



## BOARD UPDATE

*Happy 2023 to all!*

We hope you enjoyed time with family and friends over the past weeks. Classes start on January 16 and we are excited to see everyone back at SEESA.

### CASINO SUCCESS

Thanks to **Evelyn McCracken** for her leadership and to all who volunteered for the casino. Despite the wickedly, cold weather the volunteers shared laughter and stories during the quiet times.

### SEEKING NEW BOARD MEMBERS

We are seeking three to four new Board members for 2023/24. All of our current board members are staying on to complete the second year of their term however, we want to ensure a smooth transition by adding new board members this year. If you are interested in this opportunity and have previous experience with a governance board in the not-for-profit sector, please contact **Wendy Doughty** at [wdoughty67@gmail.com](mailto:wdoughty67@gmail.com). Nominations will close on March 1, 2023.

### NATIONAL PIE DAY

Join us for National Pie Day on January 23 at 1:30 pm in Tillie's Café. This will be a meet



*The Melody Singers had two successful Christmas concerts in December, with the audience enjoying the four part harmony and joining in on the sing-a-long songs.*

*Our director, Marg, put together a delightful program of fun music as well as thoughtful numbers. A good time was had by all!*

and greet opportunity for **Shelley Williams** our Executive Director. The menu includes coffee and a very generous slice of homemade pie with whipped cream. The deadline for ticket purchase is January 18 so that there is sufficient time to prepare the pies.

### VOLUNTEERS ARE THE HEART OF SEESA!

There are numerous and varied volunteer opportunities with SEESA. Volunteering is a great way to meet people, share a common interest, and experience the joy of giving. If you are interested in volunteering, please

*Continued on Page 2*

Continued from Page 1

contact Gina-Marie at [Gina-Marie@seesa.ca](mailto:Gina-Marie@seesa.ca).

## SOCIAL ACTIVITIES AND EVENTS

The Special Events Committee is working together to provide a rich diversity of opportunities for members in 2023. We look forward to seeing you!

Wendy Doughty  
President



*With so much given, much is expected, and in that light the ladies of the Quilters and Crafters have donated to the Mustard Seed community, a child quilt, 2 pairs of mittens, 2 toques, one scarf, along with Seasons Greetings to all.*



# Melody Singers

Seeking new members!  
An inclusive, friendly, 4 part harmony seniors choir.

WE ARE ALMOST 20 YEARS OLD AND WOULD LOVE FOR YOU TO BE A PART OF OUR UNIQUE SEESA LEGACY.

"Singing in harmony with the choir makes my heart sing" ... Maria

Singing is good for my lungs and breathing"....Dallas

It gives me a sense of community. There's nothing better for my physical and mental health than singing"..... Nancie

To set up an audition for the choir please contact Maria Yakula at [myakula@shaw.ca](mailto:myakula@shaw.ca)



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)

## CONGRATULATIONS! 50/50 WINNER

Congratulations Carmen!  
Thanks for supporting SEESA!







**Past Lives: How Do They Affect Us Today**  
Tuesday, February 21st, 10:00am - 12:00pm

**Dowsing, Divining & Pendulums**  
Monday, February 27, 10:00am - 12:30pm

**Singing Bowl Meditation**  
Wednesday, February 22nd, 1:30 - 2:30pm \*Free Demo Event\*  
Wednesday, March 1 - March 22 (4 weeks)

**Beginner Pysanka**  
Wednesday March 22 & Thursday, March 23  
12:00 - 4:00pm

**SEE PROGRAM GUIDE FOR MORE  
INFORMATION & CLASS FEES WWW.SEESEA.CA**

**REGISTER TODAY!**

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



**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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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 !**



# ART WORK BY DON EVANS REMINDING US OF WARMER DAYS!





## St. Patrick's Day

### "Luck of the Irish" Raffle

(Value: \$200.00)  
Draw Date: March 17, 2023  
**TICKETS \$2 EACH**  
On sale January 9 - March 16



