

Chapter Contents

- Senior Centres, Clubs and Groups by Area of the City and Surrounding Communities
- Cultural Organizations with Seniors Programming

SENIOR CENTRES, CLUBS & GROUPS BY AREA OF CITY AND SURROUNDING COMMUNITIES

CENTRAL

Bernadette N. Swan Social Care Foundation

Bill Rees YMCA Building
10211 105 St.
Phone: 780.761.0881

- Computer Literacy Program for Seniors - Call to register
- Seniors Drop-In Coffee & Conversation
- Senior Care Links - Referral and Resources
- Grandparent Award of Distinction

Central Lions Seniors Recreation Centre (CLSA)

11113 113 St. NW T5G 2V1

Phone: 780.496.7369

Contact: Susan Mann

Email: Susan.Mann@CentralLions.org

www.CentralLions.org

Hours of Operation:

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

- Central Lions Seniors Association (CLSA) located at the Central Lions Seniors Recreation Centre provides recreational, educational, fitness and social opportunities for persons 55 years of age and older.
- The Centre features a gymnasium, fitness centre, activity and vocational rooms, auditorium, atrium and cafeteria and is handicapped accessible. Lots of free parking on-site.
- Rental Opportunities - Evenings & weekends for events, meetings, social activities, sports, etc. On-site catering available. Various room sizes and amenities. Call Shelley at 780.496.1627.

Edmonton Seniors Centre

3Y-11111 Jasper Ave. NW T5K 0L4

Phone: 780.342.8625

Email: executive@edmontonseniorscentre.ca

www.edmontonseniorscentre.ca

Hours of operation: 9am-4pm

- If you are looking for a friendly and supportive place to meet new or existing 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 social interaction, wellness, healthy aging and independence.

See [HELP AT HOME](#) – Outreach for additional information

Geriactors Theatre

Contact: Becca Barrington, Associate Director

Phone: 780.248.1556

Email: geriactors.friends@gmail.com

www.geriactors.ca

- We are an intergenerational theatre company called Geriactors & Friends, producing original plays based on true stories and issues of aging.
- Interested in a performance? Geriactors & Friends will perform at seniors' residences, centres, conferences, local events, and more.
- We also offer workshops in Storytelling, Acting & Improv (Winter, Spring and Summer Sessions).
Contact us for more information on performances and workshops.

Operation Friendship Seniors Society

9526 106 Ave. NW T5H 0N2

Phone: 780.429.2626

Email: info@ofss.org

www.ofss.org

Office Hours: Mon-Fri 9am-5pm,
closed 12-1pm

- Services offered to inner city seniors include outreach, form filling, advocacy, referrals, case management, home visits, tax clinics, and transportation.
- Provides assistance in locating housing, filling out forms, and advocating with landlords; manages 350 housing units (rooming house, apartments and lodges).
- McCauley Seniors Drop-In: open daily for meals, coffee, recreation, showers, clothing.
- Volunteer opportunities also available.

For Complete Listings See HELP AT

HOME – Outreach and Donating Your Household Items, and TRANSPORTATION – Transportation Options for People Not Driving for complete listings.

Over The Rainbow

G.L.B.T.Q. Group

Sage Seniors Association

15 Sir Winston Churchill Square Contact:
Jeff Bovee

Email: boveejeff@gmail.com

Hours of operation: Tues 12:30pm–3:30pm

We meet in the Cafeteria, ask at the front desk

- This is a confidential Discussion Group (and more) here to help with any concerns you may have.
- We offer a safe and convivial place for gay seniors, their friends and families.
- We will also help seniors who have concerns about gay family members.

Pride Centre of Edmonton

10618 105 Ave NW T5H 0L2

Phone: 780.488.3234

Email: hello@pridecentreofedmonton.ca

www.pridecentreofedmonton.ca

Office Hours: Mon–Friday 12pm–7pm

(Note: Some programs run outside regular business hours.)

- We provide a non-judgmental, welcoming space where people of all sexual orientations and gender identities can be themselves, find support and meet others.
- Support groups, social events, information sessions and programs that support the well-being and capacity of our community are available for older adults as well as youth, adults, families, allies and the general public.
- Many programs are all ages and older adults are welcome to participate!

