



BOARD UPDATE

I would like to thank the staff and volunteers for their continued support of SEESA. At one point, it was predicted that SEESA would close its doors in December 2022. Thanks to everyone's efforts, including my Board colleagues, SEESA is flourishing – drama and music performances, expanded programming, monthly birthday parties, rummage sales, sold out quilt raffles, etc.

WELCOME SHELLEY!

The Board is very pleased to announce the appointment of **Shelley Williams** as our new Executive Director. Shelley brings over 30 years of experience in Executive Director roles in the not-for-profit sector. She was specifically seeking an opportunity to lead a seniors-serving organization.

Shelley is well connected and well-regarded in the not-for-profit sector. She values partnership and collaboration. Her priorities will be consolidating, coordinating and integrating best practices into SEESA's operations.

Building relationships and open communication have been key to Shelley's work in the sector. She looks forward to opportunities to engage with members and volunteers. The new year will bring opportunities to do so.

**2023 - Session 1
Registration**

December 19th @ 9:15am
Program Guide available at www.seesa.ca

Ways to Register

- Online via MyActiveCenter
- In Person @ SEESA
- Drop Off @ SEESA front desk
- By Phone 780-468-1985

*See the Program Guide for
Registration Option Details*

**A Valid 2023 Membership
required for member prices**

"Not 55 yet? We'd love to have you too!"

South East Edmonton Seniors Association
9350 82 Street N.W. Edmonton Alberta Canada T6C 2X8
780-468-1985 • info@seesa.ca • www.seesa.ca

CALL FOR NOMINATIONS – SEESA BOARD OF DIRECTORS

The Board currently has 8 members and we are looking to add 2-3 new members in 2023. With our new Executive Director on board, we will be stepping back from operational matters and focusing on governance. This is truly an exciting opportunity.

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We are looking for individuals who have previous experience serving on a governance board in the not-for-profit sector. Other knowledge and skills that would be valuable (an individual is not expected to possess all of these) include business management, legal/regulatory, information technology, human resources, financial record, controls and reporting, risk and asset management, public policy/ government relations, marketing and communication, health and safety, involvement with the seniors' sector, cultural and inclusion principles.

OUR ANNUAL GENERAL MEETING WILL BE HELD ON MARCH 15, 2023 FROM 1:30 TO 3:00 PM.

Nominations will close on March 1, 2023. To express your interest and receive an application package, please contact Wendy Doughty, SEESA Board President via email WDoughty@seesa.ca

Happy Holidays and best wishes for a healthy, happy and peaceful new year!

Wendy Doughty
President

THE ACCIDENTAL DRAMA CLUB IS BACK, AND IT'S BETTER THAN EVER!



This year's fall production was the zany comedy 'The Bold, the Young, and the Murdered', which ran November 18-20. SEESA's talented thespians tackled this challenging show with incredible enthusiasm, and delivered a laugh-out-loud spectacle to appreciative audiences. We can't wait to see what the Accidental Drama Club dreams up for 2023!



Mary Whitehouse and Carol Waldorf at play on November 20.

Thanks to Darlene Fraser for submitting.



Invites you to celebrate
NATIONAL PIE DAY!
Monday, January 23, 2023
1:30 - 3:00pm - Tillie's Cafe

*Meet our New Executive Director
Shelley Williams*

Tickets: \$10.00
On Sale December 19th

Your Choice of **1 slice** of
Apple, Sour Cherry, Lemon,
Bumbleberry or Raisin Rhubarb
pie and Coffee/Tea



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CONGRATULATIONS!



*Winner of this beautiful quilt,
Linda Kuzio, who gave it to her
daughter Corrine, pictured here,
and is in love with it!*



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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Country Music



ALFIE MYHRE



JOYCE SMITH



RANDY HOLLAR



RICK MORGENSTERN



EDDIE CHWILL

Legends

Sunday, February 26, 2023 - 2:00 PM

South East Edmonton Seniors Association

9350 82 Street – Edmonton, AB

Reserve Tickets only!

