

UPDATE FROM THE SEESA BOARD

MEMBERSHIP NUMBERS INCREASING

Lots of things happening at SEESA these days thanks to our staff and volunteers! We now have 782 new and returning members.

RUMMAGE SALE VOLUNTEER EXTRAORDINAIRE

We would like to extend a special thank you to Avril Pike and her team of volunteers who made the rummage sale a reality. Avril spent three months supporting this project. Her efforts and learnings from undertaking this project will help guide as we move forward.

OFFICE STAFFING

We would like to acknowledge the ongoing work of the staff and volunteers in the office and assure you that we are working on building an appropriate human resource model. Board members have also temporarily assumed duties as service volunteers to support operations.

The Board will continue to be active over the summer months and keep the membership updated. We are currently reviewing the financial and organizational structure of SEESA and determining what resources are required to sustain and grow our organization.



Detail of painting above.

MY APOLOGIES!

This lovely painting was donated by **Avril and Wade Pike**, incorrectly reported in the May edition of SEESA Shares.

We'll continue to work on the ambiance of Tillie's over the summer.

Thanks to everyone who contributes!

TILLE'S CAFÉ - SUMMER OPERATIONS

Our kitchen volunteers will be taking the summer off. The Board is developing a plan for coffee, tea and pastry options for the months of July and August. Stayed tuned!

Continued on Page 2

SEESA SOCIAL: CHINESE DINNER

ANOTHER SUCCESSFUL SOCIAL EVENT

Thanks to Carol Parsons, the Special Event Committee, and all the volunteers who were vital to the success of the Chinese Dinner. This event brought together 92 guests who enjoyed quality food, a captivating Tai Chi performance, and music from a Fukienese group. A very special thank you to Mei Hung from the Edmonton Chinese Benevolent Association for organizing this entertainment and to both groups who donated their time and talents. We look forward to future opportunities to collaborate.

THANKS TO FULTON PLACE COMMUNITY LEAGUE

Fulton Place Community League collected cash donations for SEESA at their recent seniors' spring social event. We look forward to continuing to work together with community leagues in our area.

RECIPROCAL AGREEMENT

We have reinstated the reciprocal agreement with other seniors' centres in the City of Edmonton. This will make activities at SEESA more accessible.

ACCESSIBLE PARKING SPOT

As Board president, I fulfilled my promise and painted over (in an amateur manner) the signage for the president's parking spot. We encourage those with mobility challenges to use this parking space.



On May 26, SEESA held its first evening of dinner and entertainment since the restrictions to Covid 19 were lifted. Ninety-two past and new members and friends enjoyed an evening of renewing friendships and mingling with new friends.

The event was a celebration of Chinese culture with a bounty of delicious food catered by Harvest Chinese Restaurant. The music was provided by the Fukienese Band, and a demonstration of Tai Chi presented by members of Freemason Tai Chi. The Tai Chi was mesmerizing, and the band brought great joy to the audience as we clapped along to some of the songs.

We really appreciate the efforts of the Chinese Benevolent Association in arranging the



entertainment and personally attending our SEESA event. Members of SEESA's Board of Directors were on hand to greet and mingle with guests, and President Wendy Doughty served as emcee. Our ever-reliable team of volunteers ensured a very successful evening. Many thanks to all these volunteers.

Thanks to the Special Events Committee for organizing this event and for the solid work the committee has done to get SEESA's social scene active again.

by Lois Pawl

THANKS FOR SHARING!

Thanks to Don Evans for sharing more of his great paintings.

Are there other artists out there? PLEASE SHARE YOUR WORK!



'Taylor Moon'



'Iris'



'Cuban Hummingbird'



'Peaceful Reflections'

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.



**Do you play any of these instruments?
Would you be interested in making
music with other like minded members?
The SEESATONES band urgently needs an
electronic keyboard player and a bassist.
Please contact Bill Tkachuk at 780 232 1257
or Lorne Bradley at 780 469 0950**

Age-Friendly Housing Series
Session 5: Supportive Housing and
Continuing Care
June 22 | 10:30 a.m. – 12 p.m.

Participants will hear about what older adults should consider when thinking about advance planning and making housing transitions from a legal perspective. Information will also be shared about the role of continuing care, including home care in supporting aging in community.

