



BOARD UPDATE

As the days grow longer, we are looking forward to spring and our energies are renewed. Much is happening at SEESA and the positive energy is evident.

We have a Cook!

We are fortunate to have **Cherie Gillespie** join the SEESA team as Kitchen Coordinator/ Cook. Cherie brings diverse experience in the food service industry. The next few weeks her focus is getting the kitchen ready to open. Once open, you will see some familiar faces as our kitchen volunteers join her.

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. Nominations will close on March 1, 2023.

Volunteers are the heart of SEESA!

There are numerous and varied volunteer

SEESA

2023 ANNUAL GENERAL MEETING

Wednesday, March 15, 2023
1:30 - 3:00pm

Further information and documents will be available closer to the meeting date.

2023 SEESA membership is required to vote at the AGM.

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

opportunities with SEESA. There are short-term and longer-term opportunities available. 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 contact **Gina-Marie** at Gina-Marie@seesa.ca.

Continued on Page 2

Continued from Page 1

SEESA Activities and Events

The SEESA Events Committee is continuing to plan events. Through the efforts of this group and numerous volunteers, every month has several opportunities for your enjoyment.

Wendy Doughty
President



SEESA Members
Renew your Membership for 2023
Cost: \$30
(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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9350 82 Street N.W., Edmonton Alberta Canada T6C 2X8
780-468-1985 • info@seesa.ca • www.seesa.ca




SEESA You belong here

Melody Singers

Seeking new members!

An inclusive, friendly, 4 part harmony seniors choir.
The choir meets on Tuesdays from 1-3 p.m.
(February - May and September -December)
The choir performs two major concerts - a December Christmas concert, and a Spring Concert in May.

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

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

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

Please contact Maria Yakula at myakula@shaw.ca for more information.

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THANK YOU KAL TIRE (TAMARACK)

Kal Tire (Tamarack) did an event to raise money for SEESA. A big THANK YOU to Donovan and his team at the Kal Tire on Tamarack Way and to their head office for donating a total of \$1170 to SEESA!



Featuring
In Concert!

The **Canadian**



Hosted by
SEESA
You belong here
www.seesa.ca

Country Music



ALFIE MYHRE



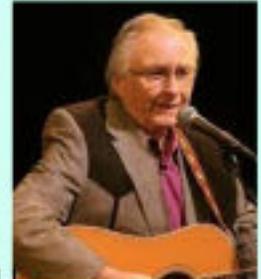
JOYCE SMITH



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 !



Foot Care Clinic

Certified nursing staff from
Edmonton Foot Care
are onsite at SEESA the **2nd Thursday**
of the month to provide foot care.

**For more information or
to book an appointment:**

Phone: 780-488-5878 or

Email: info@edmontonfc.net

Appointment Cost:

\$30 (SEESA Member) - \$35 (Non-Member)

Paid directly to Nursing Staff



EDMONTON
SENIORS
COORDINATING
COUNCIL

STAKEHOLDER SPOTLIGHT: THE SHAAMA CENTRE

The Shaama Centre has been operating for more than 20 years in the heart of Mill Woods. Our focus is to provide service and programs for immigrant and refugee seniors, women, and those who are isolated because of social and physical barriers.

The centre is founded, led, and run by a diverse group of multicultural seniors and women with both lived and learnt experience.

Contact Us: info@seniorscouncil.net

Ph. 780-423-5635

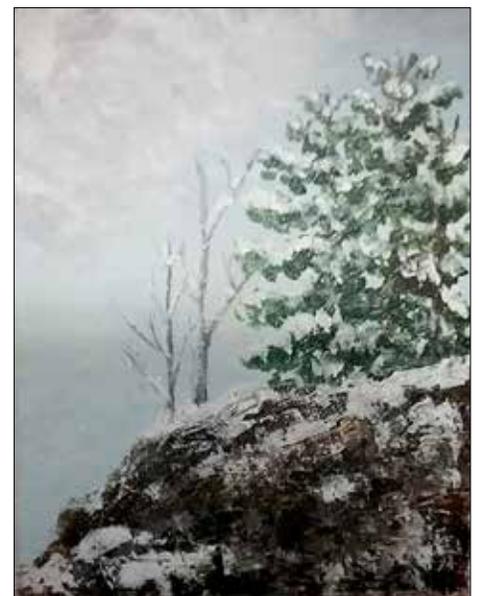
DRAWING CLASS WITH MUHAMMED SALAYI

Thanks to *Nancie Graves* for sharing her graphite drawings from her last session class with instructor Muhammed Salayi. Muhammed's next session in April will be drawing animals. Watch for it at <https://seesa.ca/classes/>.



