

SEESA Shares

Our Mission: To empower and enhance the quality of life of people in our community as we age.

MAY 2022

UPDATE FROM THE SEESA BOARD

SEESA volunteers are essential to SEESA's programming and operations. You bring a wealth of knowledge, skills and a positive attitude to all that you do.

A special thanks to the 172 volunteers who donated 6,659 hours that resulted in a successful book sale and rummage sale. We recognize that for many, this was an additional service volunteer duty. We would also like to thank SEESA staff who volunteered their time throughout the weekend for this event. We will be updating you about revenues and expenses of this event once the board has reviewed this data.

We enjoyed the opportunity to meet many of you at our recent Volunteer Awareness Cake and Coffee event. The draw for prizes provided a fun way to learn more about you!

Our membership continues to grow and as of May 1 we have 733 members. We are taking opportunities to attend community events to recruit more members. We are also reaching out to past members.

As our personal lives have changed over the past 42 years, so have the requirements for funding to support seniors' programs and services. The funding process is more competitive – requiring the preparation of complex proposals with an increased number of diverse organizations competing for these resources.

As an organization, SEESA needs to meet the

[Continued on Page 2](#)



Detail of a beautiful painting donated by Carol and Terry Parsons.



Did you know palm trees flower? I didn't - but was caught by surprise when I spotted the seeds!

To REALLY enjoy Tillie's, check out the menu and specials [HERE](#).

TILLIE'S LOOKS BETTER AND BETTER!

These two lovely plants, the snake plant and the Christmas cactus, were donated anonymously. ***Thank you so much for contributing to the beauty of our space!***



changing requirements of funding sources. Family and Community Support Services, a long-time funder of SEESA, identified priorities in its recent Program Guide 2023 for agencies applying for funding for the period 2023-25. In this application for funding, here are some of the criteria we needed to respond to:

“The overarching priority for Edmonton FCSS is to increase social inclusion and equity by funding preventive programs and services, community development initiatives, and social infrastructure. (Page 3)

“Social inclusion, a key element of social well-being, is the creation of an environment in which all individuals feel like they belong and are valued for their unique perspectives and skills.” (Page 3)

“While FCSS programs and services are available to all Edmontonians, FCSS-funded programs must be particularly

mindful of intersectionality - considering the many identities of participants - when designing programs, so that they are inclusive of equity-seeking groups.” (Page 9)

“FCSS funding cannot be used for programs and services that are only focused on an individual’s leisure or recreational needs.” (Page 12)

Family and Community Support Services (FCSS) Program Guide 2023 (revised April 4 2022) (edmonton.ca)

SEESA continues to operate with limited paid staff. We thank members for their patience, positivity and willingness to lend a helping hand. As a Board we remain committed to the growth and stability of SEESA. As SEESA volunteers we remain ***“dedicated to empowering and enhancing the quality of life of people in our community as we age.”***

SEESA SHARES IS FOR YOU!

MAKE SEESA SHARES BETTER BY SHARING:

- photos of your art and/or craft and/or hobby projects;
- photos from your SEESA club;
- photos from your travels or walks, with a bit of a story about the adventure;
- poetry or short stories;
- your favourite recipe - with a bit of story and/or photo.

I'm really happy to help with any editing, formatting, etc. If you're sending photos, please send them in as large a format as possible. Just send them to Betty.

SENIORS' CENTRE WITHOUT WALLS

Did you know that you can have a chat with other seniors on a 'party line' here in Edmonton?

This program brings seniors together and presents information to keep you healthy and sane.

There is a variety of interactive telephone-based social and health programming, FREE of charge.

It's an opportunity to socialize, learn new skills and stay connected without a computer.

New topics every four months.

Open to individuals 55+ residing in Alberta.

Phone: 780-395-2626

Email: scww@espcn.ca

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.

THANKS FOR SHARING!

Thanks to **Don Evans** for sharing his work!

This grouping reminds me of our bird watching day with SEESA!



Pelicans



Spring Landscape



Great Grey Owl



They Will be Home Soon

**FREE 2022 GIFT
MEMBERSHIPS ARE NOW
AVAILABLE ON A FIRST
COME, FIRST SERVE BASIS.
CALL SEESA AT
780 468 1985**

FROM THE RUMMAGE SALE



2022 SPRING RUMMAGE SALE

Two long years of Covid followed by a cold dark winter, SEESA spirits were low. Then in February, the whisper that the Rummage sale was coming back. In a short time, the loud hum of wonderful volunteer voices could be heard. "When can I sign up?" "What can I donate?"