Sage Seniors Association

15 Sir Winston Churchill Square NW T5J 2E5
Northwest corner of 100 St. and 102A Ave.

Phone: 780.423.5510

Email: info@MySage.ca

www.MySage.ca

Office Hours: Monday-Friday 8:30am-4pm

Café Hours: Monday-Friday 8am-3:00pm

Sage Seniors Association is a multi-service senior-serving organization that provides over 100 programs and services in the greater Edmonton area. Sage employs a strengths-based approach to increase resilience and reduce vulnerability in seniors when needed, and to inspire them to keep engaging with, building, and enriching their communities. Sage's programs and services include outreach, assessment and other social work services; health services; life enrichment programming; volunteer opportunities; and annual seniors' forums.

Sage's mission is inspiring and supporting seniors to be the best they can be. Sage's vision is a community where all seniors are valued and have the opportunity to live according to their beliefs, abilities, and aspirations.

Parking Near Sage

The closest parking to Sage is Edmonton City Centre East Parkade. Its entrance is on the north side of 102A Ave, just west of Sage.

SAGE PROGRAMS AND SERVICES

Main Switchboard **780.423.5510**

LIFE ENRICHMENT

Life Enrichment Services

- Activities, classes, and clubs

English as Another Language **780.701.9016**

INFORMATION AND SUPPORT SERVICES

General Inquiries, Assessment and Support, Housing, and This Full House – Hoarding **587.773.1764**

[See page 34, 124, 133, 139 for further information](#)

Guardianship/Trusteeship **780.701.9013**

[See page 268 for further information](#)

Multicultural Seniors Outreach **780.701.9018**

[See page 46 for further information](#)

Seniors' Safe House **780.702.1520**

[See page 55 for further information](#)

Health Services **780.423.5510**

[See page 91, 105 for further information](#)

OTHER SERVICES and EVENTS AT SAGE

Income Tax Preparation **780.423.5510**

Sunshine Café **780.701.9022**

VOLUNTEER SERVICES

Volunteer Services **780.701.9014**

[See page 294 for further information](#)

ADMINISTRATION

Executive Director **780.701.9008**

Director of Operations **780.701.9002**

Administration **780.701.9009**

Finance **780.701.9015**

Membership **780.809.9407**

CITY-WIDE

The Royal Canadian Legion

www.legion.ca

- A non-profit Canadian ex-service (veterans') organization founded in 1925. Includes currently serving Canadian Armed Forces personnel and RCMP and their families.
- Canada's largest veteran support and community service organization. Known for the Poppy Campaign.
- As members, we show our thanks by supporting and advocating for veterans, by remembering their sacrifices, and by continuing the tradition of service in helping our communities.
- Admission not restricted to only veterans or military. Guests welcome.
- Each branch's hours vary. Call to confirm.

Jasper Place #255

10427 174 St NW T5S 1H1
Phone: 780.483.1959

Kingsway #175

14339 50 St NW T5A 0S9
Phone: 780.425.8654

Norwood #178

11150 82 St NW T5B 2V1
Phone: 780.479.4277

Strathcona #150

9020 51 Ave NW T6E 5X4
Phone: 780.433.1908

Seniors' Centre Without Walls Edmonton Southside Primary Care Network

3110 Calgary Trail T6J 6V4
Contact: Gayle Harper
Email: gayle.harper@espcn.ca
Phone: 780.395.2626
www.edmontonsouthsidepcn.ca/scww

Hours of Operation: As per program catalogue

- A seniors' centre from the comfort of your own home! Join us for a variety of interactive telephone-based social & health programming, free of charge using our toll-free number. Opportunity to socialize, learn new skills & stay connected.
- New series of participant selected topics every four months. Open to individuals 55+ residing in Alberta. Call or visit website for latest program catalogue & to register.

Technology Assistance Seniors Society

Phone: 587.710.2412

Email: info@tassyeg.com

www.tassyeg.com

Hours of Operation: Flexible hours, services by appointment

- The Technology Assistance Seniors Society provides technology help to seniors through classes and in home visits. We come to you and hold classes wherever you are.
- Includes assistance and teaching with tablets, computers, printers, televisions, etc. Beginners are welcome.
- If the costs are prohibitive, payment can be covered in whole or in part by the society.

SOUTH EAST

Around 60 Club

Spirit of Hope United Church

7909 82 Ave. NW

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.