[REGISTER HERE](#)

Lunch and Learn: Office of the
Public Guardian and Trustee
June 23 | 12 – 1 p.m.

Participants will learn more about the program that helps Albertans with Guardianship services, Trusteeship services, and Advanced Planning. This session will also include time for participant questions and answers. Join the Community Programs team as they bring in informative guest speakers to help your work with seniors!

[REGISTER HERE](#)

How's YOUR GARDEN GROWING?

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

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.



Free, confidential, and available 24/7

- Dial 2-1-1
- Text INFO to 211
- Chat Online at www.ab.211.ca

Help Albertans find you! Have your services listed with 211 Alberta.

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



SEESA's BIRD WATCHING GROUP

We dressed for the weather!

Our bird watching day was chilly, but enjoyable. There is a possibility of another walk in July and/or September. We'll let you know!

Carol Parsons

INTERESTED IN A BIRD WATCHING CLUB?

If so, we need someone to take the lead on forming the group. It would be marvellous to continue our love of nature and continue to learn more about birds. If interested, please talk with Peggy at SEESA.



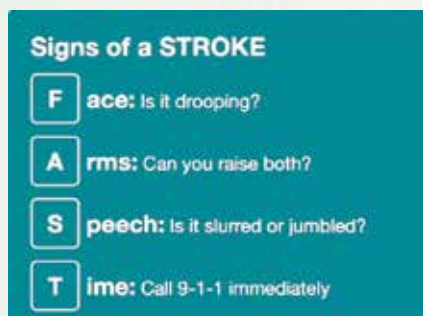
JUNE FYI SESSIONS

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

WEDNESDAY, JUNE 1, Metis Spirituality with Norma Spicer, Metis Spiritual Leader, Red Deer School

History of Metis Spirituality and memories of Sacred Places from my childhood experiences and perspective. Short history of Residential Schools: Generational Trauma; Truth & Reconciliation. Ending by briefly touching on the First Nations Story of Creation and Seven Spiritual Teachings.

WEDNESDAY, JUNE 8, Strike Out Stroke with Gail Elton Smith, Stroke Service Coordinator, Alberta Health Services



WEDNESDAY, JUNE 15, Taking ETS: Welcome (Back) Aboard! with Vicki Gudelj from ETS and the City of Edmonton

Catch up on ETS transit services (new bus network, LRT, On Demand, DATS), learn about all the ways to get your transit information and plan trips, learn about fares, important accessibility and safety features on ETS and more! Transit staff will be on hand to answer questions and help with trip planning if needed.

WEDNESDAY, JUNE 22, Semi-Annual 2022 Global Financial Market Review and Outlook with Wei Woo

Join Wei Woo to discuss the latest updates on political, economic, and market developments in the world that are currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened in the first six months of 2022, and look at forward guidance about what to expect for the remainder of the year.

SEESA Members: \$3.00

Register online at [SEESA.CA](https://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



CELEBRATING BIRTHDAYS

JUNE 15 – JULY 14, 2022

Any birthday celebration photos to share?

Send them to [Betty!](#)

HAPPY BIRTHDAY TO:

Linda Acheson
Rita Arends
Heather Arndt
Helena Ball
James Bennett
Gerrard Bissonnette
Ken Blyth
Valerie Carlson
Linda Chernetski
Olga Chorny
Inge Christensen
Norma Collingwood
Susan Crowe
Michael Dean
Shirley Deen
Anna Der
Trudy Desmond
Emily Dolynchuk
Vicki Dowd
Janice Edgington
Daniel Fearon
Myroslawa Fodchuk
Sandra Golan

Robert (Allen) Gonkwicz
Nancie Graves
Christa Gundermann
Janet Hedley-Smith
Doug Hunter
Gail Hunter
Joan James
Pierre Jean-Louis
Katherine Jenkins
Brenda Johnston
Lydia Kapitza
Jacky Kapler
Peter Kossowan
Sylvia Kother
Florence Lavigne
Annetta LeClerc
Leon Leclerc
Maxine Lemay
Marilyn Ligard
Louise Linarez
Fran Lusson
Lynne MacDonald
Marlene Malyj

Robert Meredith
Georgine Morin
Steven Nicol
Connie Nytechay
Susan O'Brien
Eva Osterwoldt
Margaret Overland
Christine Peleshok
Ray Pinkoski
Jacquelyn Rawson
Morris Reid
Marilyn Sandahl
Merrill Sandahl
Carolyn Skinner
Peter Sorel
John Sparling
Gail Spivak
Adriana Strikwerda
Frances Tash
Jane Wall
Pete Wilson
Sheri Woo
Shirley Yakimishyn



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!

