

A SEESA Christmas Story

A sign was posted to tell everyone of the upcoming event. A Christmas ReUse/RePurpose sale was coming.

The Tale of the Three Wise Women

The first wise woman donated a much-loved ceramic “Santa Village” with houses that light up and little figures of elves busy with reindeers, making toys and having fun.

The second wise woman saw the donation and wished she had room at her home to display the Village. She was suddenly inspired thinking

The third wise woman thought that picket fence with arbor, extra trees

The completed Santa Village is displayed in Tillie’s for all the SEESA members to enjoy.



“I can purchase it and donate it back to SEESA”.

this was a wonderful idea and offered to set up the Village. A little white and a fun Ferris wheel were added.

Thanks to Avril Pike

Tillie’s Christmas Hours

- Closes December 23 and *opens January 4.*
- Now taking group reservations! Call one day prior to 780-468-1985.

Menus include Sweets and Pies provided by SEESA Volunteers, Hazeldean Bakery and Fife N Deckel. Gluten Free Options Available (including amazing GF Apple Pie!) Check out the menu [here!](#)

SEESA Christmas Hours

- Dec 20 to 11:30, Dec. 24 (early closure Dec.24) – Clubs continue to run as scheduled; Class make up day if necessary
- Dec 27 & 28 – Office Closed
- Dec 29, 30 31 – Office Open 8:30 – 4:30
- Jan 3 2022 – Office Closed
- Jan 4 – 7 Office open; Clubs running as usual
- Classes start on Jan 10

From the Editor

Have you renewed your membership and picked your classes and clubs yet?

There are so many to choose from, and as you will see from this newsletter, SEESA has become very busy! There were so many things happening, I've included lots of photos - but next month I'll need your art, crafts, stories and poetry - or anything else you feel like sharing. Please send your submissions to [Betty](#)!

Tillie's is growing in popularity, with reservations for groups now being accepted. My preferred meals are gluten free, so I'm happy too - and always willing to add a piece of gluten free pie!

Remember that each of us may be more fortunate than others. If you can make a donation to the food bank, we'll continue to have bins at the entrances.

When you send me an e-mail or get one from me for the first time, you might get a message that says it might be a spam address or an address for phishing - all you have to do is check that the address is correct, then click that it is safe to proceed. It is always better to be safe when you click on these messages, so check the address first!

Thanks everyone -

[Betty](#)

Check Out Our Reading Corner!

Check out the reading corner set up just outside of Tillie's - with lots of great books to choose from!

It's Time!

YOUR MEMBERSHIP for 2022 is now available for purchase online or at the front desk.

The cost is \$30 for the year. There are new forms to sign this year so if you do renew online, stop by the front desk to pick up your copy of the forms next time you are in centre. If you are a new member, you have to join us at the front desk to get started.



Paint Night Success!



To cultivate a supportive environment on SEESA premises, at any offsite activity organized by or related to SEESA, or in any communications among or about participants, all individuals are treated with respect and dignity, and are aware of SEESA's Code of Conduct.

SEESA THE PLACE FOR PEOPLE 55+

TO HAVE FUN, LEARN, SHARE AND JOIN ACTIVITIES
TO KEEP ACTIVE AND HEALTHY.



SEESA Class Registration Starts Dec. 13!

**Classes: January 10 to March 4
March 7 to April 29**

Choose from dozens of classes and clubs from:

- Art to Zumba
- Clogging to Ukulele
- Contract Bridge to Cribbage

New Classes

• **DOOWOPALOOZA!**

Sing the Doo Wop hits of the 50's and 60's. Learn some simple vocal harmonies. No music theory required!

• **Introduction to Keyboard**

Learn the basics of playing Keyboard. No experience or prior music theory knowledge required.

Visit the new SEESA.ca.

**Find your class by day of the week or topic.
Register online!**



9350 82 St 780-468-1985

DID YOU KNOW?

SEESA has an account at Canadian Tire where we can redeem CT money and points.



When you shop at Canadian Tire and give our phone number at the till, CT money accumulates for us. We can then redeem it when we need to purchase something from there. Or you can bring the CT money in to us and we save it for the same use.