Millwoods Cultural Society for the Retired and Semi-Retired

1560 48 St. NW T6L 6H9

Phone: 780.461.3312

Email: millwoodscsret@gmail.com

Business Hours: Mon-Sun 12pm–5pm

- Information, Support, Sports and Recreation, etc.

Mill Woods Seniors Association

2nd Floor, 2610 Hewes Way (Above the Mill Woods Public Library)

Phone: 780.496.2997

Contact: Program Coordinator

Email: program.coordinator@mwsac.ca

www.mwsac.ca

Hours of Operation: Mon-Fri 8:30am-4:30pm+ Tuesday/Thursday until 8 pm (Sept-June) & Saturdays 9:30am-12:30 pm (Sept-June) Programs & Services:

- Recreational: Pickleball, Floor Curling, Badminton, Cards
- Social: special events, cultural celebrations, outings
- Nutrition: Cafeteria, cooking demos
- Physical Fitness: Keep Fit, Yoga, Dance Fitness, Tai Chi, Meditation, Chair Exercise, Stretching Class
- Arts & Learning: presentations, language classes, visual arts, quilting, sewing, knitting
- Support Groups: Cultural Circle, Grief Support
- Volunteer Opportunities: Front Desk Help, Administrative, Kitchen Cashier, Special Events, Program Leads, other

See also [HELP AT HOME - Outreach](#)

South East Edmonton Seniors Association (SEESA)

9350 82 St. NW T6C 2X8

Phone: 780.468.1985

Email: info@seesa.ca

www.seesa.ca

Find us on Facebook @

seesaactivitycentre Twitter & Instagram @seesahappenings

Office Hours: Monday - Thurs 8:30am-8:30pm; Fri 8:30am-4:30pm; Sat 9am-noon (except long weekends & summer months)

- Mission: SEESA provides programs and services that will help seniors maintain and enhance their quality of life.
- Café open for breakfast 8:45-10 and lunch 11:30—1 Mon-Fri except statutory holidays
- Outreach Services - help with forms; Grief Recovery Method; Social Circle; advocacy, information, referral; system navigation see [HELP AT HOME](#)
- Meals - monthly suppers, monthly pot luck
- Meals on Wheels – Chef's Choice frozen meal depot have your order delivered to SEESA to pick up during office hours or pick up a meal from our freezer to take home
- Activities - Variety of fitness, art, music, computer & dance classes plus games, sports and clubs.
- Seniors Home Supports Services – see [HELP AT HOME](#)
- Special Events – Crib Tournaments, Dances, Jam Sessions, Pancake Breakfasts
- Men's Shed
- Fitness Centre
- Volunteer Opportunities

See also [HELP AT HOME - Home Services](#) and [HELP AT HOME - Outreach](#)

SOUTH WEST

Heritage Senior Stop-In Centre

Ermineskin Shopping Centre

3036 106 St. NW T6J 5M5

Contact: Ruth Gellert, Secretary

Phone: 780.437.8759

Hours of Operation: Mon-Sat 10am-4pm

- Cribbage - Mon 1pm
- Canasta (Hand & Foot) - Tues and Fri 1pm
- Whist - Wed 1pm
- Various card games - Thurs 1pm
- Monthly social: Third Friday of each month
- Coffee & conversation: daily 10am-noon

Drive Happiness Seniors Association

9916 45 Ave. NW T6E 5J1

Phone: 780.424.5438

Email: info@drivehappiness.ca

Office Hours: Mon-Fri 9am-4pm

- Drive Happiness Seniors Association is a registered, non-profit society. Our purpose is to assist seniors in the Edmonton area remain independent in their homes as long as possible.
- We provide door-through-door assisted transportation to seniors in order to promote their mobility, independence, and quality of life.

See listing in **TRANSPORTATION – Transportation Options for People Not Driving**

Petrolia Seniors

3519 118 St. NW T6J 1W6

Email: nmaly@telus.net

- Invites people aged 55 and older to attend a luncheon and educational or entertaining program every 3rd Tuesday of the month, September - June, from 11:45 am to 2:00 pm at the Greenfield Community Hall, 3803 114 St. NW. Come and join the fun! Between 70 and 95 people attend each month. Cost may vary, depending on program. For more information, or to confirm attendance, please call: Nick at 780.435.1045 or Betty at 780.434.0711.