Starting on April 4th, the hustle and bustle of the cleaning and sorting of donations began with a flourish. So many wonderful, useful, and precious items were inspected, washed, and stored ready for the sale. Meanwhile, Department Leaders were recruiting volunteer members to ensure that everything would work seamlessly at the sale.

On Friday April 22nd, the rooms and gym were transformed from being empty, to looking like fantastic shopping locations.

Saturday was chaotic fun, watching the crowds storm the place, items flying off the tables and lineups

everywhere. Sunday was a little slower but steady and the line for the Bag Sale was great. Over the weekend approximately 2,250 shoppers found, purchased, and recycled the donated items to a new home.



Kitchen volunteers: your delicious lunch on setup Friday for 110 SEESA volunteers was really appreciated. In addition to feeding the rummage sale volunteers, the kitchen volunteers sold lunch and snacks to 500+ shoppers. I heard so many positive comments that this was the best Rummage sale lunch ever!!! Followed on Saturday and Sunday by shoppers who welcomed being able to purchase from the cafeteria a hamburger/hotdog, and now fortified, continued shopping.

It took 172 SEESA volunteers to make the sale possible. Together we logged in a whopping 6659 hours - and all needed a nap when it finished!



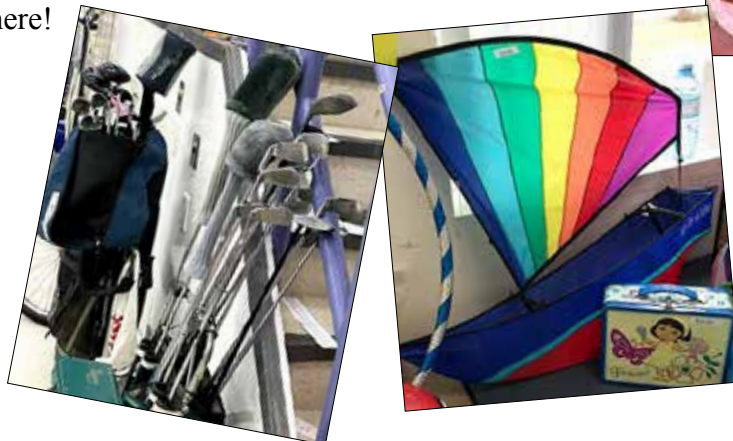
...and they're off!

A big thank you to all who made our sale the big success that it was when we all work together.

Many volunteers are already looking forward to the **Fall Rummage Sale October 22 and 23**. Mark the dates and I'll see you there!

Enjoy your summer!

Avril Pike



FOB SYSTEM RETURNS

The **FOB system** for checking into SEESA for your classes, clubs and volunteering is back! It's located by the front doors.



simplified. Choose your category

then enter your hours and minutes of volunteer time. If the Volunteer box isn't showing, stop by the Front Desk to let them know to fix it.

It's been a while so as a refresher:

- To enter your attendance, just wave your fob in front of the little box beside the monitor. Classes that you are registered in will automatically get a check mark that means you are attending class. If there is not a check mark touch the class on the screen which will give you the check mark to confirm you are attending that class. You do have to fob in to have the attendance show though. To show your Club attendance you will have to touch the name of the club.
- If you don't have your fob with you, touch the box in the top right hand of the screen that says 'Sign In. I don't have my card'. You may have to touch the screen to get past the ads to get to the Welcome to SEESA screen to see this message. You'll be asked to enter your first name then your phone number (including area code). If you have any trouble with this, please stop by the Front Desk.
- If your fob is permanently lost, please stop at the Front Desk to be issued a new one.
- Volunteers can enter their time! Once signed in, touch the left side of the screen in the box that says 'Volunteer'. The categories have been

Volunteer Categories are:

- Activity Liaison;
- Admin;
- Board of Directors;
- Building and Yard;
- Front Desk;
- Kitchen;
- Outreach;

- Rummage Sale;
- Special Events/Fundraising.

WHY ARE WE USING THE SYSTEM?