A Group of Fun Loving Geezers

... celebrating someone special – Genie Tchoryk, SEESA member and website volunteer.



Updated COVID Policy

We've updated our COVID policies to more closely follow the Alberta COVID Exemption regulations. This is a requirement for us to remain operational. The updated COVID Policy is on the last page of this newsletter and on our [website](https://www.seesa.ca).

**Keep up to date on all the SEESA News - follow us on
Twitter and Facebook**

Getting SEESA Ready for Christmas



RINGING IN THE NEW YEAR

New Years Eve Social @Tillie's Cafe Dec 31
Get your tickets at the front desk.



RINGING IN THE NEW YEAR

A FUN SOCIAL

Friday, December 31
8 p.m. ~ 12 a.m.
\$10⁰⁰ per person

Visit ~ Play Board Games ~ Sing New Year's Songs
Late Lunch Served ~ New Year's Toast

DOUBLE the FUN!
We'll ring in the New Year twice at 10:30 and Midnight!

Cash Bar



**Keep up to date on all the SEESA
News -
follow us on
Twitter and Facebook**

SEESA Christmas ReUse/RePurpose and Craft Sale

Thank you to all the SEESA members who donated so many wonderful Christmas items for the sale. Without your support it could not happen. Thank you to the volunteer cleaners and sorters who prepared everything in the weeks before.

The afternoon prior to the sale many volunteers arrived helping transform the gym into a Christmas store. Tables were dressed in colourful table cloths, items arranged to look at their best selling potential. Trees and larger items were set up on the stage for better viewing. Quilts, knitted goods and many other beautiful hand crafted pieces were displayed.

On the morning of the sale 29 enthusiastic volunteers arrived with a sense of fun and camaraderie. Kitchen helpers prepared lunch and snacks. We were finally back to show our members and the local community SEESA made it through.

The doors opened at 10 and shoppers were greeted and QR scanned to ensure that all were kept safe. It was amazing how everyone entering was polite and cooperative. Christmas decorations, candles, angels and Santa figures and many more Christmas goodies were flying off the tables, going to new homes to be enjoyed once more.

The day had a constant stream of shoppers. So many positive comments from SEESA members and the community were shared. Santa even paid a visit!



Tillie's café served delicious chilli with French bread – very much appreciated by the working volunteers BUT made many community shoppers happy they could eat then return to shopping.

At the end of the day the tables were mostly bare and although tired everyone had big smiles on their faces.

The sale had been a great come-back success and raised a net profit of \$2293.70!



Tillie's Cafe



"Our members deserve to know that we are serving the best apple pie ever, and GF, to boot."

- ***Now taking group reservations! Call one day prior to 780-468-1985.***
- Closes December 23 and ***opens January 4.***
- ***Menus include*** Sweets and Pies provided by SEESA Volunteers, Hazeldean Bakery and Fife N Deckel.
- Gluten Free Options Available (including amazing GF Apple Pie!)
- Check out the menu [here!](#)

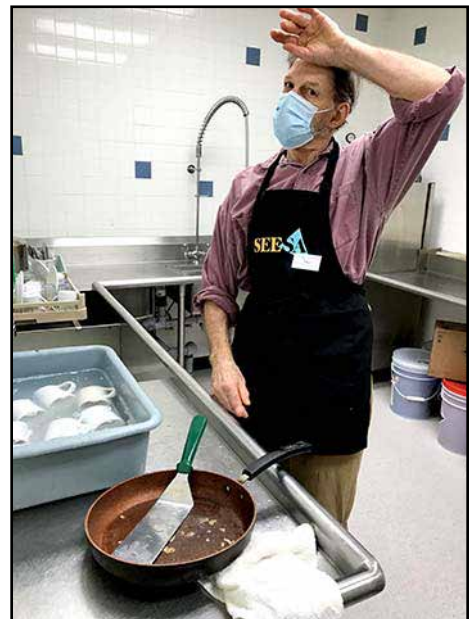
Thanks to Tillie's Volunteers:



Ollie's back and cooking up a storm.