PROBUS Clubs of Edmonton

www.probus.org/5prairie.htm

The purpose of a **PROBUS Club** is to provide regular gatherings of retired or semi-retired business or professional people who appreciate and value opportunities to meet others in similar circumstances and of similar interests.

PROBUS Club of South Edmonton Derrick Golf and Winter Club

3500 119 St. T6J 5P5

Contact: Peter Rausch, Membership Director

Phone: 780.437.5238

Email: rauschandhogg@shaw.ca

Meetings: Meeting and speaker at 10am on the 4th Tuesday every month, Jan-Nov

- Join in outings and other activities. Monthly email newsletter.
- Open to retired and semi-retired men and women. Guests welcome.
- Annual dues \$60. No fundraising.

PROBUS Club of Central Edmonton (Men's Club)

c/o Royal Mayfair Golf Club

Location: West side of Groat Road, south end of Groat Bridge

Contact: Bruce Perry, Membership Chair
Phone: 780.918.5577
Email: bruperry@telusplanet.net
Meeting and speaker, usually every 3rd Tuesday of the month, (except July and August).

- Tour, usually every 4th Tuesday of the month, (except July and August).
- Optional lunches to follow both meetings and tours.
- No fund-raising. Guests welcome.

Membership Fees: Full Year starting January 1 - \$125. Fee prorated if membership commenced other months during the year.

Eligibility: Club open to retired and semi-retired men 55+.

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

10440 84 Ave. NW T6E 2H2

Phone: 780.433.5377

Contact: Cathy McLean

Email: sconas84th@shaw.ca

www.sconaseniors.com

Hours of Operation: Mon-Fri 9am-4:30pm

Contact SCONA for monthly calendar

- home-away-from-home
- opportunities for social engagement
- health and wellness programs
- continuing education
- nutritious meals
- Seniors Outreach Services: Housing support, help with government forms, support navigating through government services, exploring food and financial security, peer support, information, referral, advocacy.
- Volunteer Opportunities

SouthWest Edmonton Seniors Association

Mailing Address:

Box 88008 Rabbit Hill PO T6R 0M5

Email: programs@swedmontonseniors.ca

www.swedmontonseniors.ca

- Activities and Programs include: Art Group, Coffee n' Chat, knitting/ stitching, bus trips, bridge, Mahjong, fitness, Golden Gloves boxing, and more. Monthly Lunch Socials and Toonie Talks. Check website for times and locations.
- Seniors Homes Supports Program referral services include: Yard Maintenance, Personal Services, Housekeeping, Home Repair, Snow Removal and Moving Help.
Call 780.860.2931
Email: hs@swedmontonseniors.ca
- www.swedmontonseniors.ca
- New members and volunteers welcomed.

Program Locations:

Blue Quill Community League

11304 25 Ave.

eOne Fitness Studio

3474 Allan Drive SW

Seniors Lounge, Terwillegar Recreation Centre

2051 Leger Road

William Lutsky YMCA

1975 111 St

Yellowbird East Community Centre

10710 19 Ave. NW

Phone: 587.987.3200

See [HELP AT HOME - Home Services](#)

Southwest Seniors' Outreach Society

10832 62 Ave. NW T6H 1N1

Phone: 780.435.9515

Contact: Yvonne Pearson

Email: swseniors@telus.net

Webmail: swseniors.com

Hours of Operation: Tues-Thurs 9am-3pm
(Sept – June)

- Gentle Yoga, Gentle Dance, Creative Crafts, Basic Beginner Clogging, Choir, Cards/Board Games, Dancing, miscellaneous speakers, courses and other activities offered.
- Thursdays - hot luncheon is offered followed by entertainment.
- A number of bus trips are provided.

