



Board Update

Spring has sprung and SEESA is abuzz!

Annual General Meeting

Eighty-seven members attended our Annual General Meeting on March 15. All of our Board members appointed in March 2022 are continuing to complete the second year of their term. We also welcomed a new Board member, Birgitta Larsson.

The 2022 Annual Report and the 2022 audited financial statements are available on the SEESA website.

Moving Forward with Momentum

In SEESA's first full year back in operation, through the efforts of staff and volunteers, we have

- Reconstituted our Board
- Grown our membership
- Expanded our program offerings and clubs
- Hosted monthly birthday parties and other social gatherings
- Held three successful rummage/reuse sales
- Continued to build our fundraising and rental opportunities

- Reconnected with existing community partners and started to develop new partnerships
- Reinstated our reciprocal membership with other seniors' centres in Edmonton
- Successfully completed a casino.

Tillie's Café is Open

The past few weeks have offered opportunities to share food and connect with friends in Tillie's Café. Fresh baked goods, sandwiches, soups and a weekly hot entrée have been enjoyed by our members and guests.

The Easter Brunch was sold out and those in attendance enjoyed a fabulous meal and camaraderie.

Lots of Opportunities for Fun

Class registrations are going well and membership continues to increase. We now have 735 SEESA members and 25 reciprocal members.

We are looking forward to seeing you at the SEESA Rummage/Reuse Sale, Melodies at the Manor by the Accidental Drama Club, Spring into Music by the Melody Singers and the SEESA Spring High Tea.



BOOK SALE



April 11 - 20, 2023 - 9:00 a.m. - 3:30 p.m.

April 22, 2023 - 10:00am - 3:00pm

April 23, 2023 - 11:00am - 3:00pm

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



South East Edmonton Seniors Association

9350 82 Street N.W. Edmonton Alberta Canada T6C 2X8

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





Luck of the Irish

Congratulations to Yvonne Ewaskow, winner of our Luck of the Irish raffle in March! We hope your luck continues!

Winnings included three bottles of wine, two stoppers and a small wine rack, two wine glasses, a box of chocolates, and a packet of scratch tickets.



Quilts for sale

Come between 1–3:30 pm on Mondays to see our wide selection of handmade quilts for purchase. At other times of the week you may purchase a quilt from the displays.

The SEESA Rummage Sale

Bake Sale

SATURDAY April 22
10AM-3 PM
SUNDAY April 23
11AM-3 PM

Donations accepted at the South Door
starting April 3

Please ensure that all your
items are clean

Donations will be accepted
until Noon April 20

Bake Sale Items accepted April 21.

Book Sale
During the Event



DO NOT BRING:

Upholstered furniture, baby furniture & supplies, mattresses & pillows,
computer software, hardware & out of date technology, DVDs, VHS tapes,
cassettes, magazines, encyclopedias, large furniture and TVs,
soft toys, clothing, shoes, suitcases, plastic food containers.



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LET'S WELCOME ALL NEW
BEGINNINGS AS THE
SEESA MELODY SINGERS
PRESENT
"SPRING INTO MUSIC"



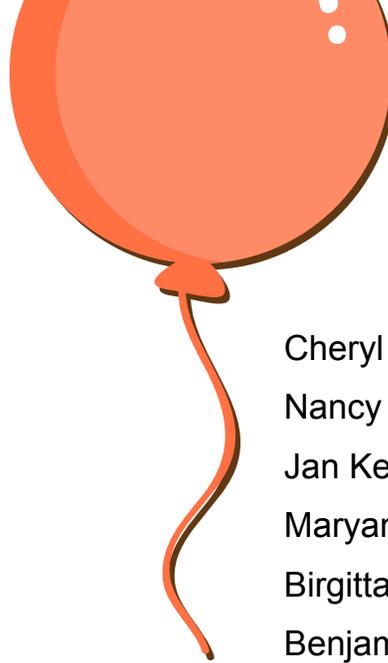
2:00PM
SUNDAY, MAY 7, 2023

Tickets \$10/person
On Sale March 27



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Celebrating April 15 to May 14 Birthdays



