

SEESA Shares



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

OCTOBER, 2022

VOLUNTEERS ARE KEY at SEESA!

Volunteers came together September 21st and had a lovely evening 'Volunteer Appreciation' event together. Our theme was "Volunteers are Key" and Tillie's Café was decorated with piano keys, music sheets and black and white. There was piano entertainment and a tasty meal by Elizabethan Catering Services – so even our Kitchen volunteers could have the night off to simply enjoy!

Volunteers present had accumulated at least 25 hours of service and volunteered for many different areas of SEESA including: 40th Anniversary Committee, Accidental Drama Club, Activity and Club Liaisons, Administrative and Executive Assistants, Birthday Party Planners, Board Members, Building, Garden and Yard Volunteers, Card Makers, Communications Coordinators and Committee, Cribbage Tournaments, Front Desk Receptionists, Fundraising Committee, Greeters, IT Coordinator, Kitchen and Tillie's Café, Laundry workers, Library workers, Membership Volunteers, Melody Singers, Monthly Dances, Monthly Dinners, No Stone Left Alone, Quilting and Crafting, Rummage Sale organizers and workers,

SEESA Events Committee, SEESATones Band, Tour Guides, Wood workers... and so much more!

This organization would not be running at all were it not for our volunteers. We know that we missed many of you, so THANK YOU for all you do!

VOLUNTEERS really ARE KEY at SEESA!

More volunteer event photos on page 2



Classes - October 31 to December 16th

Registration Begins:

Monday, OCTOBER 17th

Choose from OVER 80 Classes & Clubs, including:

Arts & Crafts
Woodshop & Carving
Fitness, Sports & Games
Music & Dance
Talks & Discussion Groups

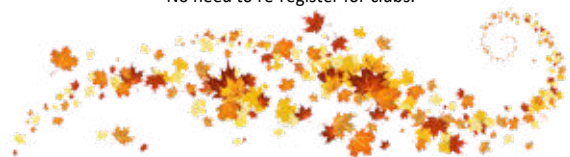
Check out the NEW CLASSES!

Circuit Training & Tabata	Drawing: Faces & Botanicals
Boosting Your Brain Health	Talks by Experts – Surveillance,
Philosopher's Cafe	Pop Culture and more....

Program guide available online October 5th at: www.seesa.ca

REGISTER BY PHONE: 780-468-1985 or IN PERSON AT 9350 - 82 ST NW EDMONTON

Clubs ... continue to run through until December 22nd at their regular day/time. ...with a few exceptions for special event room bookings
No need to re-register for clubs.



VOLUNTEERS ARE KEY at SEESA!



DID YOU KNOW?

*Most of us read **SEESA Shares** when it is emailed to us, but did you know that it is the #2 item that is looked at on the web. Classes are #1.*

Thanks everyone! And don't forget you can share it with neighbours and friends as well!

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.

SEESA RUMMAGE SALE COMING SOON!

The Rummage Sale

Bake

SATURDAY Oct 22

10AM-3 PM

SUNDAY Oct 23

11AM-3 PM

Donations accepted at the South Door
starting Oct 3

Please ensure that all your
items are clean

Donations will be accepted
until Noon Oct 21

Bake Sale Items accepted October 21.

Book Sale
During the Event



DO NOT BRING: upholstered furniture, baby furniture & supplies, encyclopedia, mattresses, pillows, computer software, hardware and out of date technology, VHS tapes, cassettes, magazines, large furniture and TV's, soft toys, clothing, shoes, suitcases, plastic food containers.

Save Christmas items for our Dec 3rd Re-Use Sale. Donations accepted Nov 21



South East Edmonton Seniors Association

9350 82 Street N.W. Edmonton Alberta Canada T6C 2X8

780-468-1985 • info@seesa.ca • www.seesa.ca

SEESA RUMMAGE SALE COMING SOON!



Donations

ACCEPTED

Oct 3rd until noon Oct 20th

South Door, Monday to Friday, 8:30-4:00

Do Bring

Antiques	Art	Belts
Books	China	Cutlery
Craft items	Jewelry	Purses
Hard toys	Linens	Puzzles
Serving dishes	Collectable pieces	
Garden tools	Picture frames	
Hardware	Sports gear	
Furniture	Small working appliances	
Personal care items		

Don't Bring

Clothing	Printers
Computers	Couches
Shoes	Pillows
Suitcases	VHS tapes
Soft furnishings	Soft toys (stuffed)
Plastic food containers	

Please take these items to Goodwill, Value Village,
or Salvation Army.