NATIONAL INDIGENOUS HISTORY MONTH

NATIONAL INDIGENOUS PEOPLES DAY ON JUNE 21.

People in Canada celebrate National Indigenous History Month every June and recognize National Indigenous Peoples Day on June 21. These are great opportunities to acknowledge Indigenous Peoples, to learn about their histories, cultures and ways of life.

Join the celebrations this June by attending special events in Alberta. Also continue reaching out through the year to build stronger relationships and greater understanding between Indigenous and non-Indigenous people.

EDMONTON INDIGENOUS PEOPLES FESTIVAL

- Date: June 18, 2022
- Time: 2 pm to 5:30 pm
- Event location: West Edmonton Mall, 8882 – 170 Street (Phase IV near Lego Store)
- Description: The Canadian Native Friendship Centre is bringing the Edmonton Indigenous Peoples Festival (EIPF) to West Edmonton Mall. The event features entertainment from Electric Religious, Kaeley Jade, Colton Bear and Anishinabe Powwow Dancers.
- Website: [Facebook – EIP Festival](#)

KICK OFF TO NATIONAL INDIGENOUS DAY

- Date: June 19, 2022
- Time: 12 pm to 8 pm
- Event location: The Orange Hub, 10045 - 156 Street NW
- Description: Everyone is welcome to this special event featuring a meet-and-greet with the Edmonton Elks CFL team, an Indigenous Fashion Show, all genres of music, 50/50 draws, a silent auction, vendor booths, and door prizes. In the vicinity, you can find an ETS Bus Terminal, elevator, and a restaurant.
- Admission is \$30 per person.
- Contact: 780-471-3220
- Tickets: [Order on Eventbrite](#)

[National Indigenous Peoples Day Celebration, Indigenous Relations](#)

- Date: June 20, 2022
- Time: 11:45 am to 1:15 pm
- Event location: Edmonton City Centre Mall (west), 10025 - 102A Avenue
- Description: The event will celebrate traditional and contemporary arts and culture, such as dancing, drumming, Métis fiddling and jigging.

JUNE 21: NATIONAL INDIGENOUS HISTORY MONTH & NATIONAL INDIGENOUS PEOPLES DAY

- Learning opportunity developed by [Bent Arrow Traditional Healing Society](#): [Kiskinohamakewin Cultural Camp](#)

NATIONAL INDIGENOUS PEOPLES DAY

- Monday, June 20, 11:45 am to 1:15 pm
- Edmonton City Centre (west side, street level), 10200 – 102A Avenue NW
- Attendance is free

PRIDE MONTH

Local points of connection and resources include:

- [Edmonton Pride Seniors Group](#)
- [Pride Centre of Edmonton](#)
- [Edmonton Queer History Project](#)

JUNE 27: Canadian Multiculturalism Day

Resource developed by the Government of Canada:

- [Multicultural Calendar 2022](#)

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



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

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



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

WE'RE PLANNING AHEAD

...AND NEED YOUR HELP!



We've started planning fall events and need to build our volunteer committees.

Will you help work on:

- Fall Open House
- September 30: National Day for Truth and Reconciliation
- Fall Rummage Sale
- Fall Dance
- October Fest

Please contact Peggy if you're interested (peggy@seesa.ca).

The more help we get the more fun we have!

Do You Have A SMART PHONE?

If so, will you please try Our New QR Code (the old one expired) and let us know if it works for you!



Thanks!

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's GARDEN

Have you noticed how beautiful the front of our building is looking? We have some lovely plants, doing well.

BUT...we could use some flowers at the front of the building in the planters. Plant sales have started, and if you have a few dollars to buy a few petunias (or flowers of your choice) we'd love to have them!



As well, if you're splitting perennials, we would love to take them to add to our garden. No, irises or lillies please.

The front of the building is a nice, sunny location.

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



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.

