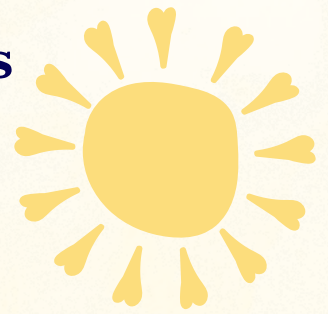
**CONVERT YOUR BATHTUB
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780-539-7558**



Singing into Summer with SEESA's Ukulele Students



Nothing says Summer like a SEESA Ukulele Summer Singalong! An annual tradition at SEESA, this year the Ukulele group had us "Singing Into Summer" with a range of favourites including Let's Twist Again, I'm A Believer, What A Wonderful World, and more.

Gisele opened the event with a vivid parallel between the eagle and many of the songs that would be sung, as well as a Cree chant.



Watermelon and lemonade were enjoyed during the intermission, and a couple of people were up on their feet dancing by the concert's end.

Thank you to Elaine for all her work in leading the performance and organizing the event, and to Emily for a great job emceeing.



Thank you to all the Kitchen staff as well as all the volunteers for your support.

And of course, a big thank you to all the Ukulele performers for singing us into Summer!



Yearly Building Maintenance will take place August 24 to September 4, 2026



**No Classes or Clubs
Tillie's Cafe Closed**

Front Desk will remain open
Monday - Friday
9 am to 3 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



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LOVE TO PUT IT
TO GOOD USE

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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

An East Coast Tribute with the Wild Rose Fiddlers



On Saturday, May 23 SEESA had the honour of hosting the Wild Rose Fiddlers Association for an East Coast Tribute Concert in the SEESA gym. A variety of East Coast and Celtic fiddle music had people tapping their feet, bobbing their heads, and even had a few people out of their seats and dancing! There was a photo booth, door prizes, bread pudding and beverages served, and a beautiful, informative "East Coast Lane" display at the back of the gym.



A huge thank you goes out to SEESA volunteer, Jo Lobb, for her many hours in putting this excellent, well-received display together complete with lanterns filled with lighthouses, and information about various provinces and Indigenous nations of Eastern Canada.



As always, a big thank you as well to our Kitchen staff and all our volunteers who helped put the event together! We couldn't have done it without you. And many thanks to the Wild Rose Fiddlers for their excellent performance!






PICKLEBALL PLAYER DEVELOPMENT

These sessions are designed for experienced pickleball players who want to work on improving their skills. The instructor will lead you through a series of level appropriate drills and mentored game play.



 **Monday July 13-July 27**
5:30pm-7:30pm

Member: \$70

 **Non Member: \$80**
Gymnasium



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



Art Classes July and August

Drawing Skies and Clouds

Wednesdays, July 8 – August 19 | 1:00 PM – 3:30 PM

Member: \$175 | Non-Member: \$227.50

Watercolour For All Levels

Thursdays, July 2– Aug 20 | 1:00 PM – 3:00 PM

Member: \$120 | Non-Member: \$156

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



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July-August Dance Classes at

SEESA

Balanced Beats

Fridays, July 3 - August 21 | 9:30 AM - 10:30 AM
Member: \$80 | Non-Member: \$104

Clogging Absolute Beginner

Wednesdays, July 8 - August 19 | 9:00 AM - 10:00 AM
Member: \$70 | Non-Member: \$91

Clogging Int/Exp

Wednesdays, July 8 - August 19 | 10:15 AM - 11:15 AM
Member: \$70 | Non-Member: \$91

Cha Cha Charge

Wednesdays, July 8 - August 19 | 11:00 AM - 12:00 PM
Member: \$70 | Non-Member: \$91

Line Dance Beginner Monday Evening

Mondays, June 29 - August 17 | 6:15 PM - 7:15 PM
Member: \$70 | Non-Member: \$91

Line Dance Beginner Thursday

Thursdays, July 2 - August 20 | 10:00 AM - 11:00 AM
Member: \$80 | Non-Member: \$104