Please save Christmas items for our December 3rd Sale... watch for details

SEESA BOOK SALE

October 17 - 21

9:00 a.m. - 3:30 p.m.

Donations of used books can be dropped
off at SEESA's South Doors October 3 - 21

***We do not accept encyclopedia, bibles/religious
books, magazines, Readers Digest condensed
versions, medical books, "How to" books, atlases,
phonebooks, maps***



South East Edmonton Seniors Association
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780-468-1985 • info@seesa.ca • www.seesa.ca

Thanks Melody Singers!



The Melody Singers
are once again supporting the Rummage Sale by
providing a table and selling BAKED goods.

SEESA members – can you help with YOUR
delicious treats????

*Please drop off baked goods by noon on Friday
October 21st.*

THANKS BENT ARROW

Thanks to Bent Arrow Traditional Healing Society for bringing the KIAROS Blanket Exercise to SEESA on September 29, 2022.

Because SEESA was closed on September 30 for Truth and Reconciliation Day, SEESA organized our event for September 29. We were so pleased with the great turn out, with Bent Arrow staff, our members and guests creating an atmosphere of sharing, respect and understanding.

There were so many very positive comments made after we finished, with requests that we do it again!

Thanks again to the three Cultural Connectors from Bent Arrow: Leslie, Renita and Bernard, who facilitated the blanket exercise, and to all the volunteers who helped us acknowledge this important day.



Philosophers Café: The Freedom Series



SEESA is honoured to welcome lecturer David Goa as he leads discussions entitled, ***“Philosophers Café: The Freedom Series”***. Join this award-winning scholar, author, and teacher in stimulating conversations on today's issues.

David Goa is the founding director and International Fellow of the Chester Ronning Centre for the Study of Religion and Public Life, University of Alberta (Augustana Campus).

Thursday, October 27, 1:00-2:30pm

The Blood Red Horse of the Apocalypse: Russia's War in Ukraine

The second horse of the apocalypse is running rampant across Ukraine. How is war 'justified' by President Putin and Patriarch Kirill, head of the Russian Orthodox Church? What has Patriarch Kirill said to the Russian people, his parishes in Ukraine, in North American and around the world? How has the Prince of Peace been used as justification for the advance of the blood red horse and the rise of "Christian Nationalism"? Join in timely conversation on Christian tradition, nationalism and war.

Thursday, November 17, 1:00-2:30pm

The Otherness of Others: Freedom of Religion, Civil Values & the New Pluralism

Protests at mosques? Shootings at temples? Obscene signs at Truck Convoys? Is religious freedom being eroded in Canada and around the world? Court cases are testing the boundaries of religious freedom and civil values. How will we navigate the competing aspirations of some religious communities and the "progressive" aspirations of secular society? Join in thoughtful conversation about freedom, the common good and pluralism.



Thursday, December 8, 1:00 - 2:30pm

Residential Schools, Modernity, and Remembering Well

Are residential schools Canada's original sin? How did churches become servants to modernity? What of the Papal apology and Canadian government interest? Join us as we discuss the meaning of "reconciliation", how settler peoples have profited, and if it is possible to make reparations.

Register in person at 9350 - 82 Street, NW
or by phone (780-468-1985).

SEESA Member: \$6.00 Non-Member \$8.00



You belong here



Constables Corner



EDMONTON
POLICE
SERVICE

Vehicle theft and theft from vehicles is just as a big problem in *WINTER* as it is in *SUMMER*, and seasoned thieves couldn't care less what time of the year it is. Vehicle and valuables from a vehicle get stolen in the cold months too. You need to protect your ride.

In the winter, vehicles that are left running and unattended is one of the most common reasons why they are stolen. All a thief needs is a brief window where they can slip in before the driver returns. Even if you need to step back in the house for just two minutes, **turn it off**. Your desire to be toasty and warm when you pull out of the driveway makes it that much easier for a thief to steal your vehicle.

Time to Get Defensive:

- **Never leave your car running and unattended** -Turn it off and take the key
- Never leave valuables in your vehicle.
- Lock your doors and close all windows
- Guard your key fob -Never leave spare keys or key fobs in the vehicle
- Use a club (steering wheel lock)
- Park in a well-lit area
- Don't leave a garage door opener in your vehicle
- Park in a garage



Remain vigilant against thieves. Make an effort to cut out the habits that could draw them to your car in the first place, and start embracing the tools and practices that will keep your vehicle safe.

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.](#)

Lunch and Learn:

Residential Access Modification Program (RAMP)

October 26 | 12 – 1 p.m.



