

## Senior Centres, Clubs & Groups

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## SENIOR CENTRES CLUBS & GROUPS BY AREA OF CITY & SURROUNDING COMMUNITIES

### CENTRAL

#### Central Lions Seniors Recreation Centre (CLSA)

Contact: Dawn Linman  
11113 113 St. NW T5G 2V1  
Phone: 780.496.7369  
Email: dawn.linman@edmonton.ca  
www.clsa2.com

Hours of Operation:  
8:30 am - 4:40 pm - Mon-Fri.

- Central Lions provides recreational, educational and social opportunities for persons 55 years of age and older.
- Gymnasium, fitness centre, activity and vocational rooms, auditorium, atrium and cafeteria. Lots of parking on-site.
- Rental Opportunities - Evenings & weekends for events, meetings, social activities, sports, etc. On-site catering available. Various room sizes and amenities.

#### Edmonton Seniors Centre

Contact: Ursula Altmann,  
3Y, 11111 Jasper Ave. NW T5K 0L4  
Phone: 780.342.8625  
Email:  
executive@edmontonseniorscentre.ca  
www.edmontonseniorscentre.ca

- If you are looking for a place to meet new friends, learn new skills, stay physically and socially active, or volunteer your help-we're here for you.
- We provide programs and services that promote wellness, healthy aging and independence.
- Our Outreach program also offers support, information and referrals for vulnerable or isolated seniors in the community

#### Operation Friendship Seniors Society

9526 106 Ave. NW T5H 0N2  
Phone: 780.429.2626  
Contact: Gail Sopkow  
www.ofss.org

Hours of Operation: Office: 9:00 am to 5:00 pm - Mon-Fri.

- Services offered to inner city seniors include outreach, form filling, advocacy, referrals, case management, home visits, tax clinics and transportation.
- McCauley Seniors Drop-In; open daily for meals, coffee, recreation, showers, clothing. Foot care and volunteer opportunities also available.
- Housing registry and manages 350 housing units (rooming houses, apartments and lodges).



Call us today  
for your free  
information  
package!

# The coverage you need... the protection you deserve

Without a **Seniors Plus** plan from Alberta Blue Cross, you could face *significant* out-of-pocket costs for dental care, eyeglasses, preferred hospital accommodation and more.

Alberta Blue Cross introduced **Seniors Plus** specifically in response to requests from Alberta seniors. **Seniors Plus** plans complement your government-sponsored benefits with **extra** coverage to help you maintain your health and manage costs.

It's affordable, and there is **no** medical review to qualify.

**Seniors Plus** includes coverage for:

- dental care
- preferred hospital accommodation
- eye glasses
- chiropractor and podiatrist
- accidental death benefit
- other important health benefits

**Edmonton: 780-498-8008**

**Toll free: 1-800-394-1965**



**www.ab.bluecross.ca**

ABC 82801 (2010/01)

## Senior Centres, Clubs and Groups

### Pride Centre of Edmonton

GLBTQ Seniors Drop In

9540 111 Ave. T5G 0A5

Contact: Jeff Bovee

Phone: 780.488.3234

Contact: Jeff Bovee

Email: jeff@pridecentreofedmonton.org

www.pridecentreofedmonton.org

- The Seniors GLBTQ Group meets Tues from 1:00 pm - 5:00 pm.
- We offer a safe place for seniors from the gay community, where you can meet new friends for coffee & a chat.
- We have monthly potlucks (last Tues. of every month), outings, movies, dinners and an outreach program. Library of gay literature.

### Sage – Seniors Association of Greater Edmonton

15 Sir Winston Churchill Square NW

Edmonton Alberta T5J 2E5

Northwest corner of 100 St. and 102A Ave.

Phone: 780.423.5510

Email: info@MySage.ca

www.MySage.ca

Hours: Mon to Fri from 8:15 am - 4:15 pm

**Sage**, the Seniors Association of Greater Edmonton, is a multi-service not-for-profit agency that provides seniors in Edmonton and area a broad-range of programs, activities and services that enhance their quality of life.

Its mission is to enhance the quality of life for older persons through service, innovation, advocacy and volunteerism.

Services and information provided by **Sage** are available in-person, by telephone, via e-mail or on the website: 780.423.5510, info@MySage.ca, Website: www.MySage.ca.

