



SEESA BOARD UPDATE

“Alone we can do so little, together we can do so much.”

Helen Keller

This has been a busy summer for staff, volunteers and board members. So many exciting activities are planned for the fall thanks to everyone's efforts.

A few highlights include:

- thanks to Wallish Greenhouses for their generous donation of plants and to those who planted and maintained our stunning planters and gardens;
- thanks to all who are helping plan and implement our Open House;
- thanks for the commitment and time dedicated to getting our fall program guide completed;
- thanks to those who organized our Potluck Picnic in the Park on August 18 from 11:30 am - 1:30 pm;
- thanks to the front desk volunteers who help make SEESA a welcoming space;
- thanks to the new volunteers who are helping at the front desk and in other areas
- thanks to board members and a volunteer who kept Tillie's Café open this summer

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**POT LUCK
PICNIC
IN THE PARK**

**Thursday, August 18
11:30 a.m. - 1:30 p.m.
North playground picnic tables.**

Bring your favourite dish to share with others.
Bring your own beverage ~ but no alcohol, please.
Cutlery, plates, etc. will be provided.

*Please RSVP to SEESA
In-Person or call 780-468-1985 by Friday, August 12.*

SEESA closes for maintenance from August 22 to August 31 and up until Sep 2 – two whole weeks. People can still come in or call to register, there's just no clubs, classes or Café.

This fall will see the return of more social events – dinners, birthday celebrations, and special events. We will also be gathering your feedback through course evaluations and a town hall, etc.

We will be hosting a town hall and feedback session on Wednesday, September 28 from 10:00-11:30 a.m. and reporting on how the organization is doing today, our progress and our priorities.

We're looking forward to seeing more and more of our members in the building as well as welcoming new members.

Thanks to all of you for your on-going support.

Wendy Doughty
President

FALL SESSION PROGRAM GUIDE is now available on the website and in the centre. Registration starts on August 29 and classes and clubs begin on September 12.

Check it out [HERE!](#)

NATIONAL DAY FOR TRUTH AND RECONCILIATION

SEESA is CLOSED on September 30, the National Day for Truth and Reconciliation. We are, however, planning events to recognize this important day on **Thursday, September 29, beginning at 1:00 p.m.** and are hoping you will join us.

We are working with **Bent Arrow Traditional Healing Society** (<https://bentarrow.ca/>) to provide a Blanket Exercise and other events. Details will be announced shortly.

We hope you'll join us!

MEMORIAL EVENT

We want to update our records and plan a memorial for members who passed away during our Covid closure, and since.

If you know of a member who passed away between November 2019 and the end of July, 2022, please call the office at 780-468-1985 or email [Peggy](#) and to let us know.



