



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

NOVEMBER, 2022

## BOARD UPDATE

The past eight weeks have flown by. I would like to thank my Board colleagues, staff and the many volunteers who have supported SEESA during this time of transition. You truly are the heart of SEESA.

## STAFF UPDATE

**Shirly Liang** joined us in the summer as our Financial Coordinator. She brings a breadth of experience in providing financial services and is familiar with AGLC and other funder requirements. Shirly is in the office Monday, Tuesday, and Thursday.

**Aleeza Meghji**

recently joined us as our full-time Programmer and brings experience working with seniors as well as developing and implementing programs. Once she is settled into the program cycle, she will also provide staff support for events.

We are currently completing the recruitment process for the Executive Director. Stay tuned for more news!

## OUTREACH AND HOME SUPPORTS

Sage is providing Outreach services for SEESA, and Home Supports requests are being handled by the Millwoods Seniors Association.



Every day, SEESA is empowering and enhancing the quality of life of people in our community.

Our volunteers, community, and financial donors help others through clubs and classes, friendships and fellowship, special events and physical activities.

On this GIVING TUESDAY consider making a donation to **support SEESA**. TOGETHER, we will reach our vision of being a vibrant, compassionate, inclusive place to grow up and grow older. Thank you – from the bottom of our hearts.

[Donate at seesa.ca/donate](https://seesa.ca/donate)



South East Edmonton Seniors Association  
9350 82 Street N.W., Edmonton Alberta Canada T6C 2X8  
780-468-1985 • [info@seesa.ca](mailto:info@seesa.ca) • [www.seesa.ca](http://www.seesa.ca)

## RUMMAGE SALE SUCCESS

A big thank you to **Avril Pike** and all the volunteers who dedicated many hours to this event. Our revenue was over \$17,000!

## KITCHEN UPDATE

The motor on the dishwasher gave out at the end of the Rummage Sale. With the installation of a new motor and some other minor work,

*Continued on Page 2*

we will be back to using dinnerware, glassware, and cutlery very soon.

We have been unsuccessful in recruiting a cook for the kitchen. Once our Executive Director is on board, the recruitment process will switch into high gear.

## LOTS OF ACTIVITIES

Plans for winter programming are in full swing with some new initiatives rounding out our offerings.

- Memberships for 2023 are now available. ***Please renew now!***

Other opportunities for fun include:

- **Accidental Drama Club Show** – November 18, 19 and 20 - tickets still available
- **2nd Annual Christmas Re-use Sale and Holiday Market** - December 3 – free admission (vendor tables available -\$40/ SEESA Members and \$60/ Non-Members)
- **It's a Melody Singers Christmas** – December 9 and 10 - tickets still available
- **Christmas Music and Singalong with the**

**Ukulele Classes -**  
December 14 - free

## SUGGESTIONS BOX FEEDBACK

The number one concern has been to get Tillie's Café up and running. Also, there is some interest in more evening programming and a print copy of the newsletter for those

who do not have access to a computer.

Thank for you taking the time to share your thoughts. We are taking your ideas into consideration.

Thanks to all of you for your ongoing support!

*Wendy Doughty*  
President



## *Snowy Mountain* *Painting with Frank Haddock*

**Friday, December 2, 1:30-4:00pm, Idylwyld Room**  
**\$37.50/members \$45/non-members**

*Have an enjoyable afternoon of acrylic painting as you touch the cosmos when we paint the Milky Way before a huge mountain range. Learn how to paint stars, snow in shadows and rugged mountain ranges in the fun relaxing workshop. The entire image will be painted using a step-by-step method of instruction.*

*Don't miss this potential Christmas present that is sure to delight.*  
*Supplies included.*

**Register in person at SEESA - 9350 82 ST NW, or call 780-468-1985**  
**SEESA members can also register online at [MyActiveCentre](#)**

**SEESA** *You belong here*



# THANKS TO DELLA PARADIS FOR SUBMITTING THE POEM BELOW!

## ***IT COULDN'T BE DONE*** **EDGAR GUEST - 1881-1959**

*Somebody said that it couldn't be done,  
But he with a chuckle replied  
That "maybe it couldn't," but he would be one  
Who wouldn't say so till he'd tried.  
So he buckled right in with the trace of a grin  
On his face. If he worried he hid it.  
He started to sing as he tackled the thing  
That couldn't be done, and he did it.  
Somebody scoffed: "Oh, you'll never do that;  
At least no one ever has done it";  
But he took off his coat and he took off his hat,  
And the first thing we knew he'd begun it.  
With a lift of his chin and a bit of a grin,  
Without any doubting or quiddit,  
He started to sing as he tackled the thing  
That couldn't be done, and he did it.  
There are thousands to tell you it cannot be done,  
There are thousands to prophesy failure;  
There are thousands to point out to you one by one,  
The dangers that wait to assail you.  
But just buckle in with a bit of a grin,  
Just take off your coat and go to it;  
Just start in to sing as you tackle the thing  
That "cannot be done," and you'll do it.*