Gift Pak Includes:

- Wine Rack, 3 Bottles Wine, 2 Wine Glasses, Wine Stoppers, Chocolates and Assorted Scratch Tickets

Purchase at SEESA Front Desk  
or by phone 780-468-1985



South East Edmonton Seniors Association  
9350 82 Street N.W. Edmonton Alberta Canada T6C 2G8  
780-468-1985 • info@seesa.ca • www.seesa.ca

Licence #627424  
500 Tickets Printed

# ONE-TIME TOP-UP TO THE CANADA HOUSING BENEFIT:

APPLICATIONS NOW OPEN  
GOVERNMENT OF CANADA

For more information [here](#).



## Winter 50/50 Raffle

### TICKETS \$5 EACH



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)

LICENCE #627416  
700 TICKETS PRINTED

## 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](http://www.ab.211.ca)

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



# RECORDING OF VOLUNTEER HOURS

## VOLUNTEER HOURS NEED TO BE RECORDED TO SUPPORT SEESA'S APPLICATIONS FOR FUNDING.

Please ensure that you record your volunteer hours/minutes using the fob system across from the front desk. You can also call the front desk and ask the Front Desk Receptionist to add the hours for you if you forget or volunteer from home. If you've missed several months, you may e-mail the details (hours/minutes per month in each category) to [Gina-Marie@seesa.ca](mailto:Gina-Marie@seesa.ca) to have them entered for you.

Volunteer hours **include** time spent taking attendance and setting up or taking down your room/equipment, time calling and emailing club members and organizing spreadsheets, time attending event planning meetings, time liaising for your activity or settling disputes between club members, and time actively teaching.

Volunteer hours **do not include** time playing your sport/game as a participant or participating in regular club meetings/discussions.

### **VOLUNTEER HOUR CATEGORIES ARE AS FOLLOWS:**

- **Activity Liaison** (Club liaisons and assistant liaisons, Greeter Scheduler, etc.)
- **Admin** (Administrative Assistants, Communications Committee, Data Entry, Finance Committee, Poster Makers, Program Committee, Ticket Makers, etc.)
- **Board of Directors** (meetings or other volunteer work as a Board member)
- **Building and Yard** (Decorators, Fitness Centre Mentors, Gardeners, Greeters/vaccine checkers, Lawn mowers, Library volunteers, Plant volunteers, Tour Guides)
- **Front Desk** (time working as FDRs and FDRs in training)
- **Kitchen** (regular daily Kitchen workers, including Cashiers, Dishwashers, Launderers, Servers, etc.)
- **Outreach** (Birthday Callers, Friendly Phoners)
- **Performance Rehearsals**

(Accidental Drama, Melody Singers, SEESATones)

- **Rummage Sale** (Rummage and Christmas sale workers, including Book Sale and Kitchen workers on those days)
- **Special Event/Fundraising** (Accidental Drama Events, Card Makers, Casino Volunteers, Quilters and Crafters, Woodworkers, and SEESA Events volunteers including Bartenders, Birthday Party Planners, Kitchen workers, Photographers, SEESATones, Set-up and Take-down, and Ticket Sellers/Takers)

**Kindly forward your volunteer hours for each month (not previously recorded) in 2022 via e-mail to [Gina-Marie@seesa.ca](mailto:Gina-Marie@seesa.ca) prior to January 31, 2023.**

Going forward, please record them regularly.

Thanks for all you do to make SEESA run well. We couldn't do it without you!

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](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.



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**Call Shelley Smith at:  
780.450.2929**

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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](https://findingbalancealberta.ca/2022-webinars/)



**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](mailto:info@findingbalancealberta.ca)

**It's webinar time!**

Stay Independent. <  
Prevent Falls.