### Sage Programs and Services:

- Communication Services - **780.701.9012**
- Community Relations - **780.701.9008**
- Foot Care Clinics (V.O.N.) at **Sage 780.466.0293**
- Guardianship - **780.701.9006**
- Home Services Administration - **780.701.9007**
  - Home Services Requests - **780.701.9011**
- Housing Information - **780.701.9018**
- Income Tax Preparation - **780.423.5510**
- Life Enrichment Services - **780.701.9016**
  - Activities, classes, and clubs.
- Membership - **780.701.9021**
- Multicultural Seniors' Outreach - **780.701.9018**
- Planting Roots - Urban Gardening **780.701.9018**
- Public Access Computers - **780.701.9012**
- **Sage Awards - 780.701.9008**
- Seniors' Safe House – **780.702.1520**
- Seniors' Social Work Services - **780.701.9019**
- Assessment Services - **780.701.9019**
- Long-term Social Work - **780.701.9005**
- This Full House - Hoarding **780.701.9005**
- Sunshine Café - **780.701.9022**
  - **Sage Savories - 780.701.9025**
- Volunteer Opportunities - **780.701.9015**

*Age and treachery will triumph  
over youth and skill.  
– Anonymous*

## Salvation Army Community and Family Services

9620 101A Ave. NW T5H 0C7

Contact: Captain Beth Fisher

Phone: 780.424.9222

Hope Line: 780.424.9223

www.ab.salvationarmy.ca

- Food Bank Hours of Operation:  
9:00 am - 11:00 am and  
1:00 pm - 3:00 pm, Mon-Thur.
- The Salvation Army Edmonton Family Services Centre exists to help those with physical, emotional and spiritual needs without discrimination.
- Counselling, Friday morning breakfast from 7:30 am - 8:00 am, Worship Service from 8:30 am - 9:30 am and seniors' lunch 2 Fridays a month - call for dates.
- Childrens camps, volunteering & pastoral care, etc.

## SOUTH – EAST

### Around 60 Club

Avonmore United Church

Contact: Carol Lockert

Phone: 780.466.1426

- April to September - bus trips.
- October to March - meets on the first Tuesday of each month for a luncheon and entertainment.
- Sing-songs, speakers and cards:  
noon - 3:30 pm.

*Grow old with me! The best is yet to be,  
The last of life, for which the first was  
made: Our times are in his hands Who  
sayeth "a whole I plant, Youth shows but  
half; Trust God; see all nor be afraid."  
– Robert Browning*

## Mill Woods Seniors Activity Centre

7207 28 Ave. T6K 3Z3

Contact: Program Coordinator

2nd Floor, Mill Woods Recreation Centre

Phone: 780.496.2997

Programs and Services:

- Recreational: Games - floor curling, Cards, etc; socials - pot-lucks, barbecues, dancing, Physical Fitness - walking club, Sit and Be Fit, square dancing; golfing, excursions.
- Arts, Culture and Learning: computer classes, workshops, health and wellness, book club, crafts, readings, cultural sharing & performances.
- Outreach: one-on-one supports - forms, medicals, housing, information and referrals, group bereavement support, other.

## Millwoods Cultural Society for the Retired and Semi-Retired

1560 48 St. NW T6L 6H9

Phone and Fax: 780.461.3312

Business Hours:

Mon thru Fri from 12:30 pm to 4:00 pm

- Information, Support, Sports and Recreation, etc.

## Shangri-La Seniors Club

Leefield Community Centre

Phone: 780.463.2456

Contact: Arlene Leroux: 780.462.5032

Mary Tucker, 780.462.7292

- Millwoods seniors social club meets Thursdays at 1:00 pm from October through mid-April and at 6:30 pm from mid-April through September. Activities include: bingo, pool, shuffleboard, games and group outings, socialization and weekly coffee times.

## Senior Centres, Clubs and Groups

### South East Edmonton Seniors Association (SEESA)

9350 82 Street NW T6C 2X8

Phone: 780.468.1985

Contact Name: Kimberly Buehler

Email: info@seesa.ca

www.seesa.ca

Office Hours: Mon & Fri 8:30 am - 4:30 pm;  
Tues, Wed & Thurs 8:30 am - 8:30 pm,  
Sat 9:00 am - noon (except long Week-ends & summer months)

- Mission: to provide programs and services that will help seniors maintain and enhance their quality of life.
- Cafe open for breakfast and lunch Mon-Fri 8:30 am - 1:00 pm, & lite supper Wed evening 4:30 pm - 6:00 pm. Outreach, monthly suppers, Meals on Wheels.
- Variety of fitness, dance, art classes & clubs, floor curling, carpet bowling, cards, bingo, jam sessions, ping pong, creative writing, soapstone, pickle ball, badminton, pool.