Line Dance Int/Exp

Tuesdays, June 30 - August 18 | 11:00 AM - 12:00 PM
Member: \$80 | Non-Member: \$104

Zumba Gold Evening

Tuesdays, June 30 - August 18 | 5:00 PM - 6:00 PM
Member: \$80 | Non-Member: \$104

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



Yoga Classes July-August

Yoga Chair with Megan Tuesday

Tuesdays, June 30 - August 18 | 10:45 AM - 11:45 AM
Member: \$80 | Non-Member: \$104

Yoga Chair with Megan Thursday

Thursdays, July 2 - August 20 | 12:45 PM - 1:45 PM
Member: \$80 | Non-Member: \$104

Yoga Flow

Thursdays, July 2 - August 20 | 9:00 AM - 10:00 AM
Member: \$80 | Non-Member: \$104

Yoga for Guys and Gals Monday - Online

Mondays, June 29 - August 17 | 9:30 AM - 10:30 AM
Member: \$70 | Non-Member: \$91

Yoga for Guys and Gals Thursday - Online

Thursdays, July 2 - August 20 | 9:30 AM - 10:30 AM
Member: \$80 | Non-Member: \$104

Yoga with Megan

Tuesdays, June 30 - August 18 | 9:30 AM - 10:30 AM
Member: \$80 | Non-Member: \$104

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



FITNESS CLASSES JULY-AUGUST

Barre

Mondays, June 29 - July 27 | 8:45 AM - 9:45 AM
Member: \$50 | Non-Member: \$65

Essentrics Stretch and Tone Monday

Mondays, June 29 - August 17 | 10:00 AM - 11:00 AM
Member: \$70 | Non-Member: \$91

Flex and Flow with Arthritis

Mondays, June 29 - August 17 | 11:15 AM - 12:15 PM
Member: \$70 | Non-Member: \$91

Strong and Steady

Mondays, June 29 - August 17 | 12:30 PM - 1:30 PM
Member: \$70 | Non-Member: \$91

ELDOA

Tuesdays, June 30 - August 11 | 9:00 AM - 10:00 AM
Member: \$70 | Non-Member: \$91

Circuit Training

Tuesdays, June 30 - July 28 | 9:00 AM - 10:00 AM
Member: \$50 | Non-Member: \$65

FITNESS CLASSES JULY-AUGUST

Move Well

Wednesdays, July 8 - August 19 | 9:00 AM - 10:00 AM
Member: \$70 | Non-Member: \$91

Body Blitz

Wednesdays, July 8 - August 19 | 4:30 PM - 5:30 PM
Member: \$70 | Non-Member: \$91

Tabata

Thursdays, July 2 - July 30 | 8:45 AM - 9:45 AM
Member: \$50 | Non-Member: \$65

Pound Fitness

Thursdays, July 2 - August 20 | 11:45 AM - 12:30 PM
Member: \$60 | Non-Member: \$78

Essentrics Age Reversing

Thursdays, July 2 - August 20 | 2:00 PM - 3:00 PM
Member: \$80 | Non-Member: \$104

Flex and Flow With Arthritis Friday

Fridays, July 3 - August 21 | 9:15 AM - 10:15 AM
Member: \$80 | Non-Member: \$104

Friday Power Hour

Fridays, July 3 - August 21 | 10:45 AM - 11:45 AM
Member: \$80 | Non-Member: \$104



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



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



KDays Pancake Breakfast Friday, July 24th, 2026

Seatings at 9:30 am & 11:00 am
Tillie's Cafe - 9350 - 82 Street NW



Tickets: \$10.00

Purchase at Front Desk or by Phone at 780-468-1985



Pancakes with optional fruit
and/or whipped cream,
sausage, and coffee/tea



Wear your "1890s attire" as
we Celebrate the spirit of
K-Days and
win the Best Dress Prize!