# CELEBRATING FEBRUARY BIRTHDAYS

## DO YOU HAVE A BIRTHDAY IN FEBRUARY?

Then YOUR PARTY is on **Tuesday, February 21 at 1:30 p.m.**

## HAPPY BIRTHDAY!

Paz Adante  
Marilyn Albert  
Bernadette Alseth  
John Baxter  
Ronald Bell  
Claudette Belyea  
Louise Bennett  
Lilia Biah  
Guy Bodnarchuk  
Robert Boyko  
Walter Butler  
Lorraine Byers  
Gabrielle Byrne  
Jean Chopoidal  
Finn Christiansen  
Carolyn Clark  
Gord Demers  
Debra Denton  
Cheryl Doty  
Wendy Doughty  
Judy Droessler  
Harry Ference  
Darryl Fischer  
Elaine Forss  
Claire Fraser  
Rita Free  
Annette Fuchs  
Stella Galbraith  
Donna Garner  
Twyla Gibson  
Marj Gilhespy  
Paula Gill  
Margaret Golden  
Robin Harel

Kenneth Harrison  
Gloria Hay  
Karen Hayny  
Murray Hoke  
Beverley Ingram  
Francis Jo  
Shirley John-Agard  
Mary Jones  
Teresa Kuchinsky  
Margaret Lange  
Michael Langstone  
Joanne Lobb  
Doris Lynch  
Pauline Magnan  
Barbara Mandryk  
Rene Mathieu  
Dorothy Mayall  
Janet McKernan  
Maureen McKinnon  
Antoinette Moquin  
Jean Naciuk  
Joanne Nicholas  
Jean Northill  
Carol Nykolyn  
Dolores Osadchy  
Lois Ough  
Anne Paquin  
Sharon Patriquin  
Kathleen Pongar  
Roland Poulin  
Charlotte Quelch  
Leslie Ratkay  
Dianne Reddekopp  
Mary Lou Reeleder

Wendy Ridge  
Charlie Sams  
Deanna Scott  
Milton Sharam  
Vivian Shelton  
Judy Sillito  
Sharon Simonato  
George Skaley  
Val Solash  
Elsie Stannard

Verna Stevenson  
James Thomas  
Darquise Turgeon  
Elizabeth Tyler  
Alida Van Braeden  
Lori Verhun  
Dale Wilkie  
Gisele Wood  
William Yasunaka  
Marleen Youngblood



**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)

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## 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](mailto:bettydean@telus.net))

## FOR SENIORS



- nêhiyawêwin (Cree Language) Classes | Edmonton Public Library in Collaboration with the Canadian Native Friendship Centre
- [Wednesdays | 6:30 – 8:30 p.m.](#) | [Online](#)
- Yoga, Qi Gong, Meditation, Zumba | Women's Centre of Calgary
- Ongoing | [Online](#) and in-person



# GREETINGS, FELLOW TABLE TENNIS PLAYERS

After a hiatus of over 2 years we're back, ready to have some exercise, fun, and excitement. My name is Jim Der, and I am the table tennis coordinator.

We play:

- **Monday afternoons**
- **From 3:30 to 5:30 PM**
- **In SEESA's Ottewell Room**

The format is the same as before. Drop in fees are \$3.00 per session plus the SEESA

membership for \$30.00.

We have players of all levels, so whether you're a beginner or a seasoned player, you're welcome. Come out, meet your fellow table tennis players, work those carbs off, and enjoy yourselves.

We would love to see you.

Jim Der  
(780) 217-0461



## JANUARY IS ALZHEIMER'S AWARENESS MONTH IN CANADA.

Each year this event is led and supported by the Alzheimer Society. They have compiled some excellent resources and information if you want to learn more about this disease and its impact on Canadians.



[Access Dementia Resources](#)

Dementia numbers continue to grow, with over half a million people in Canada living with Alzheimer's Disease or another form of Dementia. Almost 40% of people over 65 experience some form of memory loss, and Dementia is not just limited to older adults as young onset dementia can happen to folks in their 40s and 50s!