SEESA  
Christmas  
50/50 Raffle

TICKETS \$5 each

On Sale November 1 - December 16  
Purchase at SEESA Front Desk or Call 780-468-1985

Winning Ticket will be drawn December 16

LICENCE# 608862  
700 TICKETS PRINTED

SEESA logo and QR code



*Thank  
you to  
all who  
donated  
wool and  
Christmas  
and*

*other fabric to the SEESA  
quilters and knitters. All so  
appreciated – and it made a  
difference!*







# 2nd Annual CHRISTMAS

Re-use Sale and Holiday Market

**DECEMBER 3, 2022**  
**10:00AM - 3:00PM**

Make your Christmas shopping a fun event & find unique gifts, handmade items and baked treats.

Shop in our Re-use Rooms for gently used Christmas items for the Festive Season

***We will be accepting donations of gently used Christmas Items for our Re-Use Sale during regular office hours November 23 - 30***

Do you have some Baked Treats to share?  
Please consider donating for the Bake Sale Table.

Drop off at SEESA on  
Friday, December 2nd (8:15am - 3:00pm)



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# CHRISTMAS

Re-use Sale and Holiday Market

**ACCEPTED**  
**Nov 23<sup>rd</sup> until noon Nov 30<sup>th</sup>**  
 South Door, Monday to Friday, 8:30-4:00  
 Please no weekend drop offs as the centre is closed

## Do Bring Donations Don't Bring

Artificial wreaths, boughs  
 Christmas: Angels, Candles, Christmas china,  
 Christmas décor, Christmas villages, Santas,  
 Snow globes  
 Christmas Linens: napkins, oven mitts,  
 potholders, tablecloths, towels

Ornaments for Christmas trees  
 Christmas trees with working lights  
 NO trees taller than 6 feet  
 Working LED Christmas lights  
 (inside & outside)



Christmas inflatables  
 Toboggans  
 Baskets, wrapping paper, cards, ribbons

Trees over 6 feet  
 Trees with NO stands  
 Trees with lights that don't work

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



## 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](mailto:heather.mcpherson@parl.gc.ca)  
 Website: [www.heathermcpherson.ndp.ca](http://www.heathermcpherson.ndp.ca)

Follow on

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**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](mailto:info@edmontonfc.net)

# SEESA FALL RUMMAGE SALE

Once again, a huge thank you to all the volunteers of SEESA who came together to make the fall sale a resounding success. From day one, an amazing group sorted through all the donations to ensure they were clean and ready for use in a new home. The clean up crew did a great job, and disposed of any leftovers on the last day. A big shout out to the kitchen group who made a delicious lunch for the volunteers on Friday and looked after all the hungry

shoppers on Saturday and Sunday.

Help to set up from the ATCO volunteers was appreciated as they carried heavy totes, helped unpack and made our volunteers smile at their willingness to do what ever was asked.



The community came out to support SEESA once again, there

were approximately 2500 shoppers pass through the doors. (Personally, I think they know they will get great deals!)



## ENGAGING AGEING INTERGENERATIONAL COMMUNITY OF PRACTICE

November 29, 2022 | 10:30am

The Intergenerational Community of Practice invites you to this event that will inspire you and challenge your thinking about common attitudes and beliefs around growing older. Guest speakers will share their journey about the positive benefits of intergenerational friendships and how these experiences contributed to breaking down common beliefs and mindsets about ageism. This event will provide ideas and tips to foster relationships that help build generational empathy and connectedness.

[REGISTER HERE](#)



**SEESA Members**

**2023 Membership Renewal  
Begins Monday, November 7th**

**\$30 (aged 55+) \$40 (aged 35-54)**

(Valid January 1 – December 31, 2023)

### Renewal Options:

- In-Person at SEESA front desk
- By Phone
- Online via the Groups tab on [MyActiveCentre](#)

*Payment by: Cash, Cheque, Debit/Credit Card*

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### Free, confidential, and available 24/7

- Dial 2-1-1
- Text INFO to 211
- Chat Online at [www.ab.211.ca](http://www.ab.211.ca)

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



# NOVEMBER SEMINARS

**Tuesday, November 22, 1:30-3:00**

## ***Drive Safe in Alberta: What's new?***

Join instructor, Ryan, as he presents new information about driving in Alberta. Topics of discussion include zipper merges, recommended speeds, changes in vehicles and driving conditions.