In this session, participants will learn more about the Residential Access Modification Program (RAMP), which provides grants to help lower-income Albertans with mobility challenges to modify their homes so they can enter and move around more easily. This session will share information on eligibility requirements, how to apply, and provide a brief overview of the eligible projects covered under the RAMP program. This session will also include time for participants' questions and answers.

[REGISTER HERE](#)

OCTOBER FYI SESSIONS

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

Tuesday, October 11

Being Prepared in Time of Need

Dusko Trivik, Memories Funeral Home

An educational seminar that will answer any questions your members have about how to be prepared and how to protect their families from emotional and financial stress. I will demonstrate all the options that are available because times are changing and, for example, you could have your remains sent into space.

Tuesday, October 18

Oh No! I Opened Scam Email, NOW WHAT?

Gabriel Mortotsi

Interactive session on internet questions about phishing, email scam, antivirus protection etc.

Wednesday, October 19

The Role of Exchange Traded Funds in Retirement Portfolios

Wei Woo

Like mutual funds, ETFs allow investors to spread risk over a series of investments, as opposed to one or two stocks or bonds. However, ETFs typically charge lower management fees than mutual funds. Like all types of investments, there are both benefits and risks, as there is no such thing as a perfect investment.

Tuesday, October 25

Stages of Retirement Living

Linda Miller, Retirement Living Consultant

Join Chartwell for a fun and interactive conversation about the benefits of retirement living, how to navigate the healthcare system and seniors' lifestyle options.

Wednesday, October 26, Start time 2:00 p.m

Falls Prevention

Marie-Josée Dupuis-Arsenault, Physiotherapist with Leading Edge physiotherapy

Marie-Josée will share information about falls prevention: what are common causes of falls and how to avoid them inside your home and outside. We suggest wearing comfortable clothing as we will have a short workshop for gentle strength and balance exercises to help with falls prevention.

\$3.00 Fee

Register online at [SEESA.CA](https://seesa.ca),
in-person at SEESA, 9350 82 Street,
or phone 780-468-1985

**IN-PERSON ATTENDANCE SUBJECT TO
SEESA's COVID PROTOCOLS**



The Accidental Drama Club presents

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

By Don Zolidis



Nov 18 Tickets \$20

Doors at 6 pm, Show at 7 pm

Snacks provided Cash bar

Nov 19 Tickets \$25

Doors at 6 pm, Show at 7 pm

Appetizers provided Cash Bar

Nov 20 Tickets \$25

Doors at 12 noon, Show at 1 pm



South East Edmonton Senior's Association

9350—82 St NW Phone: 780 468 1985



Loon Workshop
Soapstone Carving with
Kay McCormack

September 24 & 25th
9:30-2:00

A.J. Ottewell Centre,
Sherwood Park
Members \$120

Nonmembers \$130
www.artstrathcona.com
(directional map)

Email to: artsoc@telus.net
780-449-4443



PhotoRoom®

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



It's a... Melody Singers Christmas

**Friday, December 9 at 7pm
Saturday, December 10 at 7pm**

Tickets \$8.00.

**Available at the SEESA Front Desk, 9350-82 Street NW,
as of November 1.**

**Come hear your 30+ voice choir
singing familiar and new, funny and
thoughtful selections**

...as well as a few sing-a-longs.

We hope to see you!

SEESA *You belong here*



Choose your latest jewellery at SEESA's Rummage Sale!

This lovely bracelet was purchased last year by
Wendy Doughty,
our Board President!

Check out the jewellery at this year's sale -

October 22 and 23, 2022



Christmas Music & Singalong with the Ukulele Classes

**Wednesday, December 14
12:00-12:45 & 1:30-2:15**

**Tillie's Café
9350 - 82 Street NW**



CELEBRATING OCTOBER AND NOVEMBER BIRTHDAYS

DO YOU HAVE A BIRTHDAY IN OCTOBER?

Then YOUR PARTY is on **Tuesday, October 18!**

Please call the Front Desk to them know if you're coming.

Each month, the birthday party will be held on the 3rd Tuesday of the month, and you're asked to call the Front Desk to sign up. I'll put a reminder in SEESA Shares – this will be ongoing in each month's newsletter and after a month or two will be the main way people are notified.

November Birthday Party is November 15, 1:30 to 3 p.m.