\$30.00

Call: 780 468 1985

Complimentary Refreshments!

Everyone Welcome!

With The

Rodeo Wind Band !



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

ART WORK BY DON EVANS

THANKS FOR SHARING!



NETWORK
SUMMIT



'Seascape'



'Archway'



'Peruvian Lady'

On December 2, 2022 we held our Network Summit which brought together the senior-serving sector of Edmonton and surrounding areas for a day of collaboration, conversations, and togetherness. At this event, attendees were given the opportunity to sign the Network Declaration. Thank you to everyone who attended the event in-person and online!

If you couldn't make it to the Network Summit, or weren't ready to sign the Declaration on December 2, follow the link below to sign the Network Declaration today! Both individuals and organizations are welcome to sign.

Join other leaders and allies of Edmonton's seniors-serving sector in signing the Declaration and affirming the importance of supporting seniors to age well in community.

To learn more about the Declaration, check out these links:

[Declaration Backgrounder >](#)

[Engage your Network >](#)

[Sign the Network Declaration Online >](#)

THANKS TO DELLA PARADIS

for submitting the poem below.

My Favourite Words

*Pipette and plectrum, obumbrate and flimsy,
Balderdash, spatchcock, flapdoodle and whimsy,
Obnubilation and nontrepreneur:
These are a few of my favourite words.*

*Sachet, humdudgeon, haboob, hurly-burly,
Scroddled and dottle, goluptious and surly,
Mumpsimus, tawdry, decumbent and blurb:
These are a few of my favourite words.*

*Susurrus, zephyr, rubescent, boondoggle,
Reboant, gaggle, hubris and hornswoggle,
Refulgent, plethora, plinth and perturb:
These are a few of my favourite words.*

*When the rose droops
When the branch snags
When I'm lachrymose
I simply remember my favourite words
And then I don't feel morose.*

***By Brian Bilston, "Days Like These: An alternative
guide to the year in 366 poems", Picador, 2022.***

**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](#).

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.

This program may be suitable for individuals ready to:

- participate in a beginner to intermediate level physical conditioning program; or
- better manage physical status while living with a chronic health diagnosis; or
- reintegrate into the community following medical or rehabilitation intervention; or
- prevent injury by improving physical function

To be considered for the STEP Forward program intake process, participants must:

- be at least 18 years of age;
- have a current Alberta Healthcare (AHCIP) number
- be able to follow three-step instructions;
- be able to participate in a **group exercise environment** (in-person or online via Zoom);
- participate in a pre-intake telephone interview;
- walk independently (with or without the use of walking aids);
- be available to attend an **8-10 week exercise program** during weekdays, twice per week;

**For more information or to self-refer, please call the STEP Forward Intake Line:
780-735-3483**

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

Live Better, Longer!

Join us and *Prescription to Get Active (RxTGA)* for a **FREE** webinar on how to stop being sedentary, and how to get more active more often.

We want you to THRIVE, not just survive!

[REGISTER HERE](#)



Date: January 31, 2023

Time: 9AM - 10:30AM (MST)

Register at: <https://findingbalancealberta.ca/2022-webinars/>

We have known for decades about an increasingly problematic health crisis, chronic sedentary behaviour.

In this presentation, Mr. Jeff Tareta, Executive Director of Prescription to Get Active (RxTGA), and Dr. Erin Pearson, Associate Professor, Lakehead University will share with you an innovative service delivery model that has been developed to address sedentarism.



Mr. Jeff Tareta,

Executive Director of Prescription to Get Active (RxTGA)



Dr. Erin Pearson,

Associate Professor Lakehead University



For more information, phone 780.492.6019 or email info@findingbalancealberta.ca

It's webinar time!

Stay Independent. <
Prevent Falls.



CELEBRATING JANUARY BIRTHDAYS

DO YOU HAVE A BIRTHDAY IN JANUARY?