Here are some events happening this month around Dementia and Alzheimer's Awareness:

- Education Workshop: An Introduction to

Brain Health | Alzheimer's Society British Columbia [January 17 | 3 – 4:30 p.m. | Online](#)

- How to Improve Dementia Support in Canada in 2023 | Alzheimer's Society British Columbia [January 18 | 10 – 11 a.m. | Online](#)
- Boost your Marvellous Brain! Dementia and Risk Reduction | Alzheimer Calgary [January 19 | 6 – 8 p.m. | Online](#)
- Webinar: The Who, What, Where and When of Alzheimer's Disease Biomarker Testing with Dr. Mari DeMarco | Alzheimer's Society British Columbia [January 25 | 3 – 4 p.m. | Online](#)
- Education Workshop: Living Safely With Dementia | Alzheimer's Society British Columbia [January 26 | 3 – 4:30 p.m. | Online](#)
- Supporting Individuals and Families Affected by Dementia | United Way British Columbia [February 14 | 11 a.m. | Online](#)

# **E-PREP** Emergency Preparedness

More than a kit, building individual and community resiliency.

## What is E-Prep?

The intent of the workshop is to encourage individuals to discuss, explore, discover and develop their own personal emergency preparedness plan. E-Prep is an interactive and educational workshop with a step-by-step approach to create a personalized preparedness kit while focusing on mental health and emotional wellness for both individuals and communities.

"Overall, both elements (emotional and practical) give me a feeling of control, in that I now have a direction of how to be ready for the next disaster"

"This workshop opened my eyes to some new ideas"

"It was very structured, so I can decide which is most doable and relevant to myself"



## What makes it stand out?

E-Prep is facilitated in small discussion groups, which focus on the importance of emotional and practical preparedness from an all hazards approach. E-Prep is adaptable and flexible; informative and empowering; and 100% of past participants would recommend this workshop to others.

## What is E-Prep Train the Trainer?

The workshop will provide facilitators with the knowledge to provide workshops to encourage individuals to discuss, explore, discover and develop their own personal emergency preparedness plan.

### IMPORTANT:

The pre-requisite to participate in the E-Prep Train the Trainer is completion of the basic E-Prep course **plus** experience in small group facilitation.

**Date:** January 18th, 2023

**Time:** 9:30am - 3:00pm





**Where:** Commonwealth Community Recreation Centre -  
Green & Gold Room  
11000 Stadium Road Northwest Edmonton. AB T5H 4E2

### To Register

**Call:** 780-423-5635

**E-mail:** [info@seniorscouncil.net](mailto:info@seniorscouncil.net)



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 <b>New Year's Day</b>	2 <b>SEESA CLOSED</b> (in lieu of New Year's Day)	3 <b>SEESA CLOSED</b> (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 Tillie's Cafe 1:30 – 3:00pm 	18	19	20 Jam Session 6:45 – 10:00pm 	21
22	23 National Pie Day Event Tillie's Cafe 1:30 – 3:00pm 	24	25	26	27	28
29	30	31	Winter 50/50 Raffle Tickets on Sale (\$5/ticket) Luck of the Irish Raffle Tickets on Sale (\$2.00/ticket)			

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<b>Winter 50/50 Raffle Tickets on Sale (\$5/ticket)</b> <b>Luck of the Irish Raffle Tickets on Sale (\$2.00/ticket)</b>			1	2	3 <b>Jam Session</b> 6:45 – 10:00pm 	4
5	6	7	8	9	10	11
12	13		15 <b>SEESA</b> <b>Town Hall</b> <b>Tillie's Café</b> 1:30 – 3:00pm	16	17 <b>Jam Session</b> 6:45 – 10:00pm 	18
19	<b>FAMILY DAY</b> <b>SEESA CLOSED</b>	21 <b>Monthly Birthday Party</b> <b>Tillie's Cafe</b> 1:30 – 3:00pm 	22	23	24	25
26 <b>Canadian Country Music Legends</b> 2:00pm	27	28 <b>Winter 50/50 Raffle Draw</b>				