



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

#### **MARCH 2023**





# 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 <u>MyActiveCent</u>er *Payment by: Cash, Cheque, Debit/Credit Card, or SEESA Wallet Credits*

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



NolunieRS, SEE Vou belong here needed

No matter the task, every volunteer makes a big difference. If you've been thinking about contributing your time or just want to socialize with others and make new friends, this is your chance!

# Volunteers needed for:

- Tillie's Café (9am-1pm and 1pm-4pm)
- Kitchen Helpers (9am-1:30pm)
- Front Desk Reception
- Decorating
- Painters
- Rummage & Reuse Sale
- Event set-up and take down
- Outdoor Sign

*If you can lend a hand, please complete the volunteer application form available at the Front Desk or on our website at www.seesa.ca* 

*Please contact Gina-Marie for more information (780) 468-1985 or email: gina-marie@seesa.ca* 



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# April 11 - 23, 2023 9:00 a.m. - 3:30 p.m.

Donations of used books can be dropped off at SEESA's South Doors April 3 - 20

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





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# **SEESA Shares is for YOU!**

### Make it 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 <u>info@seesa.ca</u>.

## Healthy Aging CORE Alberta Collaborative Online Resources & Education

#### Food Security: More Than Simply Access to Food

April 11 | 10 – 11:30 a.m.

Join us for a conversation around food insecurity with three speakers who will share how addressing food insecurity is about more than simply food.

There will be an opportunity for conversation as we think collectively about what this might mean for our community-based work.

Register here.



## Seniors Week 2023

begins on Monday, June 5th. Save the date! We are working on making this event a celebration and are seeking your input on a theme.

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

Record your ideas here.

Watch for more information in future Link Letters.



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

Presented by the Accidental Drama Club						
MELODIES						
AT THE MANOR						
Written by Stella Galbraith & David Higgs						
Saturday, Apríl 29 at 7:00 PM	Tickets					
Sunday, Apríl 30 at 2:00 PM	\$15 in advance					
Doors open 1 hr before show Concession and Bar available	\$20 at the door					
<b>SEESA</b> You belong here (780) 468						

The Accidental Drama Club invites you to SEESA for *Melodies at the Manor*. Join the residents of Pleasantview Manor, a seniors' residence, as they triumph over the stereotypes of aging and our idea of retirement homes. They realize that youth is lurking just under the surface and time can be passed more enjoyably together.

Tickets on Sale: March 15, 2023

Edmonton Seniors Coordinating Council Lunch 'n' Learn

Toolkit for Fostering Inclusion in Senior Serving Organizations

March 20 | Noon – 1 pm

Join us to learn more about the newly launched toolkit. Find out how the toolkit came to be and how it can be used to create a more inclusive space. The Lunch 'n' Learn will conclude with a live Q&A. <u>Register here.</u>

# 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
<ul> <li>1/2 Page</li> </ul>	8"w x 5"h or 4"w x 10"h	\$80.00

1500 circulation.

Send submissions to: info@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*.



Congratulations to Grace Waszkiewicz!! Winner of the SEESA Winter 50/50 Raffle Draw.

### SEESA 2023 Publication Dates

*What's Happening* is published on the 2nd and 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 info@seesa.ca.



## **CLASSES & CLUBS - SPRING 2023** (APRIL 3 - JUNE 16, 2023)

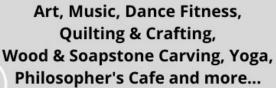
#### REGISTRATION BEGINS MARCH 20, 2023 - 9:15AM required for Member prices

A valid 2023 membership is

### Program Guide available March 6, 2023







PHONE: 780-468-1985 **IN PERSON AT 9350 - 82 ST NW** EDMONTON WWW.SEESA.CA



### Change to non-member pricing for club tickets

As of April 1st, Non-Member drop in prices for clubs are returning to \$6.00. Member club fees remain at \$3.00. The increase in the fee will help to financially sustain our building, activities, clubs and encourage more people to purchase a membership at \$30.00. Everyone is required to check in with the Club Liaison when you arrive.

### **Club Ticket Prices**

- Clubs operate using tickets that are purchased at the front desk.
- · You can purchase a single drop-in ticket or a booklet of 10 club tickets.
- Single drop-in tickets for members are \$3.00 and \$6.00 for non-members.
- A 10-pack of tickets for members is \$30.00 and \$60.00 for non-members.



### 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 🖸 🖪 🔿 Paid Advertisement



# Save these dates!

April 6 Easter Brunch (April 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

## 211 Alberta

211 is an essential service that helps Albertans find the right resource or service for whatever issue they need help with, at the right time. 211 is available 24/7 by phone, text and chat. The service is free, confidential and available in over 170 languages over the phone.