VOLUNTEER RECRUITMENT

As part of our mission “to empower and enhance the quality of life of people in our community as we age,” SEESA has a wide range of Volunteer Opportunities and is actively recruiting Ongoing (regular weekly) and Episodic (irregular or occasional) Volunteers for the following positions:

- 4-5 Volunteer Special Events Committee Members – Ongoing Volunteers
 - Do you enjoy hosting family and friend dinners? Are you the one organizing birthday parties, anniversary parties, etc.? If so, the Special Events Committee would welcome you and your creative and organization skills. We are a team of fun-loving people with lots of great special events planned for SEESA. We would really benefit from some additional team members.
- 1 Volunteer Ticket Maker – Ongoing volunteer working with the Communications team, this volunteer will use a template in Publisher to design and prepare tickets for special occasions. Experience with setting up consecutive numbering in Publisher required.
- 2 Bartenders – Episodic Volunteers
 - Looking for Bartenders with valid Pro-Serve certificate.
 - Industrious individuals wanted to volunteer on an as-needed basis for monthly dinners or other special events.

- 4-6 Volunteer Kitchen Prep and Dishwashers – Ongoing volunteers
 - Starting in September, opportunities for a variety of roles in Tillie’s Café from Dishwasher, to Kitchen Prep, to Cashier. Industrious individuals wanted to volunteer on an ongoing (weekly) basis or to take on substitute roles as needed when regular volunteers can not make a scheduled shift.
 - Experience in catering, kitchen management, cooking, a restaurant, or a commercial kitchen would be an asset.

- 4-6 Event Kitchen Volunteers – Episodic volunteers
 - Looking for Kitchen Prep, Servers and Dishwashers.
 - Industrious individuals wanted to volunteer on an as-needed basis for events that require food or drink preparation and handling.

If any of these positions are of interest to you, please fill in the [Volunteer Application Form](#), indicating which position(s) specifically interest you, and submit it to the Front Desk Receptionist, or drop by in person.

Thank you.

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***](mailto:marcoxolivares@gmail.com)



Paid Advertisement

Protecting Your Home When on Vacation

Vacation is a time for fun and enjoyment. You can make each trip more enjoyable and carefree if you take a few simple steps to reduce the possibility that your house will be burglarized or vandalized while you are gone. A vacant house, or one that appears to be unoccupied, is an appealing target for a burglar.

- Arrange to have your mail picked up and consider stopping newspapers.
- Remember to have flowers watered, grass cut, leaves raked (or the snow removed) as necessary.
- Use timers on a few lamps in rooms where the light will be noticed from outside the house. Do not leave lights on 24 hours a day. A radio or television is also a good (additional) option to have on a timer.
- Have a neighbour check both inside and outside the house every few days. Ask them to pick up items delivered while you are away.
- Ask a neighbour to park their car in your driveway / designated parking stall.
- Have someone put out your garbage cans on garbage pick-up day.
- Don't hide keys. Consider leaving them with the person in charge of your home instead.
- Consider a security alarm and make sure it is set in your absence.
- Leave up-to-date emergency contact information for your neighbour or friend looking after your home.
- **While an upcoming trip is exciting news that you may want to share, don't announce your vacation on your voicemail or social media. Consider posting pictures after you have returned.**

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 FYI: Metis Spirituality	2	3	4
Canada Environment Week (June 5 – 11, 2022)						
5 Alberta Seniors Week (June 6 – 12)	6 Session 4 Class Registration Open (online & in person)	7	8 FYI: Strike Out Stroke	9 Foot Care Clinic Appointment Required	10	11
12	13	14	15 FYI: Taking ETS: Welcome (Back) Aboard	16	17 Rose Lily Quilt Raffle Draw	18
19 Happy Father's Day!	20	21 Canada's National Indigenous Peoples Day	22 FYI: Semi-Annual Global Financial Outlook	23	24	25
26	27 Last day to register for Session 4 classes	28	29	30 Session 3 Classes End	Tillie's Cafe Cinnamon Buns June 1, 8, 15, 22 Featured Sandwich Chicken Caesar Wrap June 2, 8, 13, 21 Bacon Lettuce Tomato June 7, 16, 22	

Upcoming Dates [SEESA Garden Tour \(Tickets now on Sale\)](#)

- July 14th VIP Tour & Cocktail Party
- July 15th Public Tour

Session 4 Classes: July 4 – Aug 19