Strathcona Place 55+ Services & Activities

10831 University Ave. NW T6E 4R1

Phone: 780.433.5807

Email: strathconaplace@outlook.com

www.strathconaplace.com

Hours of operation: 8:30am-4pm

weekdays, cafe 9:00am-3pm

Many Volunteering Opportunities

- Recreation, Continuing Education & Service Activities: Meditation, Creative Writing, Pottery, Stamp Carving, Woodworking, Cards, Dances, Special Teas, Snooker, Movies, Art, Fitness, Yoga, Tai Chi, Drama, etc. Foot Care, Year Round Tax Assistance, Information & Referral; Outreach in 10 languages
- Nutritious Meals, Dinners, Take out
- John W. Bilstrand Literary Award for Seniors

WEST

Westend Seniors Activity Centre

9629 176 St. NW T5T 6B3

Phone: 780.483.1209

Email: weseniors@westendseniors.com

www.weseniors.ca

Hours of Operation: Mon-Fri 9am-4pm

- Community based non-profit, hub for persons aged 55+ offering programs and activities for the mind, body and spirit.
- Full service facility with gymnasium, fitness room, art rooms, classrooms, music/dance rooms, workshop and more.
- Community Café serving daily affordable nutritional lunches.
- Community Outreach program provides support, referral, information, form filling assistance to seniors. Also provides home support referral services for snow shoveling, yard work, house-cleaning, and minor home maintenance support.

See also [HELP AT HOME-Home Services and -Outreach](#) for additional listings.



**RECREATION
AND WELLNESS
DIRECTORY**
for Older Adults
2019-2020

Find local:
Arts activities
Fitness classes
Hobby clubs
Social groups
and more!

Call **780-423-5635**
to get your copy.

EDMONTON
SENIORS
COORDINATING
COUNCIL

NORTH EAST

North Edmonton Seniors Association (NESA)

7524 139 Ave. NW T5C 3H7

Phone: 780.496.6969

Email: info@nesa1.ca

www.nesa1.ca

Hours of Operation:

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

Wed: 8:30am-9pm (dinner & dance)

- Programs: computers, cameras, crafts, hobbies, painting, fitness, sports, general interest, health & wellness, languages, music, dance, social experiences.
- Services: Footcare Clinic, Hearing Clinic, Reflexology, Massage Therapy, Home Supports and Outreach
- Amenities: senior-friendly fitness centre, cafeteria, rental space and free parking.

NORTH WEST

Edmonton Indigenous Seniors' Centre

Cottage E-10107 134 Ave. NW T5E 1J2

Phone: 587.525.8969

Email: manager@easc.ca

www.easc.ca

Hours of Operation:

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

- Operates a drop-in centre and referral services for Aboriginal seniors 50+ yrs.
- Offers advocacy, housing, referrals, social centre and transportation.
- Provides traditional craft classes, foot care, social activities and Aboriginal Housing Registry and Placement Service. Volunteer opportunities.
- Offer "Kokum's Krafts" Traditional Arts Boutique with hand crafted Indigenous traditional arts made by our Indigenous seniors.

Luther Place Seniors

Hosanna Lutheran Church

9009 163 St. NW T5R 2N8

Phone: 780.484.3932

Email: office@hosannalutheran.ab.ca

Church office hours: Mon-Fri 9am-3:30pm

- We meet on the 3rd Tuesday of the month at 2:00 pm. There is a short meeting followed by an activity. Occasionally we meet at the church to go on an outing.
- We meet from September to June, with the exception of December when we have a Christmas luncheon. We are a church-related group.

North West Edmonton Seniors Society

12963 120 St. NW T5E 5N8

Phone: 780.451.1925

Contact: Debbie Creaser

Email: execald@telus.net

www.nwess.ca

Hours of Operation:

Mon, Tues, Wed, Fri 7pm-9pm

Sat 11am-4pm Sun 10am-1pm

- Monthly 1st Sunday Pancake breakfast, Special Community Events and Celebrations.
- Programs: crafts, hobbies, fitness, sports, recreational, educational, general interest, health & wellness sessions, music, dance, social experiences. Feet First Foot Care, Meals on Wheels (Frozen Meals), WECAN Food Basket
- Volunteer opportunities
- Referrals for outreach services for seniors
- Home Supports Referral Program for: yard maintenance, housekeeping, snow removal and minor home repair

West Jasper Sherwood Seniors Citizen Club

9620 152 St.