Enjoy Live Drawing
Photobooth with local artists

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

SEE
1000 Redwing Drive

Summer Safety Tips



Stay Hydrated

Drink 8 or more
glasses of water
per day to stay
heathly & hydrated



Know the Side Effects of Medications

Some medications have side
affects such as drowsiness or
sun sensitivty



Stay Cool

Stay in the A/C,
indoors, go
swimming, etc.



Wear Light, Loose Fitting Clothing

Wear breathable
clothing and light colors
that reflect the sun



Have Emergency Contacts

Have a list of people
to call in case of
emergency



Know the Weather Forecast

Plan your days
accordingly depending
on the weather

SEESA's Garden Volunteers

SEESA was fortunate to once again receive a very generous donation of flowers from Wallish Greenhouses for our front entrance this year. The flowers have been adding a wonderful splash of colour as people come and go from the building, and really make it feel like Summer is in full swing! Wallish Greenhouses has donated to our center several years in a row now, and we can't thank them enough. If you would like to stop by Wallish Greenhouses to show your appreciation, they are located at 53218 Range Rd 231 in Sherwood Park.



We also would like to give a big thank you to two of our gardening volunteers, Donna and Roseann, for all their help in getting these flowers planted! If you're interested in becoming a garden volunteer with SEESA, please email Rita, our Volunteer and Events Coordinator at rita@seesa.ca



SEESA'S BIRTHDAYS JUNE 15 TO JULY 14

Helena Ball
Jim Bennett
Gerry Bissonnette
Bob Brown
Nick Chrapko
Inge Christensen
Michael Dean
Anna Der
Emily Dolynchuk
Vicki Dowd
Lorraine Ferbey
Nancie Graves
Sylvianne Guenette
Christa Gundermann
Deanna Gupta
Pierre Jean-Louis
Brenda Johnston
Hank Kotun
Daryl Kreuzer
Carol Kuzyk
Annetta LeClerc

Maxine Lemay
Linda Letendre
Louise Linarez
Fran Lusson
Dan Mah
Marlene Malyj
Diann McLeod
Graham Moore
Susan O'Brien
Margaret Overland
Christine Peleshok
Phil Riopel
Ingrid Russell
Marilyn Sandahl
Jane Schmidt
Diane Scott
Gail Spivak
Marjorie Thompson
Barbara Yarrow
Frank Zrim

SEESA

June & July Birthday Party!

Calling all SEESA members with a birthday in June or July.
Join us for birthday cake, beverages, and a
door prize to be won!

**Featuring a musical performance from
SEESA Band, TCB!**



WEDNESDAY, JUNE | 17 |



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, June 12 to RSVP

SEESA
You belong here

The top of the page features decorative green circles of various sizes. On the right side, there is a circular inset photograph showing the exterior of a modern building with large windows and a blue roofline, 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 JUNE 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

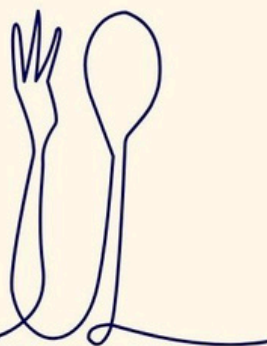
As available and as priced	
Cinnamon Buns (Thursday's only)	\$4

TAKE-HOME (FROZEN) PRODUCTS

As available and as priced



May 29, 2026



DAILY LUNCH FEATURES

Features - Chef may substitute as required:

JUN 1 TO 5

Mon, Jun 1 - Pierogis, Kubasa, Fried Onions	\$12
Tues, Jun 2 - Liver and Onions	\$15
Wed, Jun 3 - Curry Vegetable Bundle with side salad	\$12
Thurs, Jun 4 - Salmon Burgers	\$10
Fri, May 8 - Chef's Special	As Priced

JUN 8 TO 12

Mon, Jun 8 - Chicken Alfredo Rotini	\$15
Tues, Jun 9 - Chili	\$14
Wed, Jun 10 - Butter Chicken on Rice	\$15
Thurs, Jun 11 - Honey Garlic Pork Ribs with Potato Salad	\$15
Fri, Jun 12 - Closed - Ticketed Event - Father's Day Lunch	