## SOUTH – WEST

### Heritage Seniors Stop In Centre

Blue Quill Shopping Centre

316 Saddleback Rd. NW T6J 4R7

Contact: Dr. Munawar Chaudhry

Phone: 780.437.8759

Alternate: 780.434.5948

Hours of Operation:

Mon. to Sat. 9:00 am to 4:00 pm

- Cribbage - Mon. 1:00 pm
- Canasta - Tues. and Fri. 1:00 pm
- Whist - Wed. 1:00 pm
- Bridge - Thurs. 12:30 pm
- Fun card games - Sat. 1:00 pm
- Monthly social

### Lifestyle Helping Hands Seniors Association

10740 19 Ave T6J 6W9

Phone: 780.450.2113

Email: lhhsa@shaw.ca

Office hours: Mon-Fri 11:00 am - 3:00 pm

*Also see page 93 Help at Home and page 233 Transportation.*

### Petrolia Seniors

Greenfield Community League

3803 114 St. T6J 1M3

Email: nmaly@telus.net

- Invites people aged 55 and older to attend a luncheon and educational program every 3rd Tuesday of the month from 11:45 am to 2:00 pm at the Greenfield Community Hall. Come and join the fun! Between 60 and 95 people attend each month. Cost is \$10.

For more information, to confirm attendance or to make a reservation, please call Nick Malychuk at 780.435.1045 or Betty Mullen at 780.434.0711.

### S.C.O.N.A. (Senior Citizens Opportunity Neighbourhood Association)

10440 84 Ave. NW T6E 2H2

Contact: Kathy Mclean

Phone: 780.433.5377

Email : sconas84th@shaw.ca

Hours of Operation:

Mon-Fri 9:00 am - 4:30 pm

- Warm, inviting, friendly, home-away-from-home atmosphere.
- Weekly Friday social and dinner, monthly dinner & dance, various weekly activities, all served with a delicious, hot, home-cooked meal.
- Frequent outings to venues in and

around Edmonton at an affordable cost.

### Southwest Seniors' Outreach Society

10832 62 Ave NW T6H 1N1  
Phone/Fax: 780.435.9515  
Contact: Yvonne Pearson  
Email: swseniors@telus.net  
Hours of Operation:  
Tues.-Thurs.- 9:00 am - 3:00 pm

- Clogging, community dance, yoga, choir, cards, shuffleboard and miscellaneous speakers/courses offered.
- A Thursday luncheon is offered followed by entertainment.
- A number of out-trips are provided.

### Strathcona Place Senior Citizens Centre

Contact: Mr. C.W. Jefferys Allen,  
Executive Director  
10831 University Ave. NW T6E 4R1  
Phone: 780.433.5807  
Email: senctr@telus.net  
www.seniorcentre.org  
Hours of Operation:  
9:00 am to 4:00 pm weekdays

- \$25 Membership provides access to recreation & leisure activities, continuing education; Foot care and Denture Services; Income Tax; Outreach in-centre programming; "Professional Friend" Psychologist.
- Nutritious meals and special dinners served by dedicated volunteers.
- The Jeff Allen Art Gallery displays a variety of art media in the lounges of the centre. Best viewing at noon hours and after 3:00 pm, weekdays.

### West Jasper/Sherwood Seniors Citizen Club

9406 153 St. NW T5R 1R3  
Phone: 780.489.6369  
Contact: Bessie McLaughlin

- Whist: Sunday 7:00 pm, Wed 1:00 pm
- Carpet bowling: Mon 1:00 pm

### NORTH – EAST

#### Abbotsfield Seniors Stop In Centre

Room 270-3210 118 Ave. NW T5W 4W1  
2nd Floor, Abbotsfield Mall  
Phone: 780.474.4337  
Contact: Jenny  
Open 10:00 am to 3:00 pm Mon - Fri

#### Beverly Active Seniors Society

4209 111 Ave. NW T5W 0K3  
Phone: Joan McArthur 780.471.6819  
Hours of Operation:  
Tue to Thurs 12:30 pm - 3:00 pm

- Carpet bowling, crib, whist, bingo
- Crib – Mondays 7:00 pm
- Birthday Social is the 4th Thursday of the month

#### East Edmonton Senior Citizens Group

Beacon Heights Community League Hall  
4418 118 Ave. NW T5W 1A7  
Contact: Peggy Martin  
Phone: 780.479.2605

- Meet Mondays 12:00 pm
- Food, Sports, Recreation
- New members 60+ welcome!