Mailing address: 15024 99 Ave T5P 0H4

Phone: 780.489.2021

Contact: Jack Kryz

- Mondays from 1:00 to 3:00 p.m. for Carpet Bowling;
- Wednesdays from 1:00 to 3:00 p.m. for Whist;
- The first and third Wednesday of the month from 7:00 to 10:00 p.m. for Cribbage Tournaments;
- The second and fourth Wednesday of the month from 6:00 to 9:30 p.m. for Progressive Rummy;
- If there is a fifth Wednesday in the month, players will be notified the previous week if Progressive Rummy will be played on that date

SURROUNDING COMMUNITIES

Devon Pioneers 73 Club

29 St. Lawrence Ave. **Devon** AB T9G 1L4

Phone: 780.987.4822

Email: devonp73club@gmail.com

www.devonp73club.ca

Hours of Operation: Drop-In Fridays 10am-2pm (except June-August)

- Minimum Age: 50
- Annual Membership Fee: \$20.00
- Wheelchair Accessible
- Services: facility rentals, recreation
- Call for more information on Rentals; weekly: Quilting Group, Floor Curling, Crib and Canasta Games; monthly Crib Tournaments, Music Jam and Dance.

Leduc & District Senior Centre

Telford House, 4907 46 St. **Leduc** AB T9E 5V9

Contact: Diane Sims

Phone: 780.986.6160

Email: telfordhouse@shaw.ca

Hours of Operation: 9:30 to 2:30

- A 50+ community activity centre that offers a wide variety of activities, Telford House assists support programs to several needs groups.
- Support programs: Low Vision, Stroke Recovery Association of Leduc, and the Parkinson Society.
- Volunteer Opportunities.

Morinville Seniors' Rendez-Vous Centre

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

Phone: 780.939.2727

Rentals & bookings: 780.619.4668

Email: msrvc@telus.net

www.morinilleseniorsclub.org

Hours of Operation:

Mon-Fri: 9am-4pm

- Drop-in centre for Morinville and area seniors. Open coffee time every Tues 9am-11am.
- Bridge, advanced and beginners, military whist, cribbage, 500, floor curling, book club, knitting club, collective kitchen, movie night, pickleball 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: Dennis Mattern

Phone: 780.998.3898

Hours of Operation:

Mon-Fri 9am-3pm

- 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 Thurs.
- Membership open to anyone aged 50 or over. Annual fee Sept-Aug \$20.

The Royal Canadian Legion

Fort Saskatchewan #27

9964 93 Ave, Ft Saskatchewan AB T8L 1N4
Phone: 780.998.3466

Leduc #108

5014 49 St, Leduc AB T9E 6V2
Phone: 780.986.1455

Spruce Grove #281

215 McLeod Ave, Spruce Grove AB T7X 0G2
Phone: 780.962.4598

St. Albert #271

6 Tache St, St. Albert AB T8N 2S4
Phone: 780.458.3330

Stony Plain #256

4902 44 Ave, Stony Plain AB T7X 1V5
Phone: 780.963.9232

Senior Citizen Society of Stony Plain

5016 51 Ave. **Stony Plain** AB T7Z 1C2
Phone: 780.963.4707

Email: stonyplainseniors@gmail.com
www.stonyplainseniors.com

Hours of Operation:

Mon-Fri 9am-11am, 1pm-4pm

- Card games, Bingo, floor curling, carpet bowling, pool.
- Hall available for rent.
- Also known as The Drop In Centre

Sherwood Park 55+ Club

50A Spruce Ave, **Sherwood Park**

Phone: 780.417.0750

Email: office@55plusclub.ca

www.55plusclub.ca

Hours of Operation: Monday-Saturday.

Check the calendar on the webpage

- With 350 members, we have a variety of activities from floor curling, carpet bowling, bocce, pool, golfing, many card games, potluck suppers, dinner club, casino trips.
- We host pancake breakfasts and a Strawberry tea that is open to the public.
- We host crib tournaments monthly and a bridge tournament once a year. We host 2-3 floor curling tournaments a year.

St. Albert Seniors Association

7 Tache St. **St. Albert** AB T8N 2S3

Phone: 780.459.0433

Email: info@stalbertseniors.ca

www.stalbertseniors.ca

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

- Community based non-profit hub for adults 50+. Full service facility with four multipurpose rooms, art room, wood shop offering a variety of classes, information sessions and activities for mind, body and spirit.
- Seniors Services program providing support, advocacy, referrals & information and form filling out assistance. Provide referrals for home support services like snow shoveling, cleaning and home maintenance support.
- Meals to Wheels delivery services for St. Albert residents as well as Chef's Choice frozen meals to take home.
- Our wheelchair equipped bus provides door to door transportation

within St. Albert and we can arrange free transportation for Seniors 65+ on Alberta Senior Benefits needing transportation to medical appointments in St. Albert or in Edmonton.