*Ryan Lemont, AMA Driver Training*

**Wednesday, November 23, 1:30-3:00**

## ***Strike Out Stroke***

Learn the signs of a Stroke and act **FAST**.

**F:** Face is drooping?

**A:** Arms can you raise both?

**S:** Speech is slurred or jumbled?

**T:** Time to call 911 right away!

*Gail Elton-Smith BSc PT, Alberta Health Services*

**Thursday, November 24, 10:00-11:00**

## ***Bring Your Own Device: Around the World with Newspapers & Magazines***

With PressReader you can read thousands of newspapers and magazines from over 100 countries in 60 languages for free online with your Edmonton Public Library card. Find out how to read or listen to the Edmonton Journal, Edmonton Sun, Newsweek, BBC History, Vogue, National Geographic Traveller, Zoomer, and much more.

*Wendy Gronnestad-Damur, Community Librarian*

**Tuesday, November 29, 1:30-3:00**

## ***The Disability Tax Credit (DTC) 65 Years & Older? Find Out How CRA Can Help! (ONLINE)***

Join this session and learn all about the Disability Tax Credit (DTC) from a CRA Outreach Officer. Who is eligible; how to apply; how to claim the credit and more.

*Arleigh Hrycaiko-Assie, Canada Revenue Agency*



## 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](mailto: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.

# DECEMBER SEMINARS

**Wednesday, December 7, 1:30-3:00**

## ***Me vs. Them: Frauds & Scams***

Learn how to recognize a scam, how to avoid being a victim of fraud and who to contact if it happens.

*Brian Finley, Seniors Financial Empowerment Network*

**Thursday, December 8, 10:00-11:00**

## ***Bring Your Own Device: Join Facebook Today!***

Facebook is a popular way to share information and photos with friends and family. Learn how to create an account, find your friends, and create your own posts.

*Wendy Gronnestad-Damur, Community Librarian*

**Tuesday, December 13, 1:30-3:00**

## ***Hope Program: Organ, Tissue & Eye Donations (ONLINE)***

Organ and tissue donations are in demand — transplants are a gift of life. Learn more about recording your wishes, the benefits and statistics around transplants, and Canada's excellent registry program. This is an online session.

*Trudie Yeung, Organ Donation Coordinator*



## **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](mailto:Betty).

## **JAM SESSIONS**



**DECEMBER 2  
AND 16**



# Philosophers Cafe: 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

**SEESA** *You belong here*



# *It's a... Melody Singers Christmas*

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

**Tickets \$8.00 (On Sale November 1<sup>st</sup>)**

**Available at the SEESA Front Desk, 9350 – 82 Street NW,  
by phone at 780-468-1985 or at the door.**

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

***...as well as a few singalongs.***

**We hope to see you!**





# 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**



## **SUPPORTS FOR OLDER VETERANS**

### **MINISTRY OF SENIORS AND HOUSING**

The Ministry of Seniors and Housing with the Government of Alberta has developed a fact sheet to highlight key programs and supports for older veterans. The resource is

intended for seniors serving organizations who may be unfamiliar with resources specifically for veterans. This may be valuable when you are working with older veterans, to help promote awareness

about supports available to them. More information [HERE](#).



# CELEBRATING DECEMBER BIRTHDAYS

## DO YOU HAVE A BIRTHDAY IN DECEMBER?

Then YOUR PARTY is on **Tuesday, December 13 at 1:30 p.m.**

*Please call the Front Desk by Friday, December 9th to let them know if you're coming.*



Mildred Knight  
Owen Kother  
Richard Labranche  
Kirk Lambrecht  
Karin Lauderdale  
Marion Lavery  
Neil Mann  
Vivian Manson  
John Markowski  
Lynda Mathews-Mackey  
Brenda McKenzie  
Allen McKinnon  
Malcolm McPhee  
Eunice Miller

Brenda Minty  
Alfred Mo  
Carol Morgan  
Kathleen Murphy  
Judith Oliver  
Marjorie Page  
Shirley Peleshytyk  
Colleen Phillips  
Claudia Ramsay  
Laurel Raulin  
Ethel Reid  
Iris Renaud  
Don Retson  
Susan Reynolds