Service with a mask!



Allen hard at work.



Welcome Home

- Accommodation for adults age 65+
- Affordable rent based on your income
- Apartment units
- Lodges with meals and housekeeping
- Clean, well-maintained, secure buildings
- Friendly, professional staff
- Recreation activities

Call us at **780.482.6561** or
visit us online at **gef.org**



Getting SEESA Ready for Christmas



SEESA Whoville Trees a Success!



CORE ELDER ABUSE GROUP

FIRST CORE GROUP EVENT OF 2022!

Seniors Protection Partnership and Elder Abuse Event

January 13, 2022 | 1:30 – 3 p.m.

The Seniors Protection Partnership (SPP) mission is to prevent and respond to high- risk elder abuse by working in partnership with the community, thereby enhancing the well-being of older adults.

In this presentation we will discuss the partnership of the SPP, provide educational material about elder abuse; types of elder abuse, signs and symptoms of elder abuse, underlying factors and myths of elder abuse.

Our guest speakers will be Sarah Ramsey and Detective Alf Ma.

Register [here](#).



Drive Happiness

Drive Happiness serves many SEESA members. Drive Happiness offers door- through-door transportation for seniors in Edmonton; it is ideal for lower income seniors with mobility challenges or limited access to transportation.

Contact Drive Happiness at 780-424-5438 or info@drivehappiness.ca

***Are you looking
for information or
assistance?
Visit the 211 helpline.***

Celebrating Birthdays

December 15 – January 14, 2021

with some great birthday photos from 2017 and 2019!

Happy Birthday to:

Sheryl Ackerman
Roberta Adams
Abdel Ahmed
George Akagi
Maria Alexander
Cathy Anderson
Aubrene Anderson
Judith Ashton
Lorraine Assheton-Smith
Allan Barclay
Susan Barry
Ratna Basappa
Madlin Beebe
Keith Bell
Sheila Bent
BettyAnne Bianchini
Yvonne Bilan-Wallace
Dora Bilko
Edeltraut Bittner
William Bock
Claudette Boisvert
Roy Bossert
Dini Bottinga
Nora Bredo
Alana Broomfield
Audrey Cannon
Patricia Cettiga
Chantal Chaisson
Ron Chalifoux
Kay Charbonneau
Linda Cheng
Olphia Ching
Phyllis Clark
Noel Constantin
Debra Cook
Darlene Crane
Francis Crozier
Betty de Munnik
Michael Dean
Lin Dewar
Susan Driver
Gail Dyck



Brenda Eadie
Susan Edwards
Kathleen Eichmann
Colleen Ellis
Terry Fannon
Brian Fargher
Marguerite Fauchon
Robert Fediuk
Lil Filewych
Darlene Fraser
Michael Fung
Irene Genest
Renee Gerdes
Helen Gledhow
Marjorie Gomuwka
Ken Gough
Beverly Greckul
Leigh Greenough
Gloria Griffiths
Charles Hall
Heather Halpenny
Jeanette Hansen
Jack Harris

Sheila Hartley
Sheryl Hawkins
Joan Hawkins
Margaret Heil
David Hildebrandt
Murray Hoke
John Holowaychuk
Marlyn Horton
Iris Hrushchak
Dorothy Humphrey
Brenda Jensen
Stan Jober
Sarah Johnston
Benno Kappel
Irene Kerr
Erich Kleinke
Mildred Knight
H Keith Kreamer
Frances Kutschinski
Richard Labranche
Olga Lalonde
Karen Lee
Thelma Lorentz
Jean Lueck



Vivian Manson
John Markowski
Jackie Martin
Barry McCartney
Alan McKay

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Happy Birthday to:

Trudy McKenzie
Carol McKinley
Elizabeth McMillan
Malcolm McPhee
Ray Messier
Donald Michaud
Alfred Mo
Sharon Moffatt
John Moir
John Monaghan



