



EDMONTON
SENIORS
COORDINATING
COUNCIL

LINK LETTER

Connecting you to Edmonton's age
friendly network!



March
2025

The Edmonton Seniors Coordinating Council brings people, ideas, and information together to build collaborative approaches to services, supports, and circumstances affecting older adults.

Senior Sector Spotlight



The **Indo-Canadian Women's Association (ICWA)** in Edmonton is a non-profit organization that advocates for the rights and protection of immigrant women, men, and youth. Since their incorporation in 1984, ICWA has committed to the full participation of immigrants in economic, social, and political life in Canada.

Support and programming for seniors is one of ICWA's top priorities. Their seniors program serves to improve physical and mental wellbeing through various activities, workshops, and information sessions. Some of their programs include:

- Raising the social and economic status of immigrants in Canadian society by building their capacity and skills through English and Digital Literacy classes;
- Forums and discussion groups on topics of health, such as diabetes, heart and stroke awareness and mental health; and
- Activities such as yoga, games, karaoke, and art/sketching to increase social connection and emotional wellness.

ICWA supports any immigrants and newcomers facing challenges with language, family violence, barriers to accessing services, financial literacy, and

socioeconomic integration. [Visit their website](#) to find out more about their initiatives, programs, and projects.

To discover more about the Indo-Canadian Women's Association, click the link to read a profile story written by our 2024 summer student, Breanne Harrison.

[Read the article >](#)

Collaborative Corner

Updates on collaborations that advance issues and seek better, sustainable ways of working together in support of older adults.

Edmonton Age Friendly Alliance



Supporting an Age-Friendly Edmonton

The Edmonton Age Friendly Alliance (EAFA) is dedicated to supporting seniors' inclusion, engagement, and well-being through a variety of initiatives and community activities. Here is a glimpse of some of what our volunteer Stewards have planned:

- Network Gathering on April 28 at Snow Valley Lodge following ESCC's AGM (See below: ESCC Updates)
- Seniors Week Kickoff on June 2 at City Hall
- EAFA Action Hubs on issues important to older adults. These include addressing ageism, seniors' food security and nutrition, and aging well in community - with a focus on seniors centers.

Together, we can create a more inclusive and supportive community for everyone!

[Learn more about EAFA >](#)



Let's Talk About Ageism! - Toolkit



Upcoming 2025 Information Sessions!

Wednesday, March 19 | 5:30 pm

Wednesday, May 14 | 1:30 pm

Monday, August 25 | 5:30 pm

To register for a session email:

agefriendly@seniorscouncil.net

or call Caroline at 587-900-6886

Social Prescribing



**Social
Prescribing
Day** 19TH
MARCH '25

Social Prescribing Day - March 19, 2025 - is an annual celebration of the people, organizations and communities who make social prescribing happen.

Check out this month's Social Prescribing Update for more information and events.



[Download the Update](#)

Seniors Sector Inclusion Project

Join Us for the launch of our EDI Learning Community!

Date: Monday, March 24, 2025

Time: 2 to 4 pm

Location: Building 4, Elm Business Park
#111, 9426 - 51 Avenue NW, Edmonton

We are delighted to invite you to the launch of our EDI Learning Community. This is one way to participate in the Seniors Sector Inclusion Project — an initiative of the Edmonton Seniors Coordinating Council. This is a space to learn from one another, grow community together, and collaboratively explore solutions for a more inclusive seniors sector.

What's Happening?

- **What We Heard:** We'll kick off the session by sharing insights gathered over three months from more than 80 seniors and 20 community-based organizations in Edmonton. Find out what they shared about the successes, barriers, and gaps they see in current policies, practices, programs, and services.
- **Collaborative Discussion:** We'll have a dynamic discussion focused on future possibilities and solutions. What might we want to do to translate insights into actionable outcomes?
- **Casual & Collaborative Atmosphere:** We intend for this to be a relaxed setting in which to explore ideas, learn from one another, and enjoy some **delicious snacks!**

Please register today to secure your spot! Let's come together to spark meaningful change!

[Register Here](#)

For any questions or additional information, please contact:

Muna Jimale at muna@seniorscouncil.net or

Sheila Hallett at sheila@seniorscouncil.net

Seniors Coordinated Outreach

2025 Tax Clinics

Seniors Coordinated Outreach Partners



Sage Seniors Association:

Participants can call 780-809-9424 and leave a **message**. The call back time is up to 5 days. Both phone and in-person appointments will be an option.

Clinic eligibility:

- Annual income - \$35,000 for a single person and \$45,000 for a couple
- Simple returns can only have T3, T4 and T5 slips (no self-employment income)
- Cannot have income from rental properties, farming or capital gains (capital gains listed on T3, T4 and T5 is okay)
- For ages 55 and over (can be younger if on AISH)
- Couples must file taxes together and both must be available for the appointment to give verbal consent to their taxes being filed

The Shaama Centre:



The service offers assistance with filing taxes and includes connections and referrals to various services and agencies.

