



2

TASTE OF EDMONTON

3

SEESA'S BANANA SPLIT
FUN FUNDRAISER: A
SWEET SUCCESS

4

KDAYS PANCAKE
BREAKFAST

5

DISCOVER NEW
SKILLS AND STAY
ACTIVE WITH OUR
EXCITING CLASSES!

WHAT'S IN THE CURRENT ISSUE

6

CELEBRATING
BIRTHDAYS

11

UPCOMING
EVENTS AND
NOTICES



TASTE OF EDMONTON

SEESA was fortunate to host an information table at Taste of Edmonton on July 22 and 23, 2024. The two days brought an opportunity for SEESA to engage with a new audience of potential supporters and give out information about our clubs, classes, volunteer opportunities, and activities.

Thank you to all the amazing volunteers who hosted the table during the two hottest and smokiest days of the event! Your dedication is truly appreciated, and we are honoured to have you on our team.





SEESA'S BANANA SPLIT FUN FUNDRAISER: A SWEET SUCCESS

On August 9, SEESA's Banana Split Fun Fundraiser took a delicious trip back in time with a vibrant 50's and 60's-themed celebration. The event, held at Tillie's Cafe, was a nostalgic journey filled with music, retro outfits, and, of course, banana splits. Guests enjoyed a delightful afternoon with classic tunes and themed decorations that evoked the charm of the 50's and 60's. The highlight of the event was the banana splits, which were served alongside refreshing iced tea.

The response was overwhelming, with tickets selling out well in advance. The enthusiastic turnout not only created a lively atmosphere but also contributed significantly to SEESA's fundraising efforts. Thank you to everyone who attended and supported this fun and flavorful event. Your participation helped make the Banana Split Fun Fundraiser a resounding success!





KDAYS PANCAKE BREAKFAST

On Friday, July 19, we had an incredible turnout at our KDays Pancake Breakfast in Tillie's Cafe! Dozens of people joined us, and we served over 100 plates of pancakes, complete with a selection of delicious toppings like fruit compote, whipped cream, and syrup. As an added treat, four lucky attendees won general admission tickets to this year's KDays festival as door prizes. For those who came later and missed out on the breakfast sausage, we truly appreciate your understanding—the overwhelming response exceeded our expectations! A heartfelt thank you to everyone who participated, as well as to our dedicated kitchen staff and the volunteers who made the event a success.



DISCOVER NEW SKILLS AND STAY ACTIVE WITH OUR EXCITING CLASSES!

Ready to try something new or continue honing your skills? Our diverse range of classes is designed to keep you engaged, active, and inspired. Whether you're looking to boost your fitness, explore your creativity, or deepen your personal growth, we have something for everyone. Check out our latest offerings:

- **New!** Total Fitness Fun: Energize your body with this comprehensive workout.
- **New!** Flex and Flow with Arthritis: Gentle movements to improve flexibility and ease arthritis.
- Yoga with Megan: Find your balance with Megan's rejuvenating yoga sessions.
- Line Dance Intermediate/Experienced: Keep your feet moving with our lively line dancing class.
- Clogging Intermediate & Experienced: Tap into the rhythm with these dynamic clogging classes.
- Yoga Gentle Flow: Enjoy a soothing and gentle yoga practice.
- Yoga for Guys and Gals: Join us Monday, Thursday, and Friday for inclusive yoga sessions.
- Group Vocal & Performance Skills: Enhance your vocal and performance abilities in a supportive group setting.
- Christmas Caroling Bootcamp: Get ready for the holiday season with our caroling bootcamp.
- Ukulele Absolute Beginner: Strum your first chords and start your musical journey.
- Acrylic Painting: Unleash your creativity with vibrant acrylics.
- Move and Groove Advanced: Challenge yourself with advanced dance moves.
- Advance Care Planning Part 1 and 2: Prepare for the future with thoughtful planning.
- Philosophers Café: Engage in deep discussions and expand your mind.
- Guided Meditation: Find peace and clarity through guided meditation.
- Spiritual Empowerment: Strengthen your spirit with empowering practices.
- Connect and Reflect – a RIPPLE Workshop: Foster connection and reflection in this unique workshop.
- Grief Recovery Method: Begin your healing journey with our supportive program.
- Tai Chi Introduction: Discover the calming and meditative practice of Tai Chi.
- Pottery Workshop for Beginners: Get hands-on and create beautiful pottery pieces.

Join us and enrich your mind, body, and spirit. Sign up today and start your journey towards a healthier, more fulfilled you!

SEESA will be closed for building maintenance from August 19th to August 30th, but you can still register for these exciting classes during the closure in person at SEESA.