*The aging process has you firmly in its grasp if you never get the urge to throw a snowball.*  
– Doug Larson

## Senior Centres, Clubs and Groups

### Native Seniors' Centre

Cottage E-10107 134 Ave. NW T5E 1J2

Phone: 780.476.6595

Email: [manager@nativeseniorscentre.ca](mailto:manager@nativeseniorscentre.ca)

[www.nativeseniorscentre.ca](http://www.nativeseniorscentre.ca)

Hours of Operation:

8:30 am - 4:30 pm Mon - Fri

- Operates a drop-in centre and outreach services for native seniors 55+ yrs. Offers advocacy, housing, outreach, social centre and transportation. Provides craft classes, cultural and spiritual journeys, foot care and an Urban Native Housing Registry. Has volunteer opportunities.

### Northgate Edmonton Seniors Association

7524 139 Ave. NW T5C 3H7

Contact: Josie Leiter

Phone: 780.496.6969

Email: [info@nesa1.ca](mailto:info@nesa1.ca)

[www.nesa1.ca](http://www.nesa1.ca)

Hours of Operation:

Mon-Fri: 8:00 am - 4:00 pm;

Wed- 8:00 am - 9:00 pm (dinner & dance)

- Programs: computers, cameras, crafts, hobbies, painting, fitness, sports, general interest, health & wellness, languages, music, dance, theatre, social experiences.
- Services: Craniosacral Therapy, Denture Clinic, Footcare Clinic, Hearing Clinic, Manicure/Pedicures Reflexology, Swedish Massage.
- Amenities: senior friendly fitness centre, cafeteria, rental space and free parking.

*Age is an issue of mind over matter.  
If you don't mind, it doesn't matter.  
– Mark Twain*

### Parkdale-Cromdale Community League

11335 85 St. NW T5B 4S1

Phone: 780.471.4410

Email: [info@parkdalecromdale.org](mailto:info@parkdalecromdale.org)

- Meets every Monday 11:00 am to 2:00 pm for bingo and other activities.

## NORTH – WEST

### Calder Seniors Drop-In Society

12963 120 St. NW T5E 5N8

Phone: 780.451.1925

Contact: Brenda Shewaga

Email: [execald@telus.net](mailto:execald@telus.net)

[www.calderseniors.org](http://www.calderseniors.org)

Hours of Operation:

8:30 am to 4:30 pm - Mon-Fri

- Offers programs, activities, volunteer opportunities and outreach services for seniors.
- This centre is the perfect solution for those who are 55+ who want to remain active in their lifestyle and continue to contribute to the community.
- A not-for-profit society built by seniors for seniors.

### Luther Place Seniors

Hosanna Lutheran Church

9009 163 St. NW T5R 2N8

Phone: 780.484.3932

Email: [office@hosannalutheran.ab.ca](mailto:office@hosannalutheran.ab.ca)

Hours of Operation:

9:00 am - 5:00 pm - Mon to Fri

(Church office)

- We meet on the third Wednesday of the month at 4:15 pm. There is a short meeting and then a dinner at 5:00 pm. Cost is \$12, includes entertainment.

- We meet from September to June, with the exception of December when we have a Christmas luncheon. We are a church-related group.

### North Glenora Community League 45 Plus Club

Contact: Agnes Brennan  
North Glenora Community Hall  
13535 109A Ave. NW T5M 2J5  
Phone: 780.455.0114

- September to April: monthly programs for persons over 45, usually on the 4th Friday of the month; 7:30 pm social, entertainment and activities. Refreshments served; small fee.
- May to September: day tours arranged
- Pot lucks throughout year

### Westend Seniors Activity Centre

9629 176 St. NW T5T 6B3  
Phone: 780.483.1209  
Email: weseniors@westendseniors.com  
www.westendseniorsactivitycentre.com  
Hours of Operation:

9:00 am - 4:00 pm - Mon to Fri:

- Community based hub offering all-inclusive services for seniors including: physical, mental and artistic programming; drop-in activities, special events, holistic wellbeing activities.
- Community Outreach program provides referrals for home supports services, client services, support groups, information sessions.
- Community Café serving daily affordable nutritional lunches.