The City of Edmonton asks for the following numbers when reporting on grants that we have received. By using the fob system we can provide hours of volunteer effort, number of classes attended, number of people attending clubs and the hours that SEESA is used.

The FOB System also lets staff know who is in the building at a specific time, in case of an emergency.

1st CHOICE YEAR ROUND HOME & YARD MAINTENANCE

- HOME AND YARD MAINTENANCE
- SPRING YARD CLEAN UP
- LAWN AND YARD MAINTENANCE
- PLANTS AND FLOWERS
- PRUNING
- MINOR PLUMBING
- PAINTING (INSIDE/OUTSIDE)
- REPAIR TO FENCES
- SMALL CONCRETE JOBS

Call Marcos at 780 667 9233
marcoxolivares@gmail.com



Paid Advertisement

CELEBRATING BIRTHDAYS

MAY 15 – JUNE 16, 2022

Any birthday celebration photos to share?

Send them to [Betty!](#)

HAPPY BIRTHDAY TO:

Barbara Bailey
Jennifer Bain
Dale Baker
Dorothy Bennett
Brian Bianchini
Penelope Bradt
Germaine Chau
Lorna Chaudhary
Ilse Clausing
Jean Collins-Smith
Mary-Ellen Compton
Bruce Faunt
Robert Gerow
Denise Guilbault
Robert Harris

Ann Hartwig
Gerald Jenkins
Elizabeth Kelly
Colin Kinnell
Leon Klak
Linda Kruger
Wendy Kushinski
Ginette Lachance
Sharon Martin
Agnes McIntyre
Cheryl McKay
Linda McKay
Lise Nicholson
Jean Owen
Carol Parsons

Barbara Powers
Dorothy Prins
Cindy Pudrycki
Frances Purschke
Yvonne Rioux
Marie Sandford
Rosemarie Schatull
Marilyn Scott
Hazel Shekoooley
Donna Sievers
Wilfred Smith
Grace Thomson
Paul Vanderham
Sharon Whillans
Albert Woolley
Maria Yakula

**START SAVING YOUR
BOTTLES FOR SEESA'S
SPRING**

BOTTLE DRIVE



**Bring them to SEESA on
Wednesday, May 25, 10 a.m. - 4 p.m.
& Thursday, May 26, Noon - 6 p.m.**



ONLY 3 SESSIONS LEFT!

MAY FYI SESSIONS

All Sessions: 1:30 to 3 p.m., In-Person or Online

TUESDAY, MAY 17, Senior Moving Information with Reilly McLaughlin & Karen Bodoano
Bring your questions about what is involved for seniors in moving, downsizing and estate sales.

WEDNESDAY, MAY 18, Understanding the Basic Paperwork You Signed at your Investment Institution with Wei Woo

It is common for the average person to not fully comprehend what they are signing at their investment firm. Instead they fully trust their investment advisor or financial advisor to give them all the important information they need before opening an account. Join us as we discuss the basic paperwork that most investment clients go through in their regular course of a client relationship with an investment firm.

WEDNESDAY, MAY 25, Fall Prevention with Marie-Josée Dupuis-Arsenault

Physiotherapists from Leading Edge Physiotherapy share some information about falls prevention. What are common causes of falls? How can you avoid them in your home and outside? Join us for a chat and learn some gentle exercises for strength and balance to help prevent falls.

SEESA Members: \$3.00

Register online at SEESA.CA, in-person at SEESA, or phone 780-468-1985
NOT A MEMBER? \$4.00 Fee. Register at SEESA, 9350 82 Street, or phone 780-468-1985
IN-PERSON ATTENDANCE SUBJECT TO SEESA's COVID PROTOCOLS



SENIOR HOME SUPPORTS PROGRAM

The Senior Home Supports Program gives seniors referrals to screened businesses which offer:

- Snow Removal
- Home Repair & Maintenance
- Yard Help
- Housekeeping
- Personal Services
- Moving Help

Want to learn more? You can read more about the Senior Home Supports Program [here](#).

If you have hired someone who has provided excellent service, please provide us with their name and number so we can add them to our registry.

Email or phone Deborah Miville

Email: Deborah@seesa.ca

Phone: 780.468.1985



Beginning MAY 12, 2022
Edmonton Foot Care is partnering
with SEESA to provide
Therapeutic Foot Care

For further information or to book an
appointment contact Elizabeth at: 780-488-5878
or by email: info@edmontonfc.net

The Rose Lily Handmade Quilt Raffle

DRAW DATE June 17, 2022

Tickets \$2 each.

