

Welcome to the South East Edmonton Seniors Association (SEESA)!

SEESA is an inclusive community hub focused on wellness – helping older adults of all walks of life live their best lives through social connection, learning, purpose, physical activity and meaningful community involvement.

OUR MISSION:

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

HOURS OF OPERATION

Monday through Friday 8:30am-4:30pm and some evenings.

9350 82 Street NW, Edmonton

Phone: 780-468-1985

Website: www.seesa.ca

PROGRAMMING

SEESA provides a wide array of opportunities to engage and connect with others through classes, clubs, and special [events](#). Our Program Guide and Activities Calendar are available on our website; hard copies of the Program Guide are available at the office.

Caregivers are welcome to attend all class and club activities at no charge when helping their client. If the caregiver wants to participate themselves, they will need to pay the current fee for that class/club.

GOVERNANCE

The organization is governed by a volunteer Board of Directors and the Annual General Meeting takes place on the second Wednesday in March each year. If you are interested in serving on the Board, please connect with us through the Contact Us form on our website or through info@seesa.ca.

VOLUNTEERS

Volunteers are one of the main reasons why SEESA is able to provide affordable programs and services to its members. More importantly, volunteering plays a critical role in helping older adults adjust to retirement, find a new sense of purpose, make new friends and make a real difference in the community. It's amazing what can happen when people join together to do great things!

SEESA's Board is indebted to the volunteers who contribute to delivering SEESA programs and services. Your help makes everything at SEESA possible and your enthusiasm is the welcoming face to our membership.

Any questions, inquiries, concerns or comments regarding the volunteer program, please call our reception at 780-468-1985 and ask to speak with our Volunteer Coordinator.

Whether it's cooking in Tillie's Café, participating with special events, teaching a class, serving at the front desk or joining the Board, you will have fun, meet new people and wonder why you didn't do this sooner. Come talk with us!

CODE OF CONDUCT

To cultivate a respectful and supportive environment on SEESA premises, our Code of Conduct provides a clear directive that all individuals be treated with respect and dignity. Individuals wishing to join SEESA as a member are required to read and sign the SEESA Code of Conduct. As well, reciprocal members and non-members attending classes and clubs are required to read and sign the SEESA Code of Conduct.

DONATIONS

As a registered charity, SEESA depends on and is most grateful for donations. Donations can be made in person at the Centre or via the SEESA website.

MEMBERSHIP

Members pay an annual fee that can be paid at any time throughout the year, which provides access to all activities and the right to vote at Annual General Meetings. Non-members are also welcome to attend all activities. Participation fees for classes, clubs and events are in the Program Guide, on the website and in our newsletters.

MEMBERSHIP RENEWAL

Membership renewal can be done online at seesa.ca/membership; in person at the Centre; or by calling us at 780-468-1985.

SENIORS HOME SUPPORTS PROGRAM

The Seniors Home Supports Program is a referral service that provides seniors referrals to screened service providers who offer snow removal, yard help, housekeeping, home repair and maintenance, personal services, moving help and more. For assistance, please call Millwood Seniors Association at 587-594-7884.

OUTREACH SERVICES

Members and non-members who are 55+ have access to a Social Worker at no charge through Seniors Coordinated Outreach. Seniors Coordinated Outreach can help you in many ways:

Identify your needs: financial, housing, legal, abuse, income tax, physical health, mental health, mobility, transportation, family dynamics, home service and repair, food and more.

Connect you with resources: Social workers are knowledgeable on senior-specific resources and will connect you with other programs and services that may help you. At times, social workers will do community visits, such as meeting with you and your doctor for important appointments, help you complete government forms, and act on your behalf to report your needs to others.

Emotional support: Social workers value and support you without judgement.

If you, or someone you know, would benefit from these services, please call 211 and press 2 for the Seniors Information Phone Line.

FACILITY

SEESA's 25,000 square foot facility and café provides a welcoming place where members feel connected to others, develop friendships, eat meals together and have opportunities to grow, laugh, learn, exercise and find a whole new purpose through volunteering.

We gratefully acknowledge that the land on which our facility rests is Treaty 6 Territory and a traditional meeting ground for many indigenous peoples including the Plains and Wood Cree, Assiniboine, Salteaux, Niitsitapi (Blackfoot), Métis, Nakota Sioux and Chipewyan. Their spiritual and practical relationships with the land continue to create a rich heritage for our community. We are honoured to share this land.

SAFETY

For everyone's safety there are security cameras inside and outside the building; they are monitored.

COAT ROOM

The coat and boot room is located in the centre of building. All items are left at your own risk. Please do not leave items that you do not want to lose.

TILLIE'S CAFÉ

Tillie's Café is open from 9:00am-4:00pm Monday to Friday. Breakfast service is from 9:00am-10:30am. Lunch service is from 11:30am-1:00pm. Outside of mealtimes, beverages and goodies are available. Check our website for more information. In the meantime, bring your family and friends. Everyone is welcome at Tillie's!

FITNESS CENTRE

The fitness centre is open to members and non-members for an additional fee. Pre-booking is required through the front desk to ensure space is available.

LOCKERS

Lockers are located in the change room across from the fitness centre, and in the hallway beside the gym. Bring your own lock or you can borrow one from the front desk.

IN CASE OF EMERGENCY – MUSTER POINT

In the event of an emergency all persons in the building will evacuate and meet at the muster point located beside the NW corner of the west parking lot.

PARKING

Free parking is available on the north & west sides of the building, with limited spaces on the south side. Staff parking is located in the south parking lot: please do not park in these designated spots.

ROOM RENTAL

SEESA rooms, cafeteria and gymnasium are available for rental to members and the general public. For availability and rental rates please contact info@seesa.ca.

SMOKING

SEESA follows City of Edmonton smoking bylaws which dictate that smoking is not permitted within 10 metres of doorways, windows and air intakes of buildings, patio and bus stops. There is a designated smoking area with ash tray outside the South Doors behind the fence containing garbage and recycle bins.