*Everyone is the age of their heart.  
– Guatemalan Proverb*

## SURROUNDING COMMUNITIES

### Devon Pioneer 73 Club

29 St. Lawrence Ave. **Devon**, AB T9G 1L4  
Phone: 780.987.2148  
Minimum Age: 55  
Annual Membership Fee: \$10.00  
Wheelchair Accessible  
Services:  
• Facility Rentals • Food • Recreation

### Gibbons Seniors Twilight Club

4539 49 St. **Gibbons**, AB T0A 1N0  
Phone: 780.923.2030  
Hours of Operation:  
Mon-Fri: Mornings 9:00 am - 12:00 pm  
Mon-Thurs: Evenings 7:00 pm - 10:00 pm  
• Minimum Age: 50  
• Annual Membership Fee: \$5  
• Wheelchair Accessible  
• Services: Facility Rentals, Food, Health, Recreation, Transportation

### Leduc and District Senior Citizens Club

Telford House 4907 46 St **Leduc**, AB T9E 5V9  
Contact: Diane Sims  
Phone: 780.986.6160  
Email: telfordhouse@shaw.ca  
Hours of Operation: 10:00 am to 3:00 pm  
• A 55+ community activity centre that offers a wide variety of activities, Telford house assists support programs to several needs groups.  
• Support programs: Alzheimer, Low vision and Stroke Recovery Association of Leduc.  
• Volunteer Opportunities

*Growing old is mandatory;  
growing up is optional.  
– Chili Davis*

## Senior Centres, Clubs and Groups

### Morinville Seniors' Rendez-Vous Centre

9913 104 St **Morinville**, AB T8R 1R8

Contact: President

Phone: 780.939.2727

Email: msrcv@telus.net

www.morinilleseniorsclub.org

Hour of Operation:

Mon-Fri - 9:00 am - 4:00 pm

- Drop-in centre for Morinville and area seniors. Open coffee time every Tues 9:00 am - 11:00 am
- Bridge, advanced and beginners, military whist, cribbage, 500, floor curling, book club. Knitting club, collective kitchen, movie night and more.
- Facility available for community use: funeral lunches, family celebrations, corporate meetings, dinners, seminars.

### Pioneer House Club 50

10102 100 Ave

**Fort Saskatchewan**, AB T8L 1Y6

Contact: Norbert Leidl

Phone: 780.998.3898

Hours of Operation:

Mon to Fri – 9:00 am - 3:00 pm

- An organization of senior citizens committed to the support of, and fellowship with, seniors in our community.
- Recreational activities, bocce, carpet bowling, canasta, crib, soup & sandwich every second Thursday.
- Membership open to any one aged 50 or over.

*Wrinkles should merely indicate where smiles have been.*  
– Mark Twain, *Following the Equator*

### Senior Citizen Society of Stony Plain

5018 51 Ave **Stony Plain** AB T7Z 1C2

Phone: 780.963.4707

Hours of Operation: 9:00 am - 11:00 am, 1:00 pm - 4:00 pm Mon-Sat

### Sherwood Park 55+ Club

50 Spruce Ave. **Sherwood Park**, AB T8A 2G4

Phone: 780.467.8389

- Hosts an annual Christmas Party, Spring Strawberry Tea, Pancake breakfast, and Saturday Night Supper Club. Band called Music Makers meets Wednesdays 10:00 am to 12:00 noon and entertains seniors from the Sherwood Park Care Centre. Monthly potluck suppers and birthday celebrations. Weekly floor curling or Bocce, carpet bowling, shuffleboard, pool, snooker, ceramics, crafts, bridge and euchre. Fees; \$25/year.

### Spruce Grove Golden Age Club

301 Jespersen Ave.

**Spruce Grove**, AB T7X 2J1

Phone: 780.962.5020

Minimum Age: 55

Annual Membership Fee: \$15

- Wheelchair Accessible
- Services: computer lessons, facility rentals, health guidance from health nurse on Wednesdays.
- Recreation: floor curling, bridge, whist, heart club, billiard room, shuffleboard, monthly dinners, line dancing.

*Old age takes away from us what we have inherited and gives us what we have earned*  
– Gerald Brenan

### St. Albert Senior Citizens' Club

7 Tache St., **St. Albert**, AB T8N 2S3  
Phone: 780.459.0433  
Contact: Tara Rodrique  
Email: tara@stalbertseniorsclub.org  
www.stalbertseniorsclub.org  
Hours of Operation:  
Mon-Fri - 8:30 am - 4:30 pm  
Minimum Age: 50

- A centre providing services and activities for persons 50 and older including bus service for a small fee.
- Provides Adult Day program, social lunch program, outreach support services, meals on wheels, Bereavement, various wellness clinics, blood pressure clinic, foot clinic and access to a lawyer, along with recreational activities.

### St. Vital Seniors' Club

5204A 50 Ave **Beaumont**, AB T4X 1E3  
Contact: Cecile Dancause, President  
Phone: 780.929.5333  
Email: cecile2@telus.net  
Hours of Operation:  
Mon-Sat - 9:00 am - 11:00 am.