Joan Murchie
Clement Nadon
Cristina NM Young
Anna Paquin
Lenora Pinkoski
Anastazia Poloway
Connie Robinson
Donna Salazar

Georges Vincent
Marilyn Wakaruk
Krysta Watt
Joanne Wenzel
Darlene Werner
Sylvia Whitson
Carmen Wuensch

Dale Anderson
Avril Armstrong
Barbara Ann Baker
Donna Bennett
Jacoba Benoit
Nellie Boyer
Robyn Buchan
Mary Cameron
Sharon Chadwick
Richard Clarke
Jim Clifford
Rose Corrigan
Valerie Costigan
Fred Delainey
Joan Delainey
Marion deSeguin
Irene Dickau
Gail Disler
Cherry Dodd
Maureen Elhatton
Glenn Ennis
Annette Evans
Don Evans

Thane Falkner
Phyllis Findlay
Johanna Fritsche
Bernhard Fuchs
Madeline Gagnon
Sandra Gibbs
Patricia Goshko
Lloyd Hammell
Elizabeth Harris
Brian Heidecker
Kay Hobden
Angelika Hoffmann
Mayumi Hoshi
Jyy Huang
Teresa Ius
Bohdan Kadylo
Wendy Kinsman
Alice Koesling
Bernice Libich
Tom Lobb
Patrick Lukasewich
Marion Mckenzie
Donna Miller



Beverly Sochatsky
Antonio Spanu
Jeanette Stern
John Struger
AdeleThurston
Mary Toma
Ben Trueman
Kaoru Turnbull
Marne Turnbull
Gerrit Van Dam
Mary Anne Vanderham
Albert Vickery

November Birthdays

Becky Andrews
Jo-Anne Balla
Rolande Borle
Gloria Bradley
Lorne Bradley
Joan Brambley
Wendy Brown
Joyce Chapman
Marina Chrapko
Doug Dawson

Continued on Page 13

Continued from Page 12

Betty Dean
Vesta Elliott
Florence Ellis
Margaret Farwell
Marg Gangl
Ruth Gleave
Gayle Graham
Mary Jane Graham
June Grieg
MaryAnne Hawryluk
Dave Heatley
Nancy Heaton
Ron Henbest
Trudy Hensel
Brian Ireland
Freda Jackson
Elaine Jensen
Ronna Jevne
Lorraine Kellogg
Mary Kerber
Marguerite Kerscher
Mary Anne King
Donna Koenig
Reg Kostash
Claire Kotun
Giselle Labonte
Gayle Lindberg
Marlene Livingston
Carol Lockert
Patrick McCormack

Chrissie McIntyre
Paul Mills
Susan Motiuk
Lorna Nesdole
Harvey Norstrom
Melanie Pedersen
Karin Penner
Janet Pugh
Marilyn Pushalik
Fay Pytel
Margaret Russell
Carol Ryll
Ken Schmidt
Helen Skirrow
Elsie Sullivan
Laura Theriault
Liz Thomas
Betty-Mae Vanrootselaar
Nadine Verhun
Linda Wagner
Emily Westwood



Shadow Theatre presents:

THE WRONG PEOPLE HAVE MONEY

by Reed McColm

October 19 - November 6

A photograph of a woman with blonde hair wearing a black dress and a large necklace, standing next to a man with a beard and glasses wearing a suit and holding a cigar. They are both smiling.

SPECIAL SENIORS MATINEES

Wednesday, October 26th at 12:30 pm
Wednesday, November 2nd at 12:30 pm

\$25
Group Rate options available

The Wrong People Have Money is the funniest play ever written about moving Greenland!

SHADOW THEATRE

At the beautiful VARSCONA THEATRE • 10329 - 83 Ave, Edmonton

For ticket information visit shadowtheatre.org or phone 780-434-5564

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.

LET US HELP YOU PROTECT THE FUTURE.

Venture Law Group LLP
 We care about Alberta's families. We can provide assistance to you and your family in a variety of estate planning matters – including:

- Personal Directives
- Powers of Attorney
- Enduring Powers of Attorney
- Springing Powers of Attorney

as well as...

- Wills
- Financial Trust
- Administration of Trusts & Estates
- Probate of Wills
- Grants of Administration

**Call Shelley Smith at:
780.450.2929**

 **VENTURE LAW GROUP LLP**
 Suite 111, 9440-49 Street - Edmonton - Alberta - T6B 2M9



SEESA HALLOWEEN 50/50 RAFFLE
TICKETS \$5 each
 On Sale September 1 - October 31
 Purchase at SEESA Front Desk or Call 780-468-1985
Winning Ticket will be drawn October 31st



 Licence # 608855
 700 Tickets Printed

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.