BEGINNER ACRYLIC CLASS WITH BARBARA HULL CHAN

Thanks to *Judy Ashton* for sharing her acrylic painting done in Barbara's class. Watch for it at <https://seesa.ca/classes/>.





Winter 50/50 Raffle

TICKETS \$5 EACH

On Sale

January 9 - February 27, 2023

Purchase at SEESA Front Desk

or Call 780-468-1985

DRAW DATE FEBRUARY 28, 2023



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

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

Save the Date!



Written by Stella Galbraith & David Higgs

Saturday, April 29 at 7:00 PM

Sunday, April 30 at 2:00 PM

Concession and Bar available

Presented by the
Accidental Drama Club
Spring 2023



9350 82 St Edmonton
(780) 468 1985

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.

NATIONAL PIE DAY

January 23rd was a bit of a blustery day. But that didn't stop the members and friends of SEESA coming to share in the celebration of eating homemade pies. Soon Tillie's was filled, everyone seated at colourful decorated tables. The room was filled with the hum of voices and laughter with 56 folks chatting, visiting and catching up. Volunteer helpers served coffee and tea while the aroma of baking came from the kitchen. The room was filled with delightful anticipation. Days before, the kitchen had been a hive of activity with four volunteers shopping, preparing and baking the treats for the occasion. The delicious pies were lemon, sour cherry, raisin/rhubarb, apple and bumble berry with whipped cream, if desired, as a topping. So many comments were shared "What delicious pies", "Wow this was soo good", "I didn't think I could eat all of it, but I did". At the end of the Pie celebration there were a few pieces left, and when offered to the guests, the rush to buy and take home was a clear indication that the event was a success. Plus, 2 lucky guests won door prizes.



Thanks to everybody!



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 Readers Association
9350 82 Street NW, Edmonton Alberta Canada T6C 2R8
780-468-1985 • info@seesa.ca • www.seesa.ca

Licence #627424
500 Tickets Printed



BLANKET TEACHING AND OTHER EVENTS OFFERED AT SACREDPEOPLES. COM

At church the past few weeks they announce the different things going on in the parish and I keep wanting to share them with other people I know. Everyone is welcome, but some events require people to sign up so they know how many to expect, or in case they reach the participant limit.

They have Cree and Dene classes, Beading, Drumming, a Blanket Teaching, conversation on the Medicine Wheel, and more! Here's a link to this week's newsletter:

<https://sacredpeoples.com/bulletins/>

Pages 2 and 3 have the January Calendar and the announcements they read at church yesterday.

If you're interested in attending the Blanket Teaching or anything else that requires advance registration, the parish number is 780-422-3052.

SAVE THESE DATES!

- April 6 – Easter Brunch (the 7th is Good Friday)
- April 11 – 23 – SEESA BOOK Sale
- April 22/23 Spring Rummage sale.
- April 29/30 Drama Variety Concert
- May 7 Melody Singers
- May 12 Spring High Tea



Calling all Carpet Bowlers



Are you interested in playing
carpet bowling?

Please contact Aleeza at
780-468-1985 by March 17th

*If we have enough interest, a Carpet Bowling
Club may be set up.*

*Carpet bowling is a great game to keep both your
body and mind humming happily.*

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CELEBRATING FEBRUARY 15 TO MARCH 14 BIRTHDAYS

DO YOU HAVE A BIRTHDAY IN MARCH?

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

HAPPY BIRTHDAY TO:

Paz Adante
Marilyn Albert
Bernadette
Alseth
Alexandra
Anderson
Elizabeth
Antoniuk



Paula Gill
Helen
Gledhow
Merv Gorrie
Elaine
Haine
Donna Harker
Kenneth

Parry Owei
Danielle Paradis
Sharon Patriquin
Orleen Pearson
Kathleen Pongar
Charlotte Quelch
Andrew Rathbone
Dianne Reddekopp
Wendy Ridge
Lydia Roy

Charlie Sams
Deanna Scott
Milton Sharam
Patricia Sharek
Vivian Shelton
David Shone
Joyce Simunkovic
Elizabeth Singbeil

Sandra Bell
Claudette Belyea
Slawomir Benluzanski
Gordon Block
Guy Bodnarchuk
Karen Bolstler
Gerard Borle
Robert Boyko
Daisy Brooks
Dianna Burgess
Lorraine Byers
Gabrielle Byrne
Lauraine Charest
Roger Cormier
Frieda Cutting
Wendy Doughty
Judy Droessler
Richard Edgington
Daisy Edmonds
John Elliott
Lorraine Fiske
Annette Fuchs
Murray Gibbs
Twyla Gibson
Marj Gilhespy