- To foster and promote means whereby residents who are seniors may get together for wholesome fellowship.
- Come for coffee and activities such as cribbage and pool.
- League floor curling - every Thursday, 7:00 pm, September-April. Bingo - every Wed - 7:30 pm. Day Support Program - Tues & Thurs 9:30 am - 2:30 pm and numerous other activities.

*The golden age is before us,  
not behind us. – St. Simon*

## CULTURAL ORGANIZATIONS WITH SENIORS PROGRAMMING

### Alberta Hindi Parishad

#104, 3907 98 St. NW T6E 6M3  
Contact: Rajiv Ranjan  
Phone: 780.444.5897  
www.albertahindiparishad.org

### Alberta Kaiping District Association

9549 102 Ave. NW T5H 4H7  
Phone: 780.426.6099

### Alberta St. George of England Society

13915 115 Ave. NW T5M 4B6  
Phone: 780.423.2520  
Email: stgeorge@ocii.com  
www.ocii.com/~stgeorge/

### Arabian Muslim Association - The Canadian Islamic Centre

13070 113 St. NW T5E 5A8  
Phone: 780.451.6694  
www.alrashidmosque.ca

### Association canadienne-française de L'Alberta (ACFA)

ACFA régionale d'Edmonton  
La Cité Francophone  
102-8627 Rue Marie-Anne Gaboury  
(91 St.) NW T6C 3N1  
Phone: 780.469.4401  
Email: acfa.edm@acfaedmonton.ab.ca  
www.acfaedmonton.ab.ca

*To keep the heart unwrinkled, to be  
hopeful, kindly, cheerful, reverent - that  
is to triumph over old age.  
– Thomas Bailey Aldrich*

## Cultural Organizations

### **Association canadienne-française de L'Alberta (Secrétariat provincial de l'ACFA)**

La Cité Francophone  
303-8627 rue Marie-Anne Gaboury  
(91 St.) NW T6C 3N1  
Phone: 780.466.1680  
www.acfa.ab.ca

### **Canadian Arab Friendship Association of Edmonton & Edmonton Arab Centre**

Contact: Nancy Zein or Yazan Haymour  
#18, 9228 144 Ave. NW T5E 6A9  
Phone: 780.473.7214  
Email: general@cafaedmonton.ca  
cafaedmonton.ca

- Provides services to the Arab community including family and early childhood services; immigration and settlement services; medical and health services and cultural services. Has volunteer opportunities

### **Canadian Kerala Cultural Association**

1150-5328 Calgary Trail South T6J 5M8  
Contact: George Cherian, President  
Phone: 780.554.969

### **Canadian Lithuanian Society of Edmonton**

Contact: Nejolla Korris  
11629 83 St. NW T5B 2Y7  
Phone: 780.457.6900  
Email: nkorris@shaw.ca

*If you live long enough the venerability factor creeps in; you get accused of things you never did and praised for virtues you never had.*  
— I. F. Stone

### **Canadian Native Friendship Centre**

2nd floor 15001-112 Ave NW T5M 2V6  
Phone: 780.761.1900

Email: reception@newcnfc.ca or  
cnfc@shawbiz.ca

Twitter: EdmontonCNFC

Facebook:

The Canadian Native Friendship Centre  
www.newcnfc.ca

- Supports the lives of Aboriginal people and encourages equal access and participation in Canadian society.
- Provides cultural classes such as Métis dance, Cree language, arts and crafts, round dances, clothing depot and alternative and fine option programs.

### **Canadian Romanian Society**

Contact: Patrick Blaga  
13439 97 St. NW T5E 4C7  
Phone: 780.475.6783

### **Club des Aînés (Carpet Bowling)**

12015 95A St. NW T5G 1R6  
Phone: 780.474.1153

### **Club des Retraités d'Edmonton**

www.retraites-edmonton.ca

- Weekly carpet bowling
- Social activities

### **Council of Canadians of African and Caribbean Heritage**

Suite 6, 10014 109 St  
Phone: 780.426.5807  
Email: ccach@oanet.com  
www.ccach.org

*A person is not old until regrets take the place of dreams.*  
— John Barrymore

### Edmonton Chinatown Multicultural Centre

Contact: Henry Fung, Chairman  
9540 102 Ave. NW T5H 0E3  
Phone: 780.424.8124

### Edmonton Chinese Seniors Recreation Group

Chinese United Church  
10152 96 St. NW T5H 2G5  
Phone: 780.422.8027

- Meets the first Monday of the month at 1:30 pm for social and recreational activities.