SEESA
You belong here

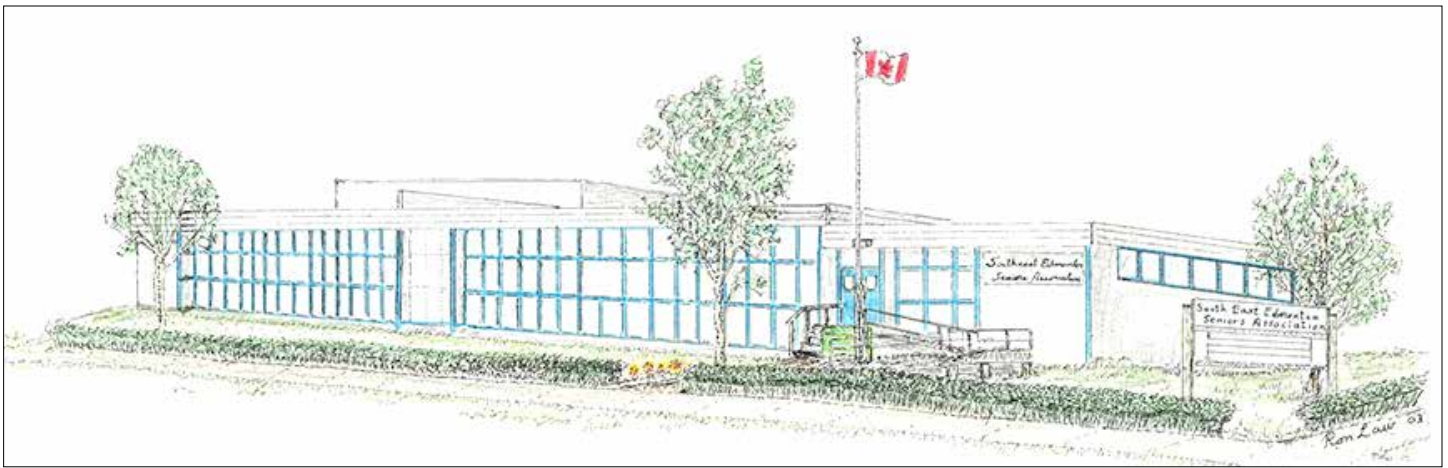
Edmonton
FOOT CARE

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



Ron Law completed this drawing in 2003, not as part of a class, but rather it was one of many drawings he did while sitting in a quiet spot at SEESA. Ron has been a member of SEESA for many years, and has also been a member of the North Edmonton Seniors Centre and the Central Lions Seniors Recreation Centre.

For many years, Ron was an active wood carver of birds and producer of cards. In fact the drawing above was used for many of the cards SEESA sent out.

Ron now produces cards for all the family birthdays - he and Marlene have 4 children, 11 grandchildren and 5 great-grandchildren. Making unique cards for all 30 keeps him busy throughout each year! These are a few of his drawings - more to come in later issues!

THANKS!

Thanks to **Ron Law** for giving us permission to use this lovely drawing of our building in our new brochure!

Are there other drawings out there?

Please send them to [Betty](#), along with your permission to use them.



Save the date!

The Accidental Drama Club
will present

The Bold, the Young and ... the Murdered!

By Don Zolidis

November 18, 19, 20, 2022



South East Edmonton Senior's Association
9350—82 St NW Phone: 780 468 1985



The long-running soap opera “*The Bold and the Young*” is in its last days: its hunky hero has self-esteem issue, its villainous old man is more interested in soup, and its heroines are slightly psychopathic. The executive producer gives the squabbling cast an ultimatum: Complete one episode overnight or the show dies. But when the director ends up murdered, and other cast members start dropping like flies, it seems like his threat might actually come true. Can these misfits discover the murderer before the show is literally killed off?

SEESA OPEN HOUSE

September is a month of change: we feel the air getting cooler, the days getting shorter. Edmonton is a northerly city, and our winter often comes early and stays long. Our thoughts turn to what lies ahead to keep us active, entertained and in touch with friends or meet new ones.

The perfect answer is join to us at:

**THE SEESA
OPEN HOUSE
SEPTEMBER 7TH
9:30 – 2:30**

Have you ever wanted to learn how to play a ukulele, paint, quilt, play cribbage, line dance, do Zumba, learn

NEW CLUB?

There has been some interest expressed in a **Ukrainian Conversation group**. Please let us know if you're interested AND if you would be the club liaison.

Contact [Gina-Marie](#) for more information or to volunteer.

ALSO NEEDED:

We need liaisons for the following:

- Cribbage Tournaments
- Lifetime Members Tea
- Monthly Dances
- Monthly Dinners

Contact [Gina-Marie](#) for more information or to volunteer.

Help us keep SEESA strong!

a second language, yoga and so many more other opportunities (too many to write here!)?

At the **Open House** you can see and experience class demonstrations, learn about various clubs and why ***SEESA is the place for you.***

SEESA's WALKING GROUP

This photo was taken last week, and shows the little group behind. Everyone goes at their own pace. They have wonderful conversations and are planning on meeting up while the summer break is on at SEESA at the end of August. It's so awesome!

Use Nordic Walking or Stability styles of poles to walk all year round! Feel the safety and companionship of walking in a group this fall and winter by joining this club. You must bring your own poles. Instruction will be given on the first evening to ensure you are using them correctly. Poles have many benefits including providing stability and more! All speeds of walkers are welcome. We will pick a "there and back" route each week, so you can take it at your own pace.