Carol Morgan
May Louise Moskuwich
Kathleen Murphy
Joan Neal
Teresa Nicpon
Jim Normey
Dallis Nowoselski
Yuji Oda
Bonnie O'Donnell
Keith O'Donnell
Georgina Orleski
Marjorie Page
Sonia Palichuk
Judy Pape
Dave Patterson
Beth Payne
Shirley Peleshytyk
Vincent Poon
Claudia Ramsay
Laurel Raulin
Carol Rees-Sasseville
Ethel Reid
Iris Renaud
Don Retson
Ute Rieder
Twila Riopel



Heather McPherson

Member of Parliament
Edmonton Strathcona

Contact my office for assistance with:

- Employment Insurance
- Old Age Pensions
- Canada Revenue Agency
- Citizenship and Immigration
- Canada Student Loans
- Celebratory Messages

780-495-8404
10045 81 Ave



Email: heather.mcpherson@parl.gc.ca

Website: www.heathermcpherson.ndp.ca

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Volunteer Appreciation

The value of one The power of many – this event's theme and certainly demonstrated by the collective power of SEESA's volunteers!



We ate, We cheered, and We celebrated the contributions of our wonderful SEESA volunteers on December 3 in Tillie's Café.

Thank you to all the volunteers of those who prepared and served the food, to the SEESA Melody Singers and to our volunteer photographer Barry. We found our creative side with Carrie from 'In Your Face Photo Booth' sponsored by Pharmasave Westmount.

It was a great event and well attended by over 80 volunteers!



Why Do Quilts Cost So Much?

Here's some interesting information about the costs of the materials, construction and finishing for a 65" x 65" of one of the beautiful throw quilts made by SEESA members:

MATERIALS	
• Fabric - 6 meters top @ \$13/mtr.	\$66
5 metres backing @ \$11/mtr.	\$65
2 metres batting @ \$11/mtr.	\$22
5/8 metres binding @ \$11/mtr.	\$6.88
• Thread	\$15
TOTAL COST FOR MATERIALS	\$174.88
CONSTRUCTION	
• Top, including preparing fabric, cutting pieces, sewing blocks, setting rows & adding border: 50 hours @ \$10/hr.	\$500.00
• Assembling the Quilt Sandwich: 3 hours @ \$10/hr.	\$30.00
• Quilting on a domestic machine, charged by the square inch in simple all over design: 65 x 65 = 4225 sq. in. @ .015	\$63.00
TOTAL COST FOR CONSTRUCTION	\$593.00
FINISHING	
• binding 2 hours @ \$10/hr.	\$20
• attaching binding 10 hours @ \$10/hr.	\$100
TOTAL COST FOR FINISHING	\$120
TOTAL COST OF QUILT, including materials, construction and finishing	\$887.88

A larger quilt with a more intricate pattern and design, or more expensive fabric, will inflate the price.



Imagine Winning This Quilt!

Get your \$2 raffle tickets at the SEESA reception desk for this beautiful handmade "Winter Star" quilt created by the SEESA Quilters and Crafters Club.

Draw date: FRIDAY December 17

Better Choices, Better Health®

Self-Management Programs – Virtual Workshop

Join us for the virtual **Better Choices, Better Health® - Self-Management Programs**. These workshops are for adults living with long-term health conditions, including chronic pain, migraines, heart disease, diabetes, obesity, mental health issues, or any other health concern.

You will learn:

- Techniques to control your pain and other symptoms
- Tips for healthy eating and becoming more active
- Strategies for talking with your health care team
- Methods for dealing with your difficult emotions
- Options for making your everyday tasks easier
- Ways to take care of yourself to enjoy a better quality of life

Read what a past participant says: <https://albertahealthservices.ca/news/Page15425.aspx>

HOW DO I TAKE PART?

This free virtual workshop takes place once a week for six weeks. We use the online platform Zoom (www.zoom.us). Support persons, family and friends are also welcome!

To Join: You need a device (eg. computer, laptop, smartphone) that connects to the internet, and has a camera and a microphone. You will want a private space to attend the workshop.