### Edmonton Goan Association

P.O. Box 68059  
70 Bonnie Doon Mall P.O. T6C 4N6  
Email: egacommittee@gmail.com  
www.edmontongoanassociation.com

### Edmonton Japanese Community Association

6750 88 St. NW T6E 5H6  
Phone: 780.466.8166  
Contact: office@ejca.org  
www.ejca.org

### Edmonton Multicultural Society (EMS)

Stanley A. Milner Library  
602, 7 Winston Churchill Square T5J 2V5  
Phone: 780.420.6832

Email:  
info@edmontonmulticultural-EMS.org  
www.edmontonmulticultural-EMS.org  
For Membership, phone office or email:  
memberships@edmontonmulticultural-EMS.org

- The Edmonton Multicultural Society is dedicated to advancing a unifying social vision for Edmonton which is

consistent with Canadian Citizenship values of equality, diversity and community.

- The EMS Resource Directory provides information about ethno-cultural organizations based in Edmonton.

### Edmonton Spanish Centre Cultural Society

Contact: Dr. Garcia  
Phone: 780.482.4974  
Email: egarcia@interbaun.com

### Edmonton Taiwanese Association

3420 110 St. NW T6J 2V7  
Contact: Mr. K.J. Lin  
Phone: 780.434.5556

### Fédération des Aînés Franco-Albertains (FAFA)

La Cité Francophone  
136-8627 rue Marie-Anne Gaboury NW  
T6C 3N1  
Phone: 780.465.8965  
Email: bureau@fafalta.ca  
www.fafalta.ca

### German Canadian Cultural Association (Edmonton)

8310 Roper Road NW T6E 6E3  
Phone: 780.466.4000  
Email: mail@gcca.ca  
www.gcca.ca

- Every Friday we invite you to our Dance Social with a live band to ballroom dancing. Get your exercise while having fun dancing the night away. Admission: members \$7, guests \$10
- New members welcome.

*It's sad to grow old, but nice to ripen.  
– Brigitte Bardot*

## Cultural Organizations

### **Hellenic (Greek) Golden Age Association**

#2, 10450 116 St. NW T5K 2S4

Phone: 780.454.2382

Contact: C.Gus Bottas

Email: cbottas@yahoo.com

- Ethnic organization offering senior programming.
- Social philanthropic association for the benefit of the people.

### **Icelandic Canadian Club of Edmonton**

Contact: Bev Arason-Gaudet

Phone: 780.464.2898

Email: barasong@shaw.ca

www.iccedmonton.org

Alternate Contact: Bob Rennie

Phone: 780.456.5227

### **Irish Sports and Social Society**

12546 126 St. NW T5L 0X3

Phone: 780.453.2249

Hours of Operation:

Wed 4:00 pm – 11:00 pm,

Thurs 4:00 pm – 12:00 am,

Fri 4:00 pm – 1:00 am,

Sat 1:00 pm – 2:00 am.

### **Ital-Canadian Seniors Association**

9111 110 Ave. NW T5H 4J9

Phone: 780.424.1255

Contact: Connie Saccarello

Email: itcansrs@telus.net

- Membership \$10 for anyone 50 years or older; facility free to members.
- Drop-in centre, Bocce courts, card tables.

*There is still no cure for the common birthday. – John Glenn*

### **Italian Community Services**

9111 110 Ave. NW T5H 4J9

Phone: 780.421.9559

Email: itcomsrv@telus.net

Hours of Operation: Mon - Thur – 9:00 am -

4:00 pm. Fri 9:00 am - Noon

- Assistance with completing municipal, provincial and federal government forms, eg. CPP, OAS, GIS, ASB.
- Referrals to other resources.
- Commissioner for Oaths on site.
- All Services are free.

### **Jamaica Association of Northern Alberta**

12526 126 Ave. NW T5L 3C7

Phone: 780.423.5262

Contact: Emeil Walker

- Senior's health & wellbeing presentations
- Every 3rd Wednesday - bowling excursions
- Out-of-town daytrips

### **Jewish Community Centre of Edmonton**

7200 156 St. NW T5R 1X3

Phone: 780.487.0585

### **Jewish Family Services**

202 10339 124 St. NW T5N 3W1

Contact: Rhonda Eidelman

Phone: 780.454.1194

www.jfse.org

Outreach and support to Jewish seniors dealing with the aging-related transitions in their lives.

### **Jewish Senior Citizen's Centre (Jewish Drop-In Centre)**

10052 – 117 St. NW

Mailing address:

Box 74061, Edmonton, AB T5K 2S7

Contact: Svetlana Pavlenko, ED

Phone: 780.488.4241

Email: jdic@shaw.ca

Hours of Operation:

Sun to Thurs: 9:00 am - 4:00 pm;

- Provides recreational and educational programs.
- Facilitates provision of counselling, referral services, hot lunches, home care services and other services conducive to their well-being.
- Assists our members to maintain independence in the community.