Happy Birthday to:

Alicemae Abbott

Ollie Antoniuk

Susan Arsenault

George Bailey

Joanne Ballance

Helmut Baumert

Robert Berube

Dolores Bissonnette

Dorothy Black

Lori Blyth

Carol Borle

Helen Bowden

Alison Boyd

Linda Breitzkreitz

Robert Bruinsma

Frieda Buchholtz

Cassie Ceilin

Patricia Chobater

Cynthia Clarke

Linda Clarke

Barry Clattenburg

Elise Couture

Suzanne Cuncannon

Steve Davies

Wendy Deckert

James Doty

James Drinkwater

Cathy Dubeau

Marilyn Duguid

Doreen Dunkley

Katherine Dyer

Brian Ewaskow

Phyllis Footz

Donna Fountain

Charles Gachnang

Terrie Gahagan

Ellen Gahr

Rick Geisler

Sophie Gieni

Jerald Grant

Daryl Gray

Ellie Haakonson

Heather Harper

Donna Harrison

Joyce Hartman

Allen Hasselgren

Cindy Hauck

Bill Hawryschuk

Annette Hennig

David Higgs

Ching Holmberg

Edith Howard

Thanh Hua

Alex Ingram

Darlene Ireland

Wayne Jensen

Cheryl Kaminski

Nancy Kardash

Jan Keef

Maryanne Kuzio

Birgitta Larsson

Benjamin Lauber

Lillian Limberger

Dee Litke

Kathy Logan de Chavez

Edward Lyka

Barbara Lyon

Faye MacDonald

William Manson

Mary Jane McLaughlin

Nancy Metcalfe

Ruth Moline

Martin Molzan

Paige Nelson

Jayne Nicol

Mary Lou Nicol

Mossie Pappé

Mary Plitt

Laurel Redfern

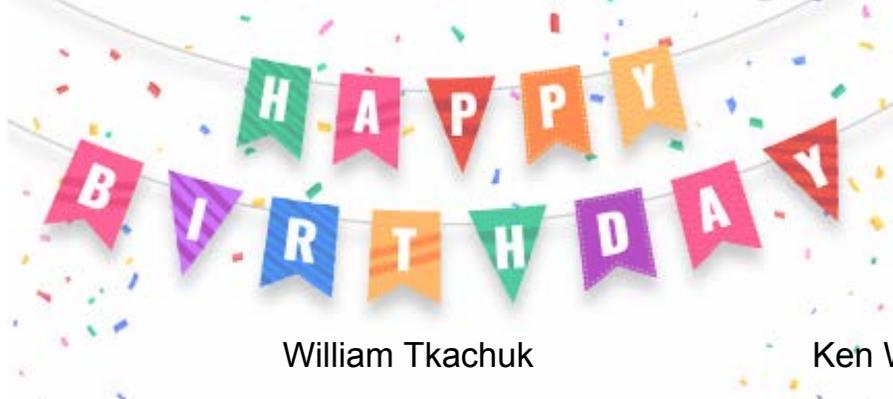
Ros Schell

Barry Scheuerman

Annie Scott

Alzina Scott-Morgan

Daniel Smith



Laura Smith
Noreen Soneff
Betty Sparling
Leslie Stephenson
Genevieve Sveinson
Monica Talavera
Bruce Tegart
Bob Thompson

William Tkachuk
Carole Valens
Engelina Vorsteveld
Glen Walker
Grace Waszkiewicz
Jennie Whiteman
Anne Wightman
Gina Wigston

Ken Willie
Sherrie Wilson
Werner Wolf
Nicole Yaschuk
Marie Yuill
Loranna Zatorski

Do you have a birthday in May?
Then your party is on Tuesday, May 16th at 1:30 pm.
Please RSVP by May 11th to 780-468-1985.