Melanie Kidder
Pole Walking Instructor



TREATY SIX RECOGNITION DAY

By: drewsattack

Edmonton Public Library
Staff-created list

The City of Edmonton created Treaty No. 6 Recognition Day in 2013 to commemorate the signing of Treaty No. 6 between the Plains, Wood Cree, Nakota, Saulteaux and Dene people and the Crown at Fort Carlton on August 23, 1876.

Edmonton was founded in Treaty No. 6 territory. Treaty No. 6 Recognition Day recognizes Edmonton's connection with the First peoples of this land.



If you haven't already, now's a great time to get started on learning more about the complete history of Canada, reconciliation and Indigenous perspectives on the ongoing impact of colonization.

Learn more about the diverse cultures and rich historical narratives that make up the Indigenous People who live in

what we now call Canada.

EPL has a great list of books that would be a great start for anyone committed to embarking on a journey of reconciliation.

Check out the list [here](#).



CHECK OUT SEESA's CLUBS [HERE!](#)

Lots of our clubs are already up and running, and some are waiting for a liaison to step forward.

CAN YOU BE A CLUB LIAISON?

As the Liaison you would take attendance and be the contact for the programmer. Right now that's [Peggy](#). Also check with Peggy if you want more information.

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 HALF PRICE Membership Special

Get 50% off your 2022 membership and take advantage of all SEESA has to offer.

This offer begins
Monday, August 29.



DONATIONS NEEDED

The *quilters group* at SEESA need donations of Christmas fabric.

Donations can be dropped off at the front desk any time.



SEESA OPEN HOUSE

9350 - 82 STREET NW

WEDNESDAY, SEPT. 7

9:30 - 2:30

CAFÉ OPEN FOR LUNCH

11:00 - 1:00

SAVE THE DATE

Instructor Demos of Classes

SEESA Facility Tours

Exhibitor Tables

**Club Liaison Presentations
of Activity**

Volunteers Needed

Please Contact Gina-Marie@seesa.ca

780-468-1985

www.seesa.ca



CELEBRATING BIRTHDAYS

AUGUST 15 – SEPTEMBER 14, 2022

Any birthday celebration photos to share?

Send them to [Betty!](#)

HAPPY BIRTHDAY TO:

Norma Alton
Bernice Armstrong
Linda Axley
Mary Baxter
Joyce Blacklock
Sylvia Brecknell
Margo Cahn
Donna Chaput
Maxine Charlton
Patricia Clarke
Ronald Cutting
James Der
Cindy Dew
Rosemary Dinsdale
Lois Doig
Murray Dopking
John Thomas Eadie
D. Gordon Ewing
Lois Field
Peter Gommerud
David Gordon
Julie Haley
Donald Hart
Carol Hill
Karen Hobbs
Duane Horton
Maryanne Huntingford
Robert Hyndman
Barbara Johnston
Keith Kasha
Bonnie Kerr

Elizabeth Kingan
Adrienne Kisko
Shirley Kneller
Peter Kneubuhler
Chris Kocil
Robert Konojacki
Dorothy Korburt
Donna Kromm
Terri Labonte
Donna Lockwood
Claire Lopeter
Ian Macintosh
John MacLeod
Roger Martens
Athena McKenzie
Karen McNaughton
JoAnne McRae
Wade Miller
Jean-Louis Moquin
Lillian Nichol
Robert Noseworthy
Toni Owen
Dorothea Pfalz
Arlene Prokopczak
Barb Reidford
Brenda Remin
Rose Royer
Judy Russ
Wrennie Ryley
Marianna Sanders
Irene Scarrett

Debra Scott
Karen Sheridan
Hanna Shmulevitz
Audrey Shonn
Melissa Stelter
Douglas Stevenson
Judith Taylor
Diane Thachuk
Andy Trachimowich

Marielle Turgeon
Diane Turner
Kevin Valpy
Susan Wegner
Ellen Wells
Christine Wigger
Noreen Willows
Brenda Winchester

**HURRAY!
BIRTHDAY PARTIES ARE
RETURNING!**



TUESDAY SEPT. 20

VOLUNTEER

SEESA *You belong here*

SEESA has a wide range of ongoing Volunteer Opportunities and is actively recruiting for the following positions:

- Special Events Committee
- Volunteer Ticket Maker
- Bartenders (Valid Pro-Serve certificate required)
- Volunteer Kitchen Prep and Dishwashers
- Event Kitchen Volunteers

Special Events

Fall Open House

National Day of Truth & Reconciliation

Fall Rummage Sale

Fall Dance

OctoberFest

Further information regarding volunteer positions is available at SEESA.CA
or contact Gina-Marie Garon at the SEESA office
phone: 780-468-1985 email: gina-marie@seesa.ca

JOIN US FOR

HOLYROOD COMMUNITY LEAGUE DAY FAMILY FUN FEST!