Upcoming Virtual Workshops:

Workshop Type	2022 Dates	Day	Time
Chronic Pain	January 19, 26 Feb 2, 9, 16, 23	Wednesdays	9:30am - 12:00pm
Chronic Pain	February 22 March 1, 8, 15, 22, 29	Tuesdays	9:30am - 12:00pm
Chronic Disease & Long COVID	February 22 March 1, 8, 15, 22, 29	Tuesdays	6:00pm – 8:30pm

More information and upcoming workshop schedules can be found at: www.ahs.ca/bcbh

TO REGISTER: call 825 – 404 – 7460 (press 3)

Spots are limited - register today to get a head start on a new year, better you!



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SEESA now accepts paid advertising in *SEESA Shares*:

ADVERTISING RATES per single issue:

- **Business card** 4”w x 2 1/2”h **\$25.00**
- **1/4 page** 4”w x 5”h **\$40.00**
- **1/2 Page** 8”w X 5 ”h or 4”w X 10”h **\$80.00**

1500 circulation

Send submissions to: newsletter@seesa.ca

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*.

SEESA publication dates

- **SEESA Shares** newsletter - the 15th of each month via e-mail blasts, the website, FaceBook and Twitter;
- **SEESA's What's Happening** newsletter - the 2nd and 4th Monday of each month via email blast, the website, FaceBook and Twitter;
- **President's Message** - at the end each month via email blast, website, FaceBook and Twitter.

COVID GUIDELINES: Update December 2021

All people entering SEESA must show their Alberta Government QR Code showing their double vaccination and a piece of identification to the SEESA volunteer who will let you in the building. This can be on paper on or on your phone.

- Everyone is required to wear a mask while moving around in the hallways. Masks are optional during fitness programs including all classes and clubs. We have rechecked the City of Edmonton and Provincial protocols and have adjusted our guidelines to reflect their updated measures. You may remove your mask when eating/drinking.
- Masks or face coverings must be worn to cover both the nose and mouth and should fit snugly. The procedure to put a mask on is to sanitize hands and then put the mask on. The procedure to take a mask off is to sanitize hands, take the mask off and sanitize again. Wash reusable masks after each use.
- Disposable masks must be put into the garbage after each use.
- Sanitize often and practice social distancing whenever and wherever possible.
- COVID screening posters are up throughout the building. If you have any of the symptoms or have been in contact with anyone that has tested positive for COVID please stay home.

Hand Washing

- Members must use hand sani-

tizer as they enter the building.

- Please wash your hands or use hand sanitizer BEFORE you enter the class area and as you leave.

Information About Returning to Classes

- SEESA equipment will no longer be available during fitness and yoga programming at the centre. Please bring your personal equipment for each class.
- The following items can be used in place of standard fitness equipment, should you require it:
 - Hand weights – water bottles, socks filled with beans, soup cans
 - Therabands – Cut off panty hose
 - Wands – Yard sticks, broom sticks
 - Bender Balls – Small cushions

Steps for Attending a Class

- Step 1 – GO DIRECTLY TO YOUR ACTIVITY

We are limited as to the number of people allowed in each area. This means you must go directly to the room your activity is in. Continue practicing social distancing in all areas and classrooms.

- Step 2 – USE THE SANITIZER

Each room has a sanitizer dispenser that you can use to sanitize your hands prior to your activity starting. We suggest you sanitize as you enter the room prior to touching any surfaces and then again as you exit the room.

- Step 3 – HAVE FUN

Our team has worked hard to get to this point where we can reopen our centre. We are all excited to be back and we hope you are too!

- Step 4 – HELP US CLEAN AFTER YOUR ACTIVITY

See below

- Step 5 – DO NOT LINGER WHEN YOU LEAVE

Please do not linger in the classrooms or hallways when you are finished your activity. If you want the opportunity to visit with your friends please consider stopping in Tillie's Café to visit. This is to help us ensure we are meeting all guidelines.

Cleaning After Classes and Clubs

Please lend a hand after your class or club to make sure we can get things clean and ready for the next one by:

- Wiping down all touched surfaces with the wipes provided.
- Wiping it dry and do not touch the surface again with your hands.

If we all pitch in to work together, our centre will stay clean and we will all stay safe and healthy!