March birthday party participants.

www.freepik.com/free-vector/happy-birthday-flags-confetti-card_15717628.htm#query=BIRTHday&position=0&from_view=search&track=sph Image by starline on Freepik

Edmonton Seniors Coordinating Council AGM & Network Gathering



You're invited to our 2023 AGM & Network Gathering!

April 24, 2023, 1:00 PM | Chateau Louis Hotel, 11727 Kingsway NW, Edmonton

Join us on April 24, 2023 at 1:00PM to take part in our AGM.

At 2:00 PM Berlin Communications will be presenting on the topic of **Positioning Community-**

Based Organizations for Future Growth. A Network Gathering will commence at the end of this presentation.

[Register](#) today for this in-person event! Light refreshments will be provided.

(This event will be recorded on zoom and there is a registration option to join virtually for those who cannot attend in person.)



Save these dates!

April 11 – 23
SEESA BOOK Sale

April 22 – 23
Spring Rummage sale

April 29 – 30
Accidental Drama Club presents *Melodies at the Manor*

May 7
Melody Singers present *Spring into Music*

May 12
Spring High Tea



Heather McPherson
Member of Parliament
Edmonton Strathcona

Contact my office for assistance with:

- Employment Insurance
- Old Age Pensions
- Canada Revenue Agency
- Citizenship & Immigration
- Canada Student Loans
- Celebratory Messages

780-495-8404
10045 81 Ave T6E1W7
heather.mcpherson@parl.gc.ca



Follow on



Visit my website at www.heathermcpherson.ndp.ca

In-Person Non-Credit Classes for Adults 50+

**Spring Session
May 1-19, 2023**

**University of
Alberta Campus
Education Building**

Expert-led, continuing education courses for adults 50+ who want to keep learning and stay connected.

Courses cover a range of topics and interests such as art, humanities, science, health and wellness.



EDMONTON
**lifelong
learners**
ASSOCIATION

**Registration
opens April 3
my-ella.com**



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***



SENIORS' WEEK KICK-OFF

Through the Eyes of Experience

**JUNE 5
2023**

**FREE event -
RSVP Preferred
- Walk-Ins
Welcome**

**PROGRAM BEGINS
11:00 AM
CITY HALL
1 SIR WINSTON CHURCHILL
SQUARE, EDMONTON, AB**





"Spring Circles" Quilt Raffle



TICKETS: \$3.00

Draw Date: May 12, 2023

"Spring Circles" Quilt
(size: 69" x 70")

Handcrafted & generously
donated by the SEESA
Quilters & Crafters Club

Value: \$400.00



On Sale March 15 - May 12

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

Licence #635706
400 Tickets Printed



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Spring High Tea

Friday, May 12, 2023

1:30 - 3:30pm - Tillie's Cafe

\$25.00/person

Tickets on Sale April 11 - May 5

Limited Seating Available



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Easter Brunch, April 6, 2023



Soon after the poster was up on the notice boards in the SEESA hallways tickets were selling quickly. Ten days before the event all 80 tickets were sold.

Volunteers transformed Tille's Café with Easter and Spring decorations adorning tables with pretty cloths and easter decorations and colourful napkins. The aroma of food filled the room, as friends and families found tables and settled. Our board chair, Wendy, gave the opening remarks and then brunch was served by our wonderful volunteers.

While waiting for their meals guests were able to get hot cross buns, coffee and juice. The room was filled with conversation and laughter. Fresh fruit skewers were available

for dessert. Serving volunteers received positive comments and feedback about the brunch.

Two members won door prizes: a lovely bird feeder, and a clock that made bird calls on the hour.

As our guests left Tille's there were smiles and requests as to when the next event would take place.

We would like to thank our community sponsors – Carol's No-Frills Foods, Safeway Bonnie Doon Mall, Costco and Save On Foods Sherwood Park – for their donations of fresh fruits, hot cross buns, fruit juices and other items to support our event.

Avril Pike



PHOTO: AVRIL PIKE



PHOTO: AVRIL PIKE



Age Friendly Edmonton Lunch 'n' Learns

Join us for our 2023
Lunch 'n' Learns!