JUN 15 TO 19

Mon, Jun 15 - Cheese Burgers or Falafel Burgers	\$7
Tues, Jun 16 - Closed for Meeting	
Wed, Jun 17 - Tuna Casserole	\$12
Thurs, Jun 18 - Chicken Souvlaki with Tabbouleh	\$15
Fri, Jun 19 - Bison Stew and Bannock - Celebration of National Indigenous Peoples Day	\$17

JUN 22 TO 26

Mon, Jun 22 - Meat Loaf with Hot Potato Salad	\$14
Tues, Jun 23 - Deconstructed Rainbow Sushi - Celebration of Pride Month	\$17
Wed, Jun 24 - Rouladin with Potato Dumplings	\$16
Thurs, Jun 25 - Pulled Pork on a Bun with Slaw	\$10
Fri, Jun 26 - Chef's Special	As priced

JUN 29 TO 30

Mon, Jun 29 - Taco Salad	\$15
Tues, Jun 30 - Chicken Ceasar Salad Wraps	\$14

TILLIE'S CAFE

CLOSURE - JUNE 2026

Full Day Closure

June 12 - Father's Day Lunch - Ticketed Event

June 16 - Closed for Meeting

Partial Closure

June 3 - 3:00 pm to 4:30 pm - Travel Club Meeting

June 17 - 1:30 pm to 3:00 pm - Birthday Party

June 17 - 3:00 pm to 4:30 pm - Travel Club Meeting

Pop-up Cafes

June 3 - 3:00 pm to 4:30 pm - Cloak Room

June 12 - All Day - Cloak Room

June 16 - All Day - Cloak Room

June 17 - 1:00 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
Seniors' Week Prize Draw runs all week! Enter at Front Desk	1 Seniors' Week Kick Off 10 am – 1 pm City Hall	2 Liver & Onions Lunch Special for Seniors Week	3 Holyrood School Seniors' Week Performance 1:15pm in gym	4 Photographer on site from 9am-12pm, sign up required	5 Seniors Week Prize Draw winner announced!	6
7	8	9 Session 4 Registration Day 9:15am	10 Ukulele "Singing into Summer" 1:30pm (Gym) Tickets \$10 Outreach Worker On Site (9am – Noon)	11	12 Father's Day BBQ & Car Show 12pm in Café and West Parking Lot, Tickets \$15	13
14	15	16	17 Monthly Birthday Party June & July 1:30 – 3pm Tillie's Café	18	19 Session 3 Classes End National Indigenous Peoples Day Lunch Special	20
21 Father's Day  National Indigenous Peoples Day	22 Session 4 Classes Begin Outreach Worker On Site (1 – 4pm)	23 Pride Day at SEESA Join us in wearing your rainbow colours! + Rainbow themed meal available in Tillie's	24	25	26	27
28	29	30	Seniors Week – June 1 to 5, 2026 National Indigenous History Month Pride Month			

July 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
ACFA Camp Soleil at SEESA in the Idylwyld Room – June 29 to August 21, 2026			1 Canada Day SEESA Closed 	2	3	4
SEESA will be closed for yearly maintenance – Monday, August 24 to Friday, September 4, 2026. All Classes, Clubs and Tillie’s Café are cancelled/closed. The Front Desk will be open 9 am to 3 pm.						
5	6	7	8 <i>Outreach Worker On Site (9:00am - NOON)</i>	9	10	11
12	13	14 SEESA Casino - Pure Edmonton Argyll	15 SEESA Casino - Pure Edmonton Argyll	16	17	18
19	20	21	22	23 Botanical Bus Outing Register at FDR Desk \$35	24 KDays Pancake Breakfast 9:30 am & 11 am seatings Tickets \$10	25
26	27 <i>Outreach Worker On Site (1 – 4pm)</i>	28	29	30	31	

Updated: June 15, 2026