Eligibility:

- Individuals or families with low income

Application Process:

- Call for more information about drop-off process or to confirm drop-off and pick-up schedule
- Telephone: **780-465-2992**

[Learn more >](#)



ASSIST Community Services Centre:

Free tax clinics services for seniors who are 55+ (no age restriction for permanent residents).

- By appointment only, please call to pre-register, 780-429-3111
- Taxpayers who are subject to file must be present
- The tax filing will be prepared by a volunteer under the Community Volunteer Income Tax Program

[Learn more >](#)



Operation Friendship:

Tax Clinics information:

- **In-person only**
- **Days:** Monday to Friday
- **Hours:** 8:00 am to 11:30 am;
 - CLOSED from 12:00 pm to 1:00 pm;
 - 1:00 pm to 3:30 pm
- **By appointment:** call 780-429-2626
- Recipients have to bring their T4s



Strathcona Place Society:

- Free Tax Clinics for clients age 55+
- Provide pick-up and drop-off services
- Phone: 780-433-5807

[Learn more >](#)

Find out more information on free tax clinics through the CRA website:

[About free tax clinics](#)

Resources & Learning Opportunities



Engage and Play: Shaping Public Recreation in Edmonton

[City of Edmonton](#)

Until March 28, 2025

Share your stories about what you love about sports and recreation in Edmonton.

Share your ideas about what sports and recreation opportunities are missing in Edmonton.

[Learn more >](#)



March Events at the AGA

[Art Gallery of Alberta](#)

Cinema for Seniors - *Frida*

Friday, March 14 | 2 to 4:30 pm

[Book tickets >](#)

Seniors Tours - *AGA100: Act 3 Words to Worldmaking*

Friday, March 28 | 2 to 3 pm

[Reserve a spot >](#)



EVENT

Discover ProCoroTV!

Pro Coro Canada and Sage Seniors Association

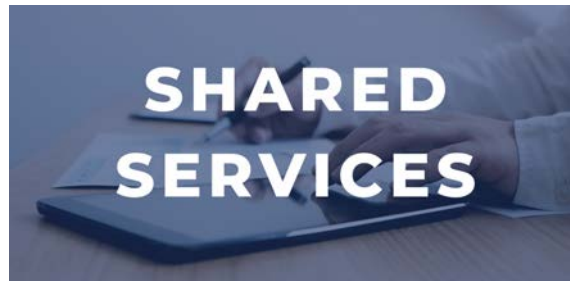
April 10 | 1 to 2 pm

Sage Seniors Association, 15 Sir Winston Churchill Square

Join Pro Coro Canada and Sage Seniors Association for an engaging information session about ProCoroTV, the new streaming service from Pro Coro Canada!

[Learn more >](#)

[Get the poster >](#)



SHARED SERVICES

Communications, Governance, and Human Resources Shared Services

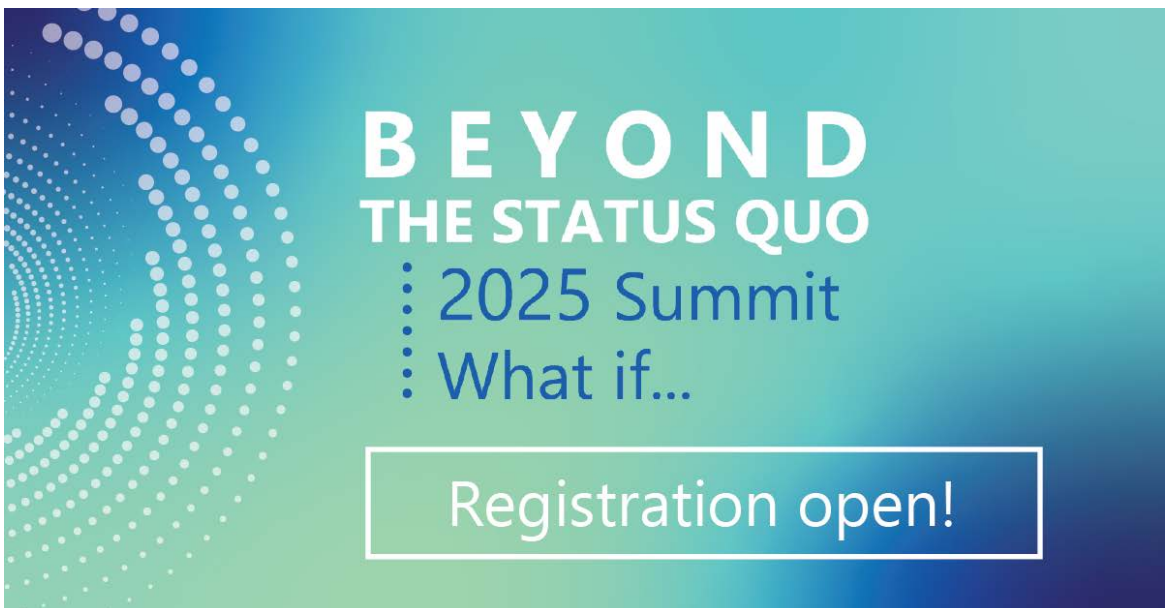
ECVO

Edmonton Chamber of Voluntary Organizations

ECVO's Shared Services provides project-based or ongoing communications, governance, or human resources support to both members and non-members that enhances organizational capacity with meaningful and relevant knowledge.