Age Friendly Edmonton brings to you its popular Lunch 'n' Learn series. These enjoyable and informative events cover a wide range of topics — from tips to age safely and independently to what's being done to address ageism in our community. All of the Lunch 'n' Learns will be held virtually.

Ageism in the Workplace

April 19 | Noon – 1 pm

Listen to our seasoned panelists who will be sharing their knowledge in a session moderated by Age Friendly Edmonton. Learn about how ageism is presented in the workforce and some strategies to support older workers. If you are an older adult looking for work, receive tips on how to overcome negative stereotypes and how to use your experience to your advantage.

[Register](#)

The Role of Physiotherapists in Optimizing Health of Older Adults - Spotlight on Falls Prevention

Date: June 6, 2023

Time: 9AM - 10 AM (MDT)

Audience: Older adults

Register at: <https://bit.ly/3luuQo9>

Have you noticed that daily activities seem harder than they used to feel? Have you noticed that since your most recent birthday you have seemed to be more off balance or have even had a fall? Have you heard that physiotherapy can help but you are not actually sure what that means?

Join us on June 6th with Physiotherapist Laura Kean from Edmonton Neurophysio, as we take a deep dive into the changes that occur with aging and why getting to know your local physiotherapist can help keep you upright and moving with confidence for life. We will cover the following:

- Physiological changes that occur with aging
- 1 Rep Max Living - are you living on the edge?
- How do the above relate to falls prevention?
- What does physiotherapy for successful aging and fall prevention look like?



Laura Kean, B.Kin, MPT
Registered Physical Therapist
Edmonton Neurophysio

Laura Kean is a physiotherapist who specializes in neurologic, vestibular, and geriatric rehabilitation. She is the founder of Edmonton Neurophysio, and is operating out of Westside Children's and Sport Physio. In particular Laura has an interest in balance and fall prevention using a fitness forward and neurophysiology informed approach. She believes that it isn't just about preventing falls but also preparing people for them if they do happen to reduce the severity of impact and prevent injury. Laura is passionate about working with older adults and people with mobility deficits. She is a strong believer that age or disability do NOT have to limit participation or quality of life. As a newly minted Edmontonian she is eager to get to know her new community and help empower them, so they can keep moving for life with confidence.



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

It's webinar time!

Stay Independent. < Prevent Falls.



Watch March Lunch 'n' Learn Sessions

What is Gerontechnology, and how can it enable safety, independence, and a better quality of life? Learn more about assistive technologies that can be useful in supporting aging in place needs such as enhancing mobility, communication, health/wellness, safety/security, physical and cognitive activity. [Watch here](#)

Toolkit for Fostering Inclusion in Senior Serving Organizations 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. [Watch here](#)

SEESA *You belong here*

Tillie's Cafe

WE ARE OPEN

Monday - Friday
9:00am - 1:00pm

Breakfast 9 am – 10:30 am
hot and cold selections

Lunch 11:30 am – 1:00 pm
soup, salads, sandwiches

Wednesday: hot entrée (served 11:30am - 1:00pm)

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NOTE: Tillie's Cafe is closed on April 21 for a special event.

WANNA PLAY A ROUND?

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

REGISTERED

FULL

SEESA
You belong here

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

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

SEESA 1-877-250-4904
info@donatecar.ca

Donate Your Car to South East Edmonton Seniors Association

For more information, visit our website at
www.seesa.ca

1. Tell us your vehicle info 2. We pick up your car 3. You get a tax receipt

FREE TOWING **TAX DEDUCTION**

(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 \(donatecar.ca\)](http://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.



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Our Parents' Home

10112 119 Street, Edmonton 780-935-922



revera
RETIREMENT LIVING



Spring 50/50 Raffle

TICKETS \$5 EACH

On Sale

April 6 - May 15, 2023

**Purchase at SEESA Front Desk
or Call 780-468-1985**

DRAW DATE MAY 15, 2023



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LICENCE #638729
400 TICKETS PRINTED

Shadow Theatre presents:

10 FUNERALS

by Darrin Hagen

April 26 - May 14



SPECIAL SENIORS MATINEES

Wednesday, May 3rd at 12:30 pm
Wednesday, May 10th at 12:30 pm

\$25
Group Rate options
available

Sat April 29th, Sat May 6th at 2pm - Pay what you can
A world premiere by Edmonton's own guy in disguise.