- Dial 2-1-1
- Text INFO to 211
- Chat Online at www.ab.211.ca

#### 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

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

Call Shelley Smith at: 780.450.2929



# **Donate a Car Campaign**

SEESA is partnered with Donate a Car Canada to accept your vehicle donation!

You will be provided free towing, or you can drop off your vehicle to maximize your donation. When you donate your car, truck, RV, boat, or motorcycle to SEESA through Donate A Car Canada, it will either be recycled or re-sold (depending on its condition, age and location). Donate a Car Canada will look after all the details to make it easy for SEESA to benefit. You will receive a tax receipt after your vehicle donation has been processed! Donate Now: Donate Charity Car Removal (donatecar.ca).



# 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

Our Parents' Home 10112 119 Street, Edmonton 780-935-922



# Poetry

### Visiting

In the old days when we knew our neighbor we used to do something called *visiting*.

It was often Sunday afternoon but it needn't be. It didn't need to be scheduled. One could just *drop in.* 

Time stopped. The unsuspecting host put coffee on and somehow found nanaimo bars.

There was laughter about aunt Mic's hairpiece flying off during the butterfly, finishing the dance bald. There was concern about old man Svenson. When is it finally time to go to the old folks home?

There was hope that this year the heat and rain would be timely and the harvest would be plentiful.

There was talk of whether the Nelson boy should serve time for hurting the Larsen boy in a bar room brawl.

There were handshakes and hugs And invitations to reciprocate. There was love no one spoke about We called it community.

Dr. Ronna Jevne



#### If I Was Retired

If I was retired I mean really retired, I would write a poem. I would walk among the aspens. I would take carrots To the neighbor's horses.

If I was retired I mean really retired, I would make my own chai tea latte I would sit with a shawl on my shoulders Talking to the blue jays Who are feasting on the bird seed.

If I was retired I mean really retired, I would take longer in the shower Basking in the warmth Of the privilege of warm water, Then wrap myself in my softest towel.

If I was retired I mean really retired, I would don my camera vest Laden with all four lens, Caress my new carbon fibre tripod, Load them both in the car and head out.

If I was retired I mean really retired, I would leave home-made cookies On my friends doorstep, Ring the doorbell and leave. She will know who the trickster was.

If I was retired I mean really retired, I would file my taxes late, Not use this sun drenched day Lining up receipts As if they matter.

If I was retired I mean really retired I would stay in the silence Hear only the distant train Hmmm a little to myself As the geese signal their homecoming.

If I was retired I mean really retired I would bury myself in a mystery, Care not when I ate Except for the cashews Mandatory for reading.

If I was retired, I mean really retired, I wouldn't make a to do list. I would pull weeds from the garden And tend the rose bushes Because they called to me.

If I was retired, I mean really retired, I would light a candle at supper Savour my home-made soup My scone and cheese And linger over ginger tea.

If I was retired I mean really retired, I would saunter down to the pasture To watch the sunset To be sure I remember There is at least one miracle in every day.

Dr. Ronna Jevne

# Celebrating March 15 to April 14 Birthdays

### Happy Birthday to:

Ron Adams Jean Adamson **Jacques Albert Dieter Anders** Douglas Anderson Olga Aniskowicz Herman Ansink **David Antoniuk** Helen Antoniuk JudyLynn Archer Margaret Arnold John Bannister Pamela Banser Vicky Blinston St John Marianne Bouthillier Joe Bowering Wolfgang Brueckl Ken Burchert Bob Campbell **Darlene** Carter Jamie Chalmers **Bunny Chan** Sylvia Dickson Ann Didluck Jane Dimitroff Linda Dopking Sherry Dowell Tanis Eaker

Susan Fischer Christine Forth Elsa-Marie Frazer Colleen Freese Harvey Garrison **Dennis Gartner** Craig Getz **Robert Gilmour** Elizabeth Good Susanne Goshko **Bonnie Goulet** Robert Griffith Gail Guss Karen Hansen Peggy Hansen **Raymond Hebert** Darci Heintz Betty-Ann Hine Wilson Jean Holowaychuk Viola Holts Gladys Honey Hannelore Hoppe Pat Humble Barbara Ilczenko Marilyn Isitt Jocelyn Johnston Lynne Kaluzniak Colleen Keenan-Zdebiak