Sylvia Adams  
Judith Ashton  
Heather Baker  
Allan Barclay  
Sharon Bauming  
Sheila Bent  
Dora Bilko  
William Bock  
Esther Borynec  
Rose Bradley  
Nora Bredo  
Cathy Brosseau  
Kevin Brown  
Eloise Cameron  
Vivian Cannell  
Keltie Ceballo  
Marty Chapman  
Linda Cheng  
Sheila Clark  
Donald Compton

Noel Constantin  
Rose Marie Constantin  
Debra Cook  
Francis Crozier  
Marg Daly  
Margaret Dolezal  
Cheryl Donnachie  
Rolande Edmonton  
Darlene Fraser  
Doris Giroux  
Sherryl Greensill  
Theresa Grover  
Paul Guilbault  
Alexis Harper  
Irene Herrington  
Francine Hill  
Dorothy Humphrey  
Robert Humphries  
Anne Kiel  
Jim Klinge



*Happy Birthday Continued on page 13*

Loreen Riley  
Twila Riopel  
Diane Robitelle  
Sylvia Rodrigue  
Flerida Rodriguez  
Otto Rodriguez  
Irma Rowlands  
Ena Rudovics  
Shelene Runzer  
Victoria Schechtl  
Lynda Sclater  
Lucette Scott  
Patrick Shanahan  
Andrew Sit

Roger Smeland  
Barbara Stenzel  
Karen Stevenson  
Beverly Sundar  
Clara Thomas  
Don Trohimchuk  
Imelda Trojek  
Derrick Van Troyen  
Erik Vandist  
Sherr Wadson  
Carol Warshawski  
Mary Wood  
Jeanne Yakimyshyn  
Kaye Zenchyson

## 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)



**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:

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- Grants of Administration

**Call Shelley Smith at:  
780.450.2929**

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

## CALL FOR CLUB LIAISONS PLEASE VOLUNTEER

**BALLROOM DANCE CLUB**  
MEETS MONDAY'S 6:30-8:30PM.  
CLUB LIAISON TO COVER JANUARY TO END OF APRIL

**HAND & FOOT CANASTA CLUB**  
MEETS WEDNESDAY'S 12:45-3:30PM.  
NEW LIAISON NEEDED.

**PICKLEBALL CLUB**  
MEETS TUESDAY'S 10:15-12:30PM.  
NEW LIAISON NEEDED.

**CAN YOU HELP!  
CONTACT**



DELLA PARADIS  
EMAIL: DELLA.PARADIS@TELUS.NET  
PHONE: 780-949-1874

SEESA *You belong here*

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1	2	3	4 <b>Jam Session</b> (6:45 – 10:00pm) 	5
	<b>2023 Membership Renewal (Begins Monday, Nov 7)</b> <b>Christmas 50/50 Tickets on Sale (Nov 1 – Dec 16)</b> <b>Alberta Floor Curling Tournament – Saturday, Nov 19<sup>th</sup></b>					
6 <b>Daylight Saving Time Ends</b>	7 <b>2023 Membership Renewal Begins</b>	8	9	10	11 <b>Remembrance Day</b> <b>SEESA Closed</b>  <i>Let us Remember</i>	12
13	14	15 <b>Monthly Birthday Party</b> 1:30 – 3:00pm 	16	17	18 <b>Accidental Drama Club Show (7pm)</b> 	19 <b>Accidental Drama Club Show (7pm)</b> 
20 <b>Accidental Drama Club Show (1pm)</b> 	21	22	23	24	25	26
27	28	29 <b>GivingTuesday</b> <b>National Day of Giving</b>	30			

## Upcoming Dates

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





Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Session 6 Classes End (December 16) 2023 Membership Renewal ongoing Christmas 50/50 Raffle Tickets on Sale				1	2 <b>Jam Session</b> 	3 <b>Christmas Re-Use Craft Sale</b> 10am – 3pm
4	5	6	7	8	9 Melody Singers Concert (7:00pm) 	10 Melody Singers Concert (7:00pm) 
11	12	13 <b>Monthly Birthday Party</b>  <b>Draw XMAS Quilt Raffle</b>	14 <b>Christmas Sing-along Ukulele Group</b> (12:00 – 2:30pm)	15	16 <b>Jam Session</b>  <b>50/50 Raffle Draw</b>	17
18	19	20	21 <b>CASINO – Pure Casino Argyll</b> 	22 <b>CASINO – Pure Casino Argyll</b> 	23 SEESA Office Closed at Noon	24
25 <b>Christmas Day</b> 	26 <b>Boxing Day</b> 	27 SEESA Closed	28	29	30	31 <b>New Year's Eve</b> 

Upcoming  
Dates