Only 400 tickets printed.

License #596572



TICKETS CAN BE PURCHASED AT THE FRONT DESK OR BY PHONE.
9350 – 82 St., NW 780-468-1985

UPCOMING LUNCH 'N' LEARN



Age Friendly Edmonton is hosting the latest event in its Lunch 'n' Learn series this month.

Grey Hair Blues: Reshaping Negative Thoughts about Aging

May 18 | Noon – 1 pm

Join Age Friendly Edmonton in working to bust down myths that fuel ageism in health care. This discussion will explore how perceptions of older adults may impact how patients are treated and how to combat those beliefs. Our speaker, Dr. Donna Wilson, will provide strategies and practical tips on communicating with health care professionals.

[REGISTER HERE](#)



WHAT'S HAPPENING NOW!

ARE YOU RECEIVING *WHAT'S HAPPENING?*

What's Happening has a new look, and we want to make sure you all receive it! This comes to your email account, but you need to have signed up for it.

If you don't get it, and want to, please call the front desk and ask to subscribe.

Thanks!

REMEMBERING

The day that Rosalyn Schilberg walked our mom, **Iris Hrushchak** through the doors of SEESA, a whole new world opened up for her.

The comfort of the special friendship from Rosalyn helped her move forward in the next stage of her life after Dad died. And SEESA became such a huge part of her journey.

We were proud of how brave she was to try new activities and sports. We loved how busy and full her life had become. We always joked that we had to memorize her busy schedule to sneak in a phone call or visit! The many clubs, events and friendships at SEESA brought her so much joy.

It was obvious our family would pick SEESA as our charity of choice to honour Mom's passing on March 17, 2022.

We are grateful for SEESA!

LOOKING FOR HELP?

[Call 211](tel:211)

Free, confidential, and available 24/7.

Dial 2-1-1

Text INFO to 211

Chat Online at www.ab.211.ca



BOOK OF COMMUNICATIONS BOOK OF FABULOUS

SEESA maintains two books at the front entrance:

- **The Book of Communications** includes obituaries and remembrances, like the one on the left, as well as information on who is in the hospital and who might be needing a friendly visit. This book also include healthy updates and notes from families.
- **The Book of Fabulous** is for your positive comments about individuals, groups or services. This is such a great book to check!

We so appreciate Iris's family having SEESA as their charity of choice to honour her passing. Please see our [Book of Giving](#) for others who have made this choice.

SEESA SOCIAL CHINESE DINNER

THURSDAY, MAY 26, 2022
SEESA
9350 – 82 STREET, EDMONTON

Doors Open at 5 p.m.
Dinner at 6 p.m.
Entertainment Follows

\$22 PER PERSON

CATERED BY HARVEST CHINESE RESTAURANT

REGISTER IN PERSON AT SEESA
OR CALL 780.468.1985

Ticket Deadline: May 19

EVENT DETAILS
WWW.SEESA.CA/EVENTS

SEESA
You belong here

SPRING GARDEN TOUR

THURSDAY, JULY 14 (VIP TOUR) AND FRIDAY, JULY 15 (PUBLIC TOUR)

SEESA is pleased to announce a Tour of Gardens for SEESA members, friends, and the general public. Enchanting gardens in the Fulton, Goldbar and Avonmore communities are being opened for the public to enjoy. Stroll through beautiful yards and gardens filled with blossoms, trees, and shrubs. There are 6 gardens on show with a variety of creative landscaping techniques, each with its own personality and beauty for you to enjoy.

There are a limited number of tickets available, so get your's now!

As the Flowers Blossom ~ the Heart Expands...

SEESA GARDEN TOUR

VIP Tour & Cocktail Party
Thursday, July 14
3 p.m. – 6 p.m.
\$22 per person
Tickets Limited

Public Tour
Friday, July 15
10 a.m. – 6 p.m.
\$12 per person

Register by phone: 780.468.1985
or in person at SEESA
9350-82 Street NW, Edmonton
Event Details: www.seesa.ca/events





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

Follow on

Paid Advertisement

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.

SPRING 50/50

TICKETS

\$5 EACH
700 printed

ON SALE APRIL 19

Open to SEESA Members & General Public.