John Kelly Lucy Klein Carol Kodish-Butt Eleanor Kowalski Johnny Kwan Pearl Lauber Victor Liversidge Helen Lovell Alannah MacIntyre Helene Mailloux Adora Mann Darlene McIntosh Nelson McRae Colleen Murdoch Steve Nagy Judy Nance **Terry Nicholson** Ann Nicolai Jack Northill Caroline Olynyk Dianne Osback Della Paradis George Pariseau **Terry Parsons** Jocelyn Partington Gloria Pigat Avril Pike **Randilee** Proctor



Laurie Reid Olga Reid Sharon Schnell Walter Schultz Georgina Schurman Susan Sicotte Terry Simmonds Rita Solkowski Valerie Stenson Margaret Swytink Vel Thompson Hector Tisnado Jennifer Townsend Tracey Unger Gloria Valenzuela David Walden Joan Walters Natalie Welter Anna Westgate Brian Whitson Annie Wong Jacob Wouters Adenike Yesufu

Do you have a birthday in April? Then your party is on Tuesday, April 18 at 1:30pm. Please RSVP by April 14th to 780-468-1985.



February's birthday honorees.

Image by <a href="https://www.freepik.com/free-vector/colourful-confettibackground\_1713118.htm?query=BIRTHday#from\_view=detail\_alsolike">Freepik</a>





# SEESA EASTER BRUNCH Tillie's Cafe April 6 | 10:30 am

# Tickets \$15 per person



Orange French Toast, Maple Blueberry Sausage, Scrambled Eggs, Hashbrowns, Fresh Fruit, Tea, Coffee & Juice Vegan & Gluten Free options available

Tickets Available until *Friday, March 31* at

SEESA FRONT DESK 9350 - 82 STREET, NW OR BY PHONE 780-468-1985

SEE



x

# WANNA PLAY A ROUND?

SEESA GOLF IS RETURNING FOR 2023. ALL SKILL LEVELS WELCOME. THURSDAYS, COUNTRY SIDE GOLF COURSE.







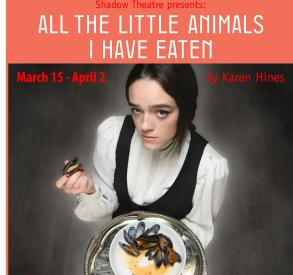
## Foot Care Clinic

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





#### **SPECIAL SENIORS MATINEE**

Wednesday, March 29th at 12:30 pm

Karen Hines' wild mind shines – THE HALF STEP



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

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



# March 2023

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<ul> <li>Spring Quilt Raffle Tickets on Sale Mar 15 (\$3.00)</li> <li>Coming in April:</li> <li>➢ Easter Brunch @ Tillie's Café (April 6)</li> <li>➢ Book Sale (April 11 – 23)</li> <li>➢ Rummage &amp; Reuse Sale (April 22-23)</li> <li>➢ Accidental Drama Club "Melodies at the Manor" (April 29 &amp; 30)</li> </ul>		1	2	3 Jam Session 6:45 – 10:00pm	4	
5	6 Session 2 Program Guide Available	7	8	9	10	11 Alberta Floor Curler'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 6:45 – 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 1 Classes end	
-	<b>iinars</b> Your Own Device at Peace with Ou					

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

SEES You belong here April 2023						
Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Spring Quilt Raffle Ticket on Sale (\$3.00/ticket) – Draw Date May 12 <sup>th</sup> Coming in May:						1
2	3 Classes (Session 2) Begin	4 Blood Pressure Clinic 1:30 – 3:00pm (sign-up at Front Desk)	5	6 Easter Brunch Tillie's Café 10:30am	7 Good Friday SEESA Closed	8
9 Easter Sunday SEESA Closed	10 Easter Monday SEESA Closed	11 Book Sale 9am – 330pm (April 11 – 23)	12	13	14	15
16	17	18 Monthly Birthday Party Tillie's Cafe 1:30 – 3:00pm	19	20 Philosopher's Café 1:00 – 2:30pm (See program guide for details)	21 Spring Rummage & Reuse Sale Setup (All Classes & Clubs Cancelled)	22 Spring Rummage & Reuse Sale 10am -3pm
23 Spring Rummage & Reuse Sale 11am – 3pm	24	25	26	27	28	29 Accidental Drama Club Presents: <i>"Melodies at</i> <i>the Manor"</i> 7:00pm
30 Accidental Drama Club Presents: "Melodies at the Manor" 2:00pm	April FYI Seminars April 5 – Clutter is April 12 – Conserv April 18 – Money April 19 – Introduc April 20 – Bring Yo April 25 – Underst	s Not a Crime It ring Nature Near Mentors ction to Antiques our Own Device: A	's An Inside Job You AtoZ World Food	etails)	1	1