[Learn more >](#)

Conferences



BEYOND THE STATUS QUO

∴ 2025 Summit
∴ What if...

Registration open!

Join us on **April 9, 2025**, at the **Beyond The Status Quo Summit**, where Edmonton's human services sector will gather to lay the foundation for a new way

of working together.

Highlights include:

- Keynote: Crystal Shawanda, celebrated Canadian blues and country music artist, on challenging the status quo and embracing new experiences.
- Plenary: Connection, Curiosity, and Action: with Cheryl Whiskeyjack, Marc Cabaj, and Jared Wesley.
- Breakout Sessions: Topics include transforming governance, supporting our people, organizing for impact, reclaiming knowledge, and sector storytelling.

Beyond the Status Quo is a collaboration of non-profits eager to be the ripple in the pond of systems change in Edmonton. Together, we are building a movement within the sector to identify collective goals, reframe how we think about the questions that need to be answered, and move our shared vision into action.

Be part of this exciting event!

[Learn more or to register >](#)



Registration for the 2025 Healthy Aging Alberta Summit is open!

Join Healthy Aging Alberta from **October 6-9, 2025**, at the Delta Hotel in Edmonton and online as we explore The Tapestry of Aging: Threads of Connection & Well-being.

Together, let's weave a tapestry of connection and collaboration to make Alberta one of the best places to grow older.

Early bird pricing is available until March 31 - or until tickets sell out!

[Learn more or to register >](#)

My Aging Story Exhibit



Reframing Aging: The Impact of "My Aging Story" Exhibit

On February 21 and 22, 2025, The Age Collective, a community initiative, hosted the "My Aging Story" Exhibit in Edmonton. It showcased 22 extraordinary stories collected from Edmontonians of all ages and backgrounds. Each story shared personal experiences of aging that celebrate resilience, wisdom, and the nuances of growing older.

Visitors explored the narratives through a scavenger hunt, uncovering meaningful insights, and engaged in the Self-Reflection Booth, where they shared messages to their future older selves. Some of their reflections included:

- "Starting over later in life takes guts - it requires being comfortable in your own skin."
- "Expect nothing, appreciate everything."
- "I've spent so much of my life caring and loving others, it's time to care and love me. Stop being my own worse critic."
- 'Keep on smiling! Let the mystery be!'

The impact of the exhibit was deeply felt. Many shared that the stories and activities transformed their perceptions of aging, inspired them to challenge ageism, and made them feel less alone in their own aging journey. Some expressed appreciation for the perspectives from different generations and cultures, while for others, it was a rare and safe space to have open conversations about aging.

If you missed the exhibit, you can read the exhibit stories and other videos online: Instagram ([@theagecollective](https://www.instagram.com/theagecollective)), website (theagecollective.com), and YouTube ([@TheAgeCollective](https://www.youtube.com/@TheAgeCollective))

ESCC's Annual General Meeting & EAFA Gathering April 28, 2025

Join ESCC's 20th Anniversary AGM on **April 28th, 2025 from 1-2 p.m.** at The Lodge at Snow Valley (13204 Rainbow Valley Rd NW). Catch a sneak peak at a new brand for one of ESCC's initiatives, and find out how we're celebrating our 20th anniversary in 2025.

Following the AGM, there will be an **Edmonton Age Friendly Alliance Gathering** (2-4 p.m.) on the "Power of Advocacy in the Seniors Sector."

[Register today >](#)

March is...



**Evening of Friday, February 28
to Saturday, March 29**

Ramadan is the ninth month of the Islamic calendar. It is observed by Muslims worldwide as a month of fasting, prayer, reflection, and community.



Fraud Prevention Month is an annual campaign that seeks to help you recognize, reject and report fraud.

[Learn more >](#)



National Nutrition Month: Nourish to Flourish

This year's theme highlights the profound connections between food and overall well-being, emphasizing the transformative role of nutrition in our lives.

[Learn more >](#)




March 8 - International Women's Day

Every woman's story is a testament to resilience, determination, and the power of opportunity. This International Women's Day, celebrate the women and girls in your life and share their stories.

[Learn more >](#)

Disclaimer: We endeavour to acknowledge and honour days of significance to the best of our knowledge, which may be of interest to the senior sector that we serve. If you notice an error or omission kindly contact us at communications@seniorscouncil.net.

An illustration of a person sitting at a desk, looking at a large calendar on the wall. A clock is visible on the desk. The scene is set against a light green background with some decorative elements.

Want more events?

You can find additional events on our website calendar. We regularly post events here, so you can get event updates in between Link Letters. We post events and learning opportunities for both older Edmontonians and organizations.

Have an event to promote?
Submit it using our online submission form!

[Submit Event](#)

[Video Tutorial](#)

The latest editions of Link Letter are available on our [website](#).



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