Purchase at
SEESA Front Desk or Call 780-468-1985.

DRAW

NOON, May 20 in SEESA Café

You do not need to be present to win.

Licence 589445



WANT SOMETHING INTERESTING TO READ?

Check out [Taproot Edmonton](http://TaprootEdmonton.com).
It's a free subscription and
rather a lovely item to read over
morning coffee....

FREE 2022 GIFT
MEMBERSHIPS ARE NOW
AVAILABLE ON A FIRST
COME, FIRST SERVE BASIS.
CALL SEESA AT
780 468 1985

Housing Series: Innovative Housing Models for Seniors May 18 | 10:30 a.m. – 12 p.m.

In this fourth session, participants will learn about innovative housing models for seniors and hear what makes them innovative. Discover what needs the program aims to address, and the challenges and successes experienced in developing the model.

[REGISTER HERE](#)

Seniors Home Adaptation and Repair Program and Seniors Property Tax Deferral Program May 26 | 12 – 1 p.m.

This Lunch and Learn will cover both of these low-interest home equity loan programs in-depth. If you work directly with seniors who are applying for assistance with home adaptations, renovations, or wishing to defer their property taxes, this session is for you!

[REGISTER HERE](#)

MAY 23
VICTORIA DAY

SEESA IS
CLOSED

Better Choices, Better Health®

Chronic Pain Self-Management Program – Virtual Workshop

Join us for the virtual **Better Choices, Better Health® - Chronic Pain Self-Management Program**.

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 register!

To Join: You need a device (e.g., 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.

More information can be found at: www.ahs.ca/bcbh

Upcoming Virtual Workshops:

Workshop Type	2022 Dates	Day	Time
Chronic Pain	June 7, 14, 21, 28 July 5, 12	Tuesdays	1:30pm – 4:00pm
Chronic Pain	July 5, 12, 19, 26 August 2, 9	Tuesdays	6:00pm – 8:30pm
Chronic Pain	August 3, 10, 17, 24, 31 September 7	Wednesdays	9:30am – 12:00pm

To register: call 825-404-7460 (press 3)
Spots are limited!

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 - twice a month via email blast, the website, FaceBook and Twitter;
- **Board Message** in SEESA Shares.

WORKOUT IN THE PRIVACY OF THE SEESA FITNESS CENTRE

Equipment Includes:

- Exercise Bike
- Treadmill
- Full body weight machine
- Incline Stepper
- Free weights
- Television

Pre-booking required. Following COVID social distancing rules.

Contact the SEESA Operations Manager, Peggy Hansen.

Email: peggy@seesa.ca

Phone: (780) 468-1985



**Constables
Corner**

EDMONTON
POLICE
SERVICE

Bike Safely and Enjoy Your Ride

Cyclists, Check Your Equipment - Inspect your bike prior to riding.

- The seat should be adjusted to the proper height and locked in place
- Make certain all parts are secure and working properly
- Check that the tires are inflated properly
- Ensure bike equipped with a bell or horn; and has reflectors on the bike's front, rear, and pedals.

Plan to Be Seen - Make certain drivers can see you.

- Wear neon, fluorescent or other bright clothing
- Whenever possible, ride during the day
- If you must ride at night, wear reflective clothing and use flashing lights

Wear a Helmet - **No helmet, No Bike, It's the Law.**

- Must be an approved helmet.
- Straps must be adjusted and fastened properly.
- If a helmet has been cracked, replace it. If has suffered an big impact; even if you can't see the damage, replace it anyway.

Follow These Rules of the Road

- Get acquainted with traffic laws; bicyclists must follow the same rules as motorists
- Ride single-file in the direction of traffic
- Remain alert, keep your head up and look around; watch for opening car doors and other hazards.
- Use hand signals when turning, and be extra cautious at intersections
- Before entering traffic, come to a complete stop, look left, right, left again and over your shoulder

<https://bikeindex.org>

Keep your bike safe

Register it with



THE FAMILY WHO SPREAD CHEER WITH BIRDHOUSES

Georgetown, Ontario

This past February, hundreds of charming candy-coloured birdhouses appeared in parks, schoolyards and outside the windows of long-term care homes. The surprise was the masterwork of the aptly named Champ family: after seeing how his wife, Carol, was buoyed by the birdhouses he gave her for Christmas, Jamie Champ decided he should do the same for his neighbours, too.