Then YOUR PARTY is on Tuesday, January 17 at 1:30 p.m.

HAPPY BIRTHDAY!



Maria Alexander
Evelyn Anderson
Ruth Arkless
Susan Barker
Shirley Baynes
Patricia Benner
Elizabeth Bianchini
Brenda Biggs
Claudette Boisvert
Bonnie Bowes

Mary Brennan
Alana Broomfield
Vicky Bush
Patricia Cettiga
Sharon Chapelsky
Belinda Choban
Doreen Dean
David Dorward
Brenda Eadie
Nadia Edwards

Sandy Eggen
Kathleen Eichmann
Ian Elliott
Elaine Essien
Brian Fargher
Marion Ferguson
Lil Filewych
Jim Fish
Marguerite Fisk
Mary Fournier
Ann Gardner
Renee Gerdes
Irene Getz
James Gibson
John Gillis
Marjorie Gomuwka
Linda Granholm
Charles Hall
John Holowaychuk
Stan Jober
Sarah Johnston
Bruno Kante
Ken Kerr

Frances Kutschinski
Cathryn Lehman
Thelma Lorentz
Judy Lynes
Ellany Maeh
Kirk McCartney
Trudy McKenzie
Ray Messier
Ursula Meyer
Donald Michaud
Sharon Moffatt
John Moir
Marie Muszynski
Gina Nemet
Lynn Norris
Dallis Nowoselski
Rose Ostafichuk
Celine Paradis
Denise Parent
Anne Robinson
Fred Runzer

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THANK YOU!

Thank you to all those who donated knitted and crocheted items for the craft sale. All those lovely mittens, snowmen, finger puppets, scarves, toques, little wreathes, stockings, and shawls, all made with so much love.

All received with much appreciation.

Thank you for your support.

From Seesa quilters and crafters.

Thanks to Sandra Golan for the submission!

Samantha Salloum	Kathryn Tkachuk
Rosalyn Schilberg	Bernice Townsend
Jan Schmitz	Dianne Tuterra
Yolanda Schultz	Annette Wagner
Gladys Seccombe	Brian Wagner
Raymond Sharp	Anthony Warren
Nora Shea	Paula Whitman
Grace Shewchuk	Barb Willis
Ellen Siegle	Fay Wilson
Jackie Simmonds	Walter Wychopen
Linda Smeland	Sam Yakimishyn
Donna Spanu	Anne Yarmuch
Sharon Steeves	Gordon Young
Genie Tchoryk	



SEESA WILL BE CLOSED ON THE FOLLOWING DAYS:

- December 23rd at 12:00 noon
- December 26th & 27th
- December 30th at 12:00 noon
- January 2nd & 3rd
- Clubs resume the week of January 9th except where noted in program guide/on website.
- Classes resume the week of January 16th.

Please see [website or program guide](#) for exact dates for Classes and Clubs.

SEESA 2023 PUBLICATION DATES

What's Happening is published on the 2nd & 4th Mondays of each month. The **2023** dates are:

Jan 9 & 23	Feb 13 & 27
Mar 13 & 27	
Apr 10 & 24	May 8 & 22
June 12 & 26	
July 10 & 24	Aug 14 & 28
Sept 11 & 25	
Oct 9 & 23	Nov 13 & 27
Dec 11 & 23	

SEESAShares is published on approximately the 15th of each month.

Please send submissions to Betty (bettydean@telus.net)

RE-CHRISTMAS SALE & HOLIDAY MARKET

SEESA has amazing volunteers, who I believe are actually Christmas Elves.

This group takes hundreds of donated items and ensures that they are clean and in working order for the sale. This happens over many days with a smile and a song.

Next, the gym is transformed into a Christmas shop and items are priced accordingly, with only a few boxes left at the end. The bake sale sold out quickly (no surprise), the Quilting and Crafter group decorated their room with beautiful handmade items with quilts filling the hall.