### **Korean Senior Citizen Society**

9636 105A Ave NW T5H 0M4

Phone: 780.423.7024

### **Millwoods Cultural Society for Retired and Semi-retired**

1560 48 St. NW T6L 6H9

Phone: 780.461.3312

*See page 13 for complete listing.*

### **Native Seniors' Centre**

Phone: 780.476.6595

*See page 16 for complete listing.*

### **Patronato I.N.A.S**

9111 110 Ave. NW T5H 4J9

Contact: Luciana Zacher

Phone: 780.421.9559

Email: inasedm@telus.net

Hours of Operation: Mon-Thur 9:00 am - 4:00 pm; Fri. 9:00 am - noon.

- Representative for applying for Italian pensions.
- Assistance in applying for other pensions e.g. French, Swiss, German.
- Commissioner for Oaths on site. All services are free.

### **Punjabi Cultural Association**

1560 48 St. NW T6C 6H9

Phone: 780.461.3312

Contact: Gurchararan Singh Brar

Phone: 780.433.1791

### **Scandinavian Studies Association**

Contact: Linnea Lodge

Phone: 780.455.8066

### **Société Généalogique du Nord-Ouest**

#204, 8627-91 St. NW T6C 3N1

Phone/Fax: 780.424.2476

Email: sгно@telus.net

www.sгно.ca

### **Sons of Norway**

Contact: Elaine Domier

Phone: 780.434.6532

Email: newsletter@sofnedmonton.ca

www.sofnedmonton.ca

- Lodge Group Activities: Folkdancing, Arts & Literature Club, Norwegian Conversation Club, annual Sports Weekend, Genealogy, Stamp Club, Husflid Craft Club.
- Visit website for upcoming special events.

### **St. David's Welsh Society of Edmonton**

Contact: Nance Smith

P.O. Box 11682, MPO

Edmonton, AB T5J 3K8

Phone: 780.488.8310

Email: nandmike@shaw.ca

### **St. Emeric Catholic Hungarian Parish**

Contact: Father Matt Lugowski

12960 112 St. NW T5E 6J1

Phone: 780.452.1198

Cultural Organizations

**Ukrainian Canadian Social Services (Edmonton)**

11717 97 St. NW T5G 1Y3  
Phone: 780.471.4477  
Email: ucss@shaw.ca

**Vasa Pioneers No. 12**

Contact: Linnea Lodge  
Phone: 780.455.8066  
• Contacts with Scandinavian communities.

**Vietnam-Chinese Senior Citizens Club of Edmonton**

10508 98 St NW T5H 2N4  
Phone: 780.424.988

**The Windmills Dutch Canadian Club**

13312 - 142 Street  
Edmonton, Alberta T5L 4T3  
President: Mr. Piet Putters  
Phone: 780.466.5756  
Secretary: Wilma Thys  
Email: wtys@shaw.ca

**Zhi Yang Seniors Recreation Club**

9628 102 Ave NW T5H 0E6  
Phone: 780.421.8968

**Sage Seniors' Safe House**

provides temporary safe housing for men and women 60 years of age or older who are in need of safety from an abusive relationship.

If you suspect abuse or are experiencing abuse, call the intake line between 8:30 am and 4:30 pm at **780.702.1520** or the 24 Hour

**Seniors' Abuse Helpline**

at **780.454.8888**



Seniors Association of Greater Edmonton

**Sage 2011 Membership Form**

Name: .....  
Address: .....  
City:.....Province: .....  
Postal Code: .....  
Email: .....Phone: .....  
Date of Birth: .....  
First Language: Eng  Fr  Other

**Membership Types** (includes GST)

Regular: \$26.25/person/year  
Multi-Year: \$78.75/person/3 year  
Lifetime: \$131.25 for anyone over 65 years  
Corporate: \$131.25 non-profit organizations  
\$262.50 for businesses

**Payment**

Cheque Cash VISA Mastercard  
Card #.....  
Expiry Date:.....  
Total Amount.....\$.....

**Sage GST #119154839TR0001**

**Sage - Senior Association of Greater Edmonton**  
15 Sir Winston Churchill Square,  
Edmonton, AB T5J 2E5

Phone: 780-423-5510  
Email: info @MySage.ca  
Fax: 780.426.5175 www.MySage.ca

**Thankyou**