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

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

Presented by the Accidental Drama Club



Written by Stella Galbraith & David Higgs

Saturday, April 29 at 7:00 PM

Sunday, April 30 at 2:00 PM

Doors open 1 hr before show
Concession and Bar available

Tickets

\$15 in advance

\$20 at the door



9350 82 St Edmonton
(780) 468 1985



National Volunteer Week

April 16 – 22, 2003

(A love letter to our volunteers)

Shout-out to SEESA's exemplary volunteers — from those of you who are the face of SEESA as Front Desk Receptionists (FDRs), cashiers, ticket takers, tour guides, and Club/Activity Liaisons to our behind-the-scenes volunteers who bake birthday cakes, plan parties and events, call members, clean and sort for book sales and rummage/reuse sales, change the outdoor sign, answer the info emails, manage our website and social media, and take care of all sorts of administrative work including preparing posters, tickets, and newsletters. We also appreciate those who spread the good news about SEESA wherever they go!

Thank you to volunteers who step in when needed due to staff illnesses or shortages, especially in programming, membership, communications, IT, and Tillie's Café. Volunteers have been working hard over the past year in Tillie's Café, throughout three stages: last spring and into summer serving soup and making sandwiches to order (we also had a sandwich special once a week, rotating through the days so that people coming on different days could partake), over the fall

and into winter with only beverages and baked goods, and this winter into spring doing all sorts of food prep with finally a cook in the kitchen.

A special thanks to the present and past board members, who got more work than they bargained for, but have managed the various tasks admirably. The past couple of years the board has had to take on a more operational role, often putting in long days dealing with undesirable tasks that nevertheless needed to be done and trying to get SEESA back on its feet. And look where we are now, beginning to thrive again!

Although we are not hosting a tea to thank the volunteers this month, SEESA is looking at holding a volunteer appreciation event later in the year. You are fantastic people who have made a difference in the lives of all who come through our doors. Every single person, every single hour, makes a contribution to this community, and for that, it's difficult to express the level of appreciation we hold for you.



You Belong Here!

Yours truly,
SEESA Staff

FULTON PLACE COMMUNITY LEAGUE AND
THE SUNSHINE GARDEN PRESENTS:



GENERATIONS CELEBRATION

SATURDAY MAY 27, 11AM - 1PM

Surrounding St. Augustine Church
6110 Fulton Rd NW



Fun tattoos, photo booth and jumbo games

Light lunch, snacks and refreshing beverages

Music performance by Von Bieker

Variety Show performances from SEESA

Collecting donations for SEESA by cash or cheque

sponsored by @ecorenewcontracting and @danabradleyrealestate

FYI Seminars, May 2023



Tuesday May 2 / 1:30 pm - 3:00 pm

Trinity Funeral Home Presentation

Vince Gobeil from Trinity Funeral Home will be presenting on a variety of topics such as burial, cremation, green burial and final document services. In addition, pre-arranging funerals and travel plan (death away from home). *Presenter: Vince Gobeil*

Wednesday May 10 / 1:30 pm - 3:00 pm

Migraines and Headaches

Do you suffer from headaches and migraines? Come and join us as we learn more about the causes and treatments available to you. *Presenter: Dr. Raj Dhaliwal*

Wednesday May 10 / 1:30 pm - 3:00 pm

The Stages of Dementia and Keeping Your Loved Ones Safe at Home

We will talk about what the different stages of dementia/Alzheimer's and how to recognize them. We will address what to do during these different stages so that loved ones can stay in their own homes safely. *Presenter: Rachel Rennie*

Tuesday May 16 / 1:30 pm - 3:00 pm

Pelvic Health, Incontinence and Prolapse

Pelvic Health Physiotherapy involves the assessment and treatment of the pelvic floor as well as ALL of the pelvic girdle's contents. In this seminar, we will go over general education about the pelvic floor as well as general bowel and bladder habits. The primary focus will be on both POP and UI (stress, urge and mixed incontinence); specifically, what they are, the risk factors, self management options, treatment options and the physiotherapy treatment approach.