Harrison
Karen Hayny
Margaret Hensel
Murray Hoke
Francis Jo
Shirley John-Agard
Cheryle Kachman
Diane Kavanagh
Alma Kessel
Linda Kowand
Margaret Lange
Doris Lynch
Barbara Mandryk
Harold Martin
Rene Mathieu
John Maunder
Maureen McKinnon
Alice McTavish
Joyce Miller
Laura Miller
Jean Naciuk
Joanne Nicholas
Carol Nykolyn
Dolores Osadchy
Mary Oswald

Continued on page 10



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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Continued from page 9



Gordon Skutle
Elsie Stannard
Sharon Steil
Beverley Stevens
Donna Stonehocker
Merrill Tanner
Avis Thea
Joanne Tkachuk
Darquise Turgeon
Alida Van Braeden
Lori Verhun
Rod Wacowich
Linda Wadley Courtemanche
Jean Weekes
Leslie Wellman
Cathy Wood
Marleen Youngblood

Discover More Living

Make the most of every moment with personalized service and meaningful experiences curated to your lifestyle. A place where you get to decide what every day looks like. That's more living.

Revera is where your journey continues.



BOOK A TOUR TODAY

Talk to us about our exclusive move-in offers

reveraliving.com/lifecontinued

1-877-929-9222

Our Parents' Home

10112 119 Street, Edmonton 780-935-9222



COMING SOON

SEESA GOLF 2023

Details coming in March Program Guide.

Interested in playing?
Contact golf_guy@telusplanet.net for more information.

SIGNIFICANT BIRTHDAYS OR ANNIVERSARIES



Do you, a family member or friend have a special birthday or anniversary coming up?

If you would like them or yourself to receive a special greeting, please read the following information to make their day special.

Requests can be made for greetings from your Member of Legislative Assembly, the Prime Minister, the Governor General of Canada, and King Charles (when the program begins again) The MLA or PM issue certificates for anniversaries starting at 25 years and for birthdays starting at age 65 and at intervals of 5 years (up to 110 for the MLA). At 100 the PM will issue a scroll every year after that. The GG starts at age 90 and every following year.

Information required:

- Language of greeting (French or English)
- Date of Birth or Anniversary (Month, Day, and Year)
- First and Last name of celebrant(s)
- Title (Mr. Mrs./Ms. – if you want it included on the scroll)
- Mailing address of the Celebrant/receiver
- Name of the person requesting the scroll (can be celebrant name)
- Phone number of person requesting scroll
- Email address of person requesting scroll

If you would like a scroll from your MP Heather McPherson or require help with your request, please contact:

Gale Davy (She/Her)
Constituency Assistant to Heather McPherson
Member of Parliament, Edmonton Strathcona
10045 81 AVE NW
EDMONTON AB T6E 1W7
Phone: 780 495 8404

If you are not a constituent of Edmonton Strathcona, contact your MP's office directly and/or the Prime Minister's program at <https://pm.gc.ca/en/connect/greetings>.

For a congratulatory certificate on a birthday or anniversary from your Member of Legislative Assembly, go to www.assembly.ab.ca/members/related-resources/congratulatory-certificates.

FYI Seminars - February

Tuesday Feb 14, 1:30 pm - 3:00 pm

Disability Tax Credit

Learn from one of our outreach officers all about the Disability Tax Credit (DTC). What is the DTC? Who is eligible? How to apply? How to claim the credit and more!

Presenter: Sandra Paul, Canada Revenue Agency

Thursday Feb 16, 10:00 am - 11:00 am

Bring Your Own Device: Hoopla

Movies, TV shows, comics, audiobooks, eBooks, music etc. Hoopla has a bit of everything! All titles are available all the time – no waiting for holds! Find out how you can download items to your device so that you can listen or view anywhere, anytime. Please bring your own laptop, tablet or iPad.

Presenter: Wendy Granmestad-Danar, Edm Public Library

Wednesday Feb 22, 1:30 pm - 3:00 pm

65 Years and Older? Find Out How the CRA Can Help

Benefits and credits can put money in your pocket. Learn what benefits and credits are available to those 65 years and older.

Presenter: Sandra Paul, Canada Revenue Agency

Tuesday Feb 28, 1:30 pm - 3:00 pm

FYI: Mindful Investing - How to Weather Fragile Markets

The markets go through a downturn every 5-7 years. The key is to not shy away when you still need to make interest or dividends for your retirement income. Learn how to protect cashflow when the markets stall.

Presenter: Wei Woo

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



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 2023 PUBLICATION DATES

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

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. Advertising is accepted for SEESA Shares but NOT for What's Happening.