- Red Willow café serves daily affordable nutritional lunches along with refreshments and goodies from 8:30am-2pm.
- Willows gift shop offers a wide assortment of handcrafted items on site.
- Rental opportunities are available with on-site catering option.

CULTURAL ORGANIZATIONS WITH SENIORS' PROGRAMMING

ASSIST Community Services Centre

Email: info@assistcsc.org

www.assistcsc.org

Hours of Operation: Mon-Fri 9am-5pm

Main Office

9649 105A Ave T5H 0M3

Phone: 780.429.3111

Service Languages:

English, Cantonese, Mandarin

Southwest Office

Unit 2, 810 Saddleback Road T6J 4W4

Phone: 780.429.3119

Service Languages:

English, Arabic, Korean, Russian, Ukrainian, Hindi, Mandarin, Punjabi, Tagalog, Urdu, Swahili, Kakwi

See complete listing in CITIZENSHIP & IMMIGRATION – Immigrant Serving Agencies

Edmonton Indigenous Seniors' Centre

Cottage E-10107 134 Ave. NW T5E 1J2

Phone: 587.525.8969

See SENIOR CENTRES, CLUBS & GROUPS – North West for complete listing

German Canadian Cultural Association (Edmonton)

8310 Roper Rd. NW T6E 6E3

Phone: 780.466.4000

Email: gcca@shaw.ca

www.gcca.ca

Hours of Operation: Open at 5:00 pm, Thursday & Friday, Saturday at 12 Noon, Buffet: Friday & Saturday, 5pm– 9pm

- Library of German Books & DVDs, Open Saturdays 1pm-3pm, Sept to June
- German Movie 1st Thursday of month at 2pm
- Singkreis (Funsingers) Last Wednesday of the month at 1:30 pm

Ital-Canadian Seniors Association

9111 110 Ave. NW T5H 4J9

Phone: 780.424.1255

Contact: Connie Saccarello

Email: itcansrs@telus.net

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

Jewish Family Services

100-8702 Meadowlark Road T5R 5W5

Contact: Rhonda Eidelman

Phone: 780.454.1194

Email: seniors@jfse.org

www.jfse.org

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

See additional listing in HEALTH & WELLBEING – Counselling

Jewish Senior Citizens' Centre (Jewish Drop-In Centre)

10052 117 St. NW

Mailing address:

Box 17017, Edmonton, AB T5K 0G4

Contact: Marian Jenkins

Phone: 780.488.4241

Email: jdic@shaw.ca

<http://www.jdicseniors.ca/>

Hours of Operation: Sun-Thurs 9am-4pm

- Provides fitness activities, educational programs, entertainment, field trips and outings
- Monday–Thursday at noon
Subsidized Hot Lunch Program
- Assist our members to maintain independence to age in place in the community.

Millwoods Cultural Society for the Retired and Semi-Retired

1560 48 St. NW T6L 6H9

Phone: 780.461.3312

Email: millwoodscsrettd@gmail.com

See SENIOR CENTRES, CLUBS & GROUPS – South East 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 & Tues 9:30am-3:30pm,

Wed 9:30am-2:30pm, Thurs/Fri Closed

- Assistance in applying for foreign pensions e.g. Italian, French, Swiss, German.

- Assistance with completing municipal, provincial and federal government forms, eg. CPP, OAS GIS, ASB, Permanent Resident Card, Canadian Passport
- Commissioner for Oaths on site.
- All services are free.

Société Généalogique du Nord-Ouest

102-8627 91 St. NW T6C 3N1

Phone: 780.424.2476

Email: sgno@telus.net

www.sgno.ca

- Mission statement: To maintain a centre for French Canadian genealogical research and to assist all persons interested in genealogy and family history of French Canadians.
- SGNO is a non-profit organization.

Sons of Norway

www.sofnedmonton.ca

- Lodge Group Activities: Norwegian Conversation Club, annual Sports Weekend, Genealogy, Stamp Club, Husflid Craft Club, annual Lutefisk Supper and annual Norwegian May 17th celebrations.
Visit website for upcoming special events.

Social Activity Matters

Staying socially active is an important part of our overall health.

Visit Sage and get connected!

780.423.5510



sage
Sage Seniors Association