Thursday May 18 / 10:00 am - 11:00 am

Bring Your Own Device: CreativeBug

Classes, daily practice, and downloadable patterns for sewing, knitting, crocheting, paper crafts, quilting, cake decorating, and many other creative pursuits. Please bring your own iPad, laptop or tablet. In addition, please bring your Edmonton Public Library card or know your barcode number and PIN to be able to fully participate. If you don't have an EPL card, you can apply online or visit any EPL branch, or bring a piece of ID with your current address to this session and arrive between 9:30 and 9:50 to get your free card. *Presenter: Wendy Gronnestad-Damur*

Tuesday May 23 / 1:30 pm - 3:00 pm
Change Begins With Me

Join Betty for a Health and Wellness Class on “Change Begins With Me”. Change is a Choice. Change is Possible. Nothing is more powerful than sharing our truth and some of our experiences. This dialogue is about creating awareness and change. It is about connecting from the inside out and supporting one another. This class helps one realize that we all have challenges in our life and that we all have the ability to overcome them. Free yourself by sharing, listening, and supporting one another.

Presenter: Betty Wedman

Wednesday May 31 / 1:30 pm - 3:00 pm
Staying Active in the Presence of Painful Joint Conditions

Stiffness, swelling, and pain in your joints from osteoarthritis (OA) should not keep you from your favourite activities. There is a common myth that being active could make your joint pain symptoms worse, but the opposite is true. Come learn more about common painful joint conditions such as osteoarthritis, rheumatoid arthritis and joint replacements. Learn strategies on how to manage these painful conditions and tools on how you improve overall function or increase physical activity. *Presenter: Nick Pahud*

Register in person or by phone



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Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Spring Quilt Raffle Ticket on Sale (\$3.00/ticket) – Draw Date May 12 th Spring 50/50 Raffle Tickets on Sale April 6 th . \$5.00 each – Draw Date May 15 th Coming in May: <ul style="list-style-type: none"> ➤ Melody Singer Spring Concert (May 7) ➤ High Tea in Tillie’s Café (May 12) 						1
2	Classes (Session 2) Begin	Blood Pressure Clinic 1:30 – 3:00pm (sign-up at Front Desk)	5	Easter Brunch Tillie’s Café 10:30am	Good Friday SEESA Closed	8
9 Easter Sunday SEESA Closed 	10 Easter Monday SEESA Closed	11 Book Sale 9am – 330pm (April 11 – 20)	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: “Melodies at the Manor” 7:00pm
30 Accidental Drama Club Presents: “Melodies at the Manor” 2:00pm	April FYI Seminars: (see Program Guide for further details) April 18 – Money Mentors April 19 – Introduction to Antiques April 20 – Bring Your Own Device: AtoZ World Food April 25 – Understanding Hearing Loss					

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1	2	3	4	5 Jam Session 6:45 – 10:00pm 	6
7 Melody Singers Spring Concert (2:00pm) Gymnasium	8	9	10	11	12 High Tea Tillie's Café (1:30 – 3:30pm) Spring Quilt Raffle Draw	13
14  Happy Mother's Day	15 Spring 50/50 Raffle Draw	16 Monthly Birthday Party 1:30 – 3:00pm 	17	18	19 Jam Session 6:45 – 10:00pm 	20
21	22 VICTORIA DAY SEESA Closed	23	24	25	26	27
28	29	30	31	Tickets on Sale: Spring High Tea - \$25.00 each Melody Singers Spring Concert - \$10.00 each Quilt Raffle - \$3.00/each 50/50 Raffle - \$5.00/each		