SEESA members that are talented artists had their work on display in Tillie's. It made the cafeteria look like an expensive gallery, and several works were sold.

SEESA even had a visit from Santa on the morning of the sale to welcome shoppers and let them in from the cold. This year advertising went out to find Vendors, with great a response. Ten tables were purchased, some by members and some folks from the community. Their crafts and wares were a wonderful success. Also, there was a room full of beautiful clothing which quickly started disappearing off the racks.

Tillies provided a delicious lunch of "Hearty Winter Stew" for shoppers and members had the option of either beef or chicken with a bun, a cookie, and tea/coffee all for the price of \$10.00.

Once again, this sale was an amazing success, with many community shoppers stopping to thank SEESA for making it happen.

Many thanks to **ALL THE VOLUNTEERS** who made this happen.



Avril Pike

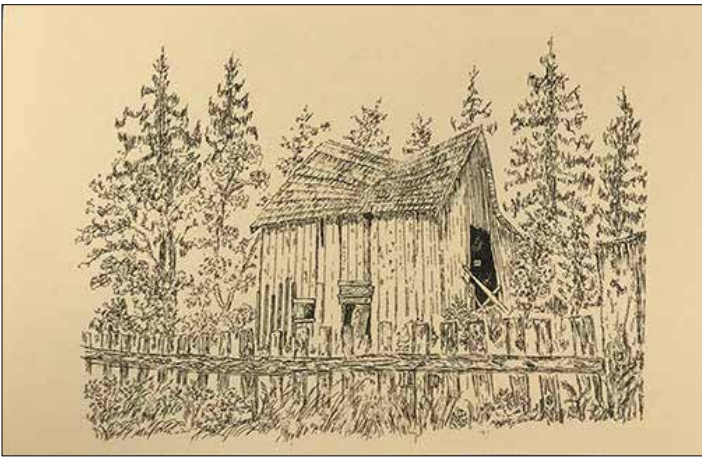
CHRISTMAS Music & SINGALONG

About fifty people came out and participated in two fun singalongs on December 14th! Thank you for attending and sharing your joy and voices with SEESA!

Thank you to **Elaine Mann** and the Ukulele Classes for providing us with music and laughter at this event, and to the volunteers who helped with set-up, take-down, coffee, treats and dishes.



THANKS TO RON LAW FOR SHARING HIS ART WORK



**Heather
McPherson**

Member of Parliament
Edmonton Strathcona

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assistance with:**

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- Celebratory Messages

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Website: www.heathermcpherson.ndp.ca

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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 Jam Session 	3 Christmas Re-Use Craft Sale 10am – 3pm
4	5	6	7	8	9 Melody Singers Concert (7:00pm) 	10 Melody Singers Concert (7:00pm) 
11	12 2023-Session 1 Program Guide Available	13 Monthly Birthday Party  Draw XMAS Quilt Raffle	14 Christmas Sing-along Ukulele Group (12:00 – 2:30pm)	15	16 Jam Session  50/50 Raffle Draw	17
18	19 2023-Session 1 Program Registration	20	21 CASINO – Pure Casino Argyll 	22 CASINO – Pure Casino Argyll 	23 SEESA Office Closed at Noon	24
25 Christmas Day 	26 Boxing Day 	27 SEESA Closed	28	29	30	31 New Year's Eve 

Upcoming
Dates



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 New Year's Day	2 SEESA CLOSED (in lieu of New Year's Day)	3 SEESA CLOSED (City of Edm Electrical Shutdown)	4	5	6 Jam Session 6:45 – 10:00pm 	7
8	9 CLUBS begin today	10	11	12	13	14
15	16 CLASSES begin today	17 Monthly Birthday Party 1:30 – 3:00pm 	18	19	20 Jam Session 6:45 – 10:00pm 	21
22	23 National Pie Day Event 1:30 – 3:00pm 	24	25	26	27	28
29	30	31				