Along with their daughter, Madison, the couple spent the next few weeks building the small wonders, each one decorated with inspirational words (“smile,” “go for a walk” and “we’re in this together”). The Champs then set out around 10:30 p.m. to surreptitiously install all 201 houses around town. Anything to help lift spirits during a hard year.

from <https://www.readersdigest.ca/culture/random-acts-of-kindness-pass-it-on/>

Fulton Senior Spring Tea

Saturday May 28TH from 11 - 2PM

Collecting Donations for SEESA
by cash or cheque

 *You belong here*

Surrounding St. Augustine Church | 6110 Fulton RD NW
(Inclimate weather- relocation to Fulton Community Hall)



**Fulton Place Community League and Sunshine Garden
Presents Von Bieker to serenade our Seniors** 

@UNEARTHEDCAKES	@KXCANDLES_	@TWOCARROTSSTUDIO
MONICASJAMSANDJELLIES	BLUE TREE JEWELRY	SPARKLE TATTOOS BY VALERIE

Fun and engaging multi-generational activities

Light lunch and refreshing beverages

Games and photobooth

Special take-home gift for our Seniors

Provided by @ECORENEWCONTRACTING and @DANABRADLEYREALESTATE

Community Info tables:

ReWilding Project	CanadaHomeShare.com	League Memberships
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Fulton Place Community League   @fultonsunshinegarden

PLEASE NO FURRY FRIENDS AT THIS EVENT



SEESA's GOLF LEAGUE STARTS AGAIN

GOOD FRIENDS AND GOOD FOOD!



TAPROOT EDMONTON

THE PULSE: MAY 16,
2022

HERE'S WHAT YOU NEED TO
KNOW ABOUT EDMONTON
TODAY.

Sponsored by:

Want this in your inbox? Sign up to
get [The Pulse](#) by email. It's free!

HAVE YOU STARTED GARDENING YET?

Send [me](#) (Betty) pictures - photos
or drawings - for our next SEESA
Shares!



SEESA

THE PLACE FOR PEOPLE 55+
TO HAVE FUN, LEARN, SHARE AND JOIN ACTIVITIES
TO KEEP ACTIVE AND HEALTHY.



CLASSES JULY 4 TO AUGUST 19

CHOOSE FROM DOZENS OF CLASSES AND CLUBS FROM:

- ART TO ZUMBA
- CLOGGING TO UKULELE
- CONTRACT BRIDGE TO CRIBBAGE

NEW CLASSES INCLUDE:

SUMMER VOCAL JAM

Think you'd like to give singing a try, or already experienced?
All singing is done as a group and beginners are welcome!

SMALL ENSEMBLE/PERFORMANCE SKILLS

If you play an instrument and/or sing this class is a great opportunity to share music
and fun with other musicians. Beginners are welcome but must be proficient on their
own instrument.

LEARN ABOUT POLE WALKING


Two classes will introduce you to the benefits of Pole Walking, picking the correct
Poles, and how to use them properly when walking. If you already have poles bring
them; if not, you may want to attend the first class to learn which poles would benefit
you the most.

Program Guide Available May 30
CLASS REGISTRATION STARTS JUNE 6!



9350 82 Street, NW

780.468.1985

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 50/50 Raffle Tickets on sale until Noon on May 20 th	2	3 FYI: Ageism	4 FYI: Stages of Retirement Living	5	6	7
8 	9 SESSION 3 Classes & Clubs Begin	10 FYI: Death & Taxes	11 FYI: Clutter is not a Crime	12	13	14 Bird Watching Excursion Melody Singers Spring into Song Concert (7pm)
15	16	17 FYI: Senior Moving Information	18 FYI: Understanding Investment Institution Paperwork	19	20 50/50 Raffle Draw	21
22	23 VICTORIA DAY SEESA Closed	24	25 Bottle Drive FYI: Fall Prevention	26 Bottle Drive SEESA SOCIAL CHINESE DINNER	27	28
29	30 SESSION 4 Program Guide Available	31	Tillie's Café: Hot Breakfast Special: May 5, May 12, May 19 Sticky Cinnamon Buns: May 4, May 11, May 18			

Upcoming
Dates

Rose Lily Handmade Quilt Raffle tickets on Sale – draw date is June 17th