SEPTEMBER 17TH, 2022 • CHECK WEBSITE FOR TIMES
HOLYROOD PLAYGROUND & SURROUNDING AREA

BIG BIN • BOTTLE DRIVE FOR BENT ARROW •
BOUNCY CASTLES • LIVE MUSIC • PUPPET SHOWS •
BALLOON ANIMALS • GLITTER TATTOOS •
ROVING CIRCUS • FIRE TRUCK •
FREE YOGA IN THE PARK • BBQ

THANK YOU TO OUR WONDERFUL SPONSORS!

ATCO™





EDMONTON
POLICE
SERVICE

Back to School Safety Tips

**REMEMBER: "Safety is as simple as ABC...
ALWAYS BE CAREFUL"**

Parents and caregivers are the most important role models for road safety behaviour, and children will model your behaviour—good and bad. Show our children how to behave safely and lead by example.

- Please adhere to your school rules and follow any instructions given by the school patrol teams.
- Always set a good example when crossing the road. This shows your child the correct procedure which protects them when you are not there.
- If crossing the road always use the school crossing or designated crossing point.
- Drive slowly in school zones and crossing areas.
- Follow all rules of the road and obey all signs.
- Plan your pick up and drop off times.
- Ensure children get in and out on the sidewalk side of the vehicle
- Park Safely—away from yellow lines, school bus zones, intersections and driveways.
- Be aware of other road users, such as buses, cyclists and pedestrians
- Use a Kiss and Drive/Drop off Zone if available at your school.

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](#).

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.

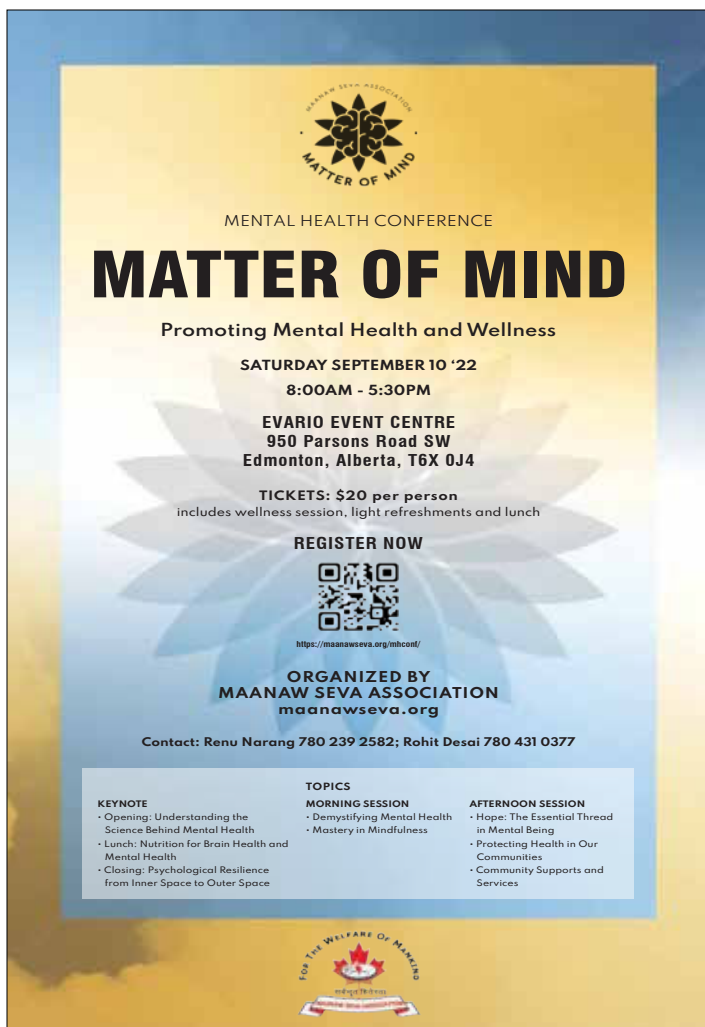
Note: paid advertisements may not reflect the views of SEESA. Buyer discretion is advised. There is NO advertising in SEESA What's Happening.