 **You belong here**



SEESA Christmas Quilt Raffle



Quilt (Queensize) is handcrafted and generously donated by the SEESA Quilters & Crafters Club

Tickets \$2 each
 On Sale September 7 - December 13, 2022
 Purchase at SEESA Front Desk or Call 780-468-1985

Winning Ticket will be drawn December 13th
 You do not need to be present to win.
 Licence # 608854 (400 Tickets Printed)



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

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Community Supports / Programs for Older Adults

Prescription to Get Active – RxTGA

Helping to get Canadians more active starts with more healthcare professionals encouraging their patients to get moving and prescribing activity.

People are more likely to start down the road to lifestyle change with a prescription from a trusted healthcare professional. Get tips on staying active.

#ConnectedCanadians is now offering FREE monthly chair mobility fitness classes to help keep seniors active! Support to use the technology is available if needed.
Learn more >>

[The Rehabilitation Advice Line](#)

1-833-379-0563 is a telephone service that provides free rehabilitation advice and general health information for Albertans over 18 years of age.

Alberta Health Services Patient Feedback Line
Clients who feel they are waiting too long for services, please follow up with the Alberta Health Services patient feedback line at 1-855-550-2555.

[Lunch 'n' Learn](#)

Ageism - An Intergenerational Perspective October 19 | Noon – 1 pm



This four person panel discussion will focus on intergenerational ageism experiences. Subjects like isolation, societal age prejudices and varying life experiences of ageism will be discussed. We will also consider how to avoid ageist behaviors in support of 'all' generations! [Learn more](#)

Friendly Calls Program Canadian Red Cross

The Canadian Red Cross Friendly Calls program helps address feelings of loneliness and isolation. The program pairs a trained Red Cross volunteer with an adult aged 18+ who feels isolated or lonely, who may have limited social and family connections, or feels they could benefit from more social interaction. [Learn more](#).

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 Ukrainian DNIPRO Choir presents a
FUNDRAISING CONCERT for Ukraine
CONTRA SPEM SPERO
HOPE AGAINST HOPE

Благодійний концерт Хору Дніпра
Пісні на вірші Лесі Українки

Featuring music set to the poetry of Lesya Ukrainka,
Ukrainian poet, playwright, feminist, activist

7:00 pm Saturday, October 29, 2022

West End Christian Reformed Church 10015-149 St., Edmonton

Artistic Director:
Irena Szmihelsky

Special Guests:
**QUARTETTO
CON BRIO**

ADMISSION : \$20

For Advance Tickets, call:
SUSAN: 780.919.6494
RENA: 780.468.6206

For every donation of \$50 or
more, a Tax Receipt will be
issued, with a FREE concert
ticket.

Tickets may also be purchased
at the Chateau Louis Hotel
Front Desk, 11727 Kingsway.



Portrait by Viktor V. Babentsov
1921-1912

IKA

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Fall Rummage Sale – Collection Days- October 3 rd – 20 th (noon)						1
2	3 Rummage Sale Items Collection Starts	4	5	6	7 Jam Session 6:45 – 10:00pm 	8
9	10 Thanksgiving SEESA Closed 	11	12	13	14	15
16	17 BOOK Sale (17 – 21) 9:30am – 3:30pm Session 6 Registration Begins	18 Monthly Birthday Party 1:30 – 3:00pm 	19	20	21 Rummage Sale Set-Up	22 Rummage Sale 10am – 3pm
23 Rummage Sale 11am – 3pm	24	25	26	27	28 Session 5 Classes End	29
30 Session 6 Classes & Clubs Begin This week	31 Draw for Halloween 50/50 Raffle					

Upcoming Dates

Accidental Drama Club Show: November 18, 19 & 20



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1	2	3	4 Jam Session (6:45 – 10:00pm) 	5
2023 Membership Renewal (Begins Monday, Nov 14) Alberta Floor Curling Tournament – Saturday, Nov 19th						
6 Daylight Saving Time Ends	7	8	9	10	11 Remembrance Day  <i>Let us not forget</i>	12
13	14 2023 Membership Renewal Begins	15 Monthly Birthday Party 1:30 – 3:00pm 	16	17	18 Accidental Drama Club Show (7pm) 	19 Accidental Drama Club Show (7pm) 
20 Accidental Drama Club Show (1pm) 	21	22	23	24	25	26
27	28	29 National Day of Giving	30			

Upcoming Dates

Christmas Reuse & Craft Sale (December 3)
 Melody Singers Christmas Concert (December 9 & 10)
 Christmas Sing-along with Ukulele Students (Dec 14)