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

FYI Seminars - March

Thursday Mar 16, 10:00 am - 11:00 am

Bring Your Own Device: NovelList Plus

Not sure what to read next? NovelList is a great place to find your next great read. Check out all the features, from finding books that are similar to ones you already enjoyed to discovering books in various genres and books that nationally-known experts are reading. There are even discussion guides if you want to start a book club! Please bring your own laptop, tablet or iPad.

Instructor: Wendy Grannestad-Damur, Edmonton Public Library

Wednesday Mar 22, 1:30 pm - 3:00 pm

Being at Peace with Ourselves

This presentation will focus on the concepts of mindfulness and self-compassion. Mindfulness is about purposely paying attention to the present moment and without judgment. Self-compassion means being kind and understanding toward ourselves when we suffer, fail or feel inadequate rather than ignoring our pain or judging ourselves harshly with self-criticism.

Presenter: Carol Kodish-Butt

Tuesday Mar 28, 1:30 pm - 3:00 pm

Optimizing the Retirement Benefits of a Tax Free Savings Account

Many retired Canadians have questions or are confused by how to best use this tax free investment shelter. Have you received conflicting info or advice? In this session, myths about TFSAs will be clarified and learn how to maximize your TFSAs during your retirement.

Presenter: Wei Woo

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



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9350 82 Street N.W. Edmonton Alberta Canada T6C 2R8
780-468-1985 • info@seesa.ca • www.seesa.ca

CAN YOU HELP ME?

As some of you may be aware, I am waiting for hip replacement surgery, and I'm not sure how much it will interfere with the production of *SEESA Shares* and *What's Happening*, as I am responsible for both. I'm hoping that while I'm indisposed, there is another volunteer who can take over.

I am particularly concerned about SEESA Shares. I use a Mac with a program called '*InDesign*'.

If you are an InDesign user, and would be willing to fill in for me, please contact me (bettydean@telus.net).

Thank you -

Betty Dean

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



PANEL DISCUSSION

MARCH 9 | 10 A.M. – 12 P.M.

MARCH 9 IS SOCIAL PRESCRIBING DAY!

This is an opportunity to celebrate social prescribing and demonstrate the impact that it can have on people's health and wellbeing. Healthy Aging Alberta is excited to launch the Social Prescribing Group on CORE by hosting a panel discussion with three regional projects that are leading the way for social prescribing implementation in Alberta.

Social Prescribing Network Coordinators in Calgary, Edmonton, and Lethbridge will share their experiences working with primary and acute care providers to make social prescriptions to the Link Workers working in CBSS organizations in these communities.

[REGISTER HERE](#)

AGING LIVES UPROOTED: Welcoming and Supporting Older Refugees to Canadian Communities | United Way British Columbia 10:30 a.m. | [Online March 21](#)

EDMONTON PUBLIC LIBRARY IN COLLABORATION WITH THE CANADIAN NATIVE FRIENDSHIP CENTRE nêhiyawêwin (Cree Language) Classes | 6:30 – 8:30 p.m. | [Online Wednesdays](#)

FRAUD PREVENTION: SCAMS AND SECURE DIGITAL SERVICES

MARCH 8 | 10 A.M. – 12 P.M.

Join us for an informative virtual chat with the Canada Revenue Agency, where an Outreach officer from the Canada Revenue Agency will answer questions about fraud prevention, current scams and digital services.

[REGISTER HERE](#)

SEESA's DONATION TO EDMONTON'S FOOD BANK

Patrons of SEESA donated over 81 kilograms of food to Edmonton's Food Bank recently. Our donation provides hope to our neighbours in need for new opportunities as we begin 2023.

Edmonton's Food Bank says, *"Your donation is a reminder of the positive impact we have on the lives of people who are struggling in our community. Thank you. Together we can achieve good things – helping our community and supporting people... who rely on our services.... It is the continued collective support from our donors, volunteers, and our community that helps us do the work we do. Thank you for your kind gifts and may 2023 be filled with happiness."*

Thanks to our generous SEESA members!

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



EDMONTON NEIGHBOURHOOD WATCH
People Helping People, Preventing Crime

Seniors Crime and Safety Program



You are invited to
An interactive presentation and discussion about crime and safety
in your neighbourhood

In your home
On your streets
In your vehicle
Frauds, Scams and the Internet

Where: South East Edmonton Seniors Association
When: Saturday, February 25, 2023
Time: 9:30 am – 1:00 pm
Cost: Free to members of SEESA and the public
RSVP: at SEESA Front Desk or call 780-468-1985 to register

Lunch to be served.