**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.



MATTER OF MIND
MENTAL HEALTH CONFERENCE


Promoting Mental Health and Wellness

SATURDAY SEPTEMBER 10 '22
8:00AM - 5:30PM

EVARIO EVENT CENTRE
950 Parsons Road SW
Edmonton, Alberta, T6X 0J4

TICKETS: \$20 per person
includes wellness session, light refreshments and lunch

REGISTER NOW



<https://maanawseva.org/mhconf/>

ORGANIZED BY
MAANAW SEVA ASSOCIATION
maanawseva.org

Contact: Renu Narang 780 239 2582; Rohit Desai 780 431 0377

KEYNOTE

- Opening: Understanding the Science Behind Mental Health
- Lunch: Nutrition for Brain Health and Mental Health
- Closing: Psychological Resilience from Inner Space to Outer Space


TOPICS

MORNING SESSION

- Demystifying Mental Health
- Mastery in Mindfulness

AFTERNOON SESSION

- Hope: The Essential Thread in Mental Being
- Protecting Health in Our Communities
- Community Supports and Services



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!



VETERANS INDEPENDENCE PROGRAM

The Veterans Independence Program provides annual tax-free funding for services such as grounds maintenance, housekeeping, meal preparation, personal care, and professional health and support services. This program does not replace other federal, provincial or municipal programs but instead, works with those programs to help meet needs.

For more information go [HERE](#).

CHECK IT OUT!



Like having fun?
Join the club.

PROGRAM GUIDE


Session 5: Sept 12-Oct 28, 2022

Whatever your passions, your interests and your hobbies are, we likely have a club for that.

And if we don't, we can see about starting one.

SEESA
You belong here

Check out all our clubs and classes at seesa.ca

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Heritage Day SEESA Closed 	2	3	4 Edmonton Folk Music Festival (Aug 4 – 7)	5	6
7	8	9	10	11 Foot Care Clinic Appointment Required	12 Fringe Festival (Aug 11 – 21)	13
14	15 Session 5 Program Guide Available	16	17	18 Potluck Picnic in the Park 11:30am – 1:30pm	19 Session 4 Classes & Clubs End	20
21	22	23	24	25	26	27
		Annual Maintenance No Classes or Clubs Tillie's Café Closed				
28	29 Session 5 Program Registration (In person & On-line)	30	31 Annual Maintenance No Classes or Clubs Tillie's Café Closed			

Upcoming Dates

SEESA Open House – September 7 (9:30am – 2:30pm)

August 22 – September 2 - SEESA Annual maintenance. No Classes or Clubs. Tillie's Café Closed



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 Annual Maintenance No Classes or Clubs Tillie's Café Closed	2 Annual Maintenance No Classes or Clubs Tillie's Café Closed	3
4	5 Labour Day SEESA Closed	6	7 SEESA Open House 9:30am- 2:30pm	8	9	10
11	12 <i>Session 5</i> <i>Classes & Clubs</i> <i>Begin</i>	13	14 FYI: Bone Health	15	16 Jam Session 	17
18	19	20 FYI: Financial Literacy for Seniors Monthly Birthday Party 	21 FYI: Clutter is not a Crime Volunteer Appreciation 4:30 – 7:30pm	22	23	24
25	26	27 FYI: Alternative Investment Strategies	28 FYI: Senior Years – Your Eyes & Overall Health	29 National Day of Truth & Reconciliation Event	30 National Day of Truth & Reconciliation Day (SEESA Closed)	

Upcoming Dates

Fall Rummage Sale: October 22 & 23
Christmas Quilt Raffle (Sept 7 – Dec 12)