Presented by
Edmonton Neighbourhood Watch Program Society
11630 Kingsway Northwest
Edmonton, Alberta, T5G 3J5
www.enwatch.ca



HOLYROOD COURT SENIOR ACTIVE LIVING RESIDENCE

Our new home at **Holyrood Court Senior Active Living on 7930 – 95 Avenue** is certainly a joy to be part of! The new residence will be home to 89 apartments when all are occupied!

Holyrood Residents are caring people and have completed numerous activities that show their compassion to growing their new community. Residents attended an entertainment evening provided by Jodi and Nadine (Music Therapist and client), participated in a Ukraine Fundraiser by raising over \$1000 which was donated to a group of Ukraine New Comers to Canada. This evening was open to all residents and friends. Good Food and Entertainment was enjoyed by over 60 people!

A Spooky Tunes Evening at Halloween sponsored a Fundraiser for the Edmonton Food Bank, raising over \$1200 with individuals coming to the Rooftop to listen to entertainment provided again by Nadine Veroba-Dagg, Music Therapist, and Jodi Reid, one of her clients. Again

residents and friends provided snacks and food as well as made cash donations.

During the month of January 2023 residents held another Fundraiser “Warm Up The Cold” for the Edmonton Bissell Centre by donating CASH, New Mittens, Gloves,

Hats, Scarves and Socks, as well as gently used warm clothing.

We should be proud to call Holyrood Court our home!

Let’s keep our kindness going!



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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- Wills
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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



HAVE YOUR SAY: SENIORS WEEK

The Seniors Week 2023 kick off will be on Monday, June 5th. Save the date! Watch for more information in future Link Letters. We are working on making this event a celebration and are seeking your input on a theme.

Please help us by answering the following question:



What would make Edmonton a great City to grow older in?

Record your ideas [HERE](#).

Shadow Theatre presents:
ALL THE LITTLE ANIMALS I HAVE EATEN
 March 15 - April 2 by Karen Hines



SPECIAL SENIORS MATINEE
 Wednesday, March 29th at 12:30 pm **\$25**
Group Rate options available
 Karen Hines' wild mind shines
 - THE HALF STEP

SHADOW THEATRE

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

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

CURRENT JOB POSTINGS AT SAGE:

- [Link Worker Outreach Services Permanent](#)
- [Social Prescribing Manager](#)

Please submit your cover letter and resume to Jade Allen, HR, Payroll & Benefits Coordinator, at hr@mysage.ca

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1	2	3 Jam Session 6:45 - 10:00pm 	4
<ul style="list-style-type: none"> • Winter 50/50 Raffle Tickets on Sale (\$5/ticket) • Luck of the Irish Raffle Tickets on Sale (\$2.00/ticket) • Canadian Country Music Legends Tickets on Sale now. (\$30/ticket) 						
5	6	7	8	9	10	11
12	13	14 	15 SEESA Town Hall Tillie's Cafe 1:30 - 3:00pm	16	17 Jam Session 6:45 - 10:00pm 	18
19	20 FAMILY DAY SEESA CLOSED	21 Monthly Birthday Party Tillie's Cafe 1:30 - 3:00pm 	22	23	24	25 Seniors Crime and Safety Program Tillie's Cafe 9:30am - 1:00pm
26 Canadian Country Music Legends 2:00pm	27	28 Winter 50/50 Raffle Draw				

February FYI Seminars

Feb 14 - Disability Tax Credit

Feb 16 - Bring Your Own Device: Hoopla

Feb 16 - Philosophers Café: 2nd - Is Christian Nationalism on the Rise? (SESSION IS FULL)

Feb 21 - 65 Years and Older? Find Out How the CRA Can Help

Feb 28 - Mindful Investing - How to Weather Fragile Markets

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1	2	3 Jam Session 8:45 - 10:00pm 	4
5	6 Session 2 Program Guide Available	7	8	9	10	11 Alberta Floor Curier's Assn Tournament
12  Daylight Savings Time Begins	13	14	15 SEESA Annual General Meeting 1:30 - 3:00pm Gymnasium	16	17  Luck of the Irish Raffle Draw Jam Session 8:45 - 10:00pm	18
19	20 Session 2 Registration Begins	21 Monthly Birthday Party 1:30 - 3:00pm 	22	23	24	25
26	27	28	29	30	31 Session 2 Closes end	

March FYI Seminars

Mar 16 - Bring Your Own Device: NovelList Plus

Mar 16 - Philosophers Café: On Tyranny: What is On the Rise in Liberal Democratic Societies? (SESSION FULL)

Mar 22 - Being at Peace with Ourselves

Mar 28 - Optimizing the Retirement Benefits of a Tax Free Savings Account