CELEBRATING BIRTHDAYS – JULY 15, 2024 – AUGUST 14, 2024

Daniel Acheson
Clare Algajer
Adele Amyotte
Ted Anderson
Wayne Anderson
Margaret Antoniuk
Shanta Aurora
Joyce Aysan
Darlene Bartman
Len Belzil
Bonnie Bendick
Colette Boudreau
Clifford Brenneis
Linda Cameron
James Campbell
Janice Carroll
Earl Choldin
Maria Christiansen
Ruth Cockwill
Muriel Darvill
Elizabeth Demers
Jody Dosser
Sheila Dyck
Bunny Edwards
Stan Edwards
Kathy Ewald
Carol Ewing
Victoria Fannon
Jo-Dell Forestier
Lynn Fraser
Anne-Marie Goggin
Gail Gravelines
Deanna Gupta
Barbara Hedstrom

Gloria Hodgetts
Rayne Johnson
Jadwiga Kalke
Jocelyne Kavalinas
Shelagh Kennedy
Mary Kieller
Carl Kindred
Janet Koren
Fernie Labonte
(Sister) Sylvia Landry
Madeleine Landry
David Lapp
Christina Logan
Richard Lorentz
Les Lutic
Bruce MacDonald
Cheryl Mackenzie
Sandra McFadyen
Claudine Metzner
Thomas Miles
Roger Miller
Phyllis Molyneux
Rick Morrow
Leslie Musselwhite
Ron Nordhagen
Hanna Nordstrom
Elaine Nystrom
Jim Palmer
Vivian Palmer
Susan Pederson
Natalie Piasetsky
Wade Pike
Dhayiah Pillay
Denise Pridmore

Elizabeth Prystawa
Dave Rochefort
Ron Schenker
Marian Seitz
Lawrence Selewich
Herb Setz
Arthur Spence
Leland Stelck
Granger Thomas
Margot Trembath
Karen Tschida
Daniel Van Alstine
Crystal Viana
Donna Walton
Hendrika Wenden
Karen Wiltshire
Maureen Winchester
Vicky Wirth
Kristine Wolski
Margaret Wooff
Catherine Wyard-Scott

CELEBRATING BIRTHDAYS – AUGUST 15, 2024 – SEPTEMBER 14, 2024

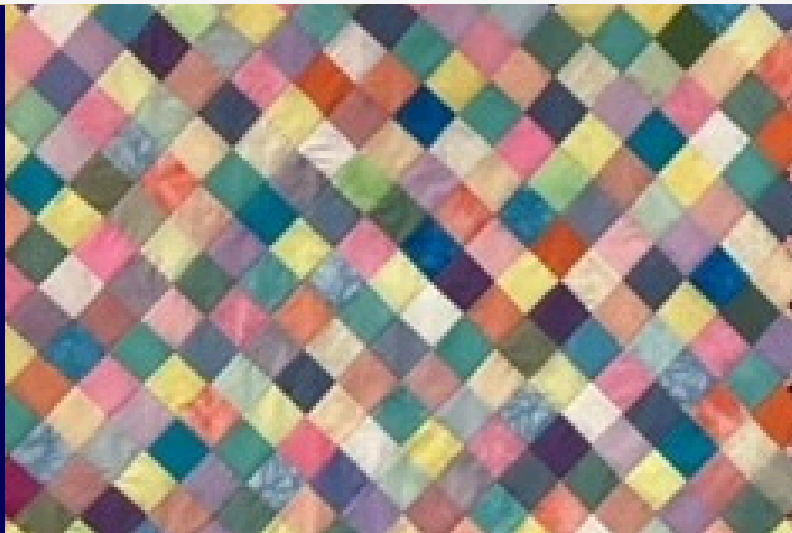
Glen Argan	Maxine Kettleson	Irene Scarrett
Bernice Armstrong	Joyanna Klaus	Debra Scott
Carol Aubee-Girard	Chris Kocil	Hanna Shmulevitz
Linda Axley	Robert Konojacki	Audrey Shonn
Mary Baxter	Sandra Konrad	Jane Skinner
Margo Cahn	Dorothy Korbut	Douglas Stevenson
Cathy Campbell	Kenny Kozak	Laura Stewart
Janet Campbell	Terri Labonte	Jim Swan
Barbara Clark	Brian Landreville	Sharon Swyrd
Patricia Clarke	Ken Loo	Susan Taniguchi
James Der	Ian Macintosh	Marjorie Tanner
Rosemary Dinsdale	John MacLeod	Lorri Tian
Tim Doskoch	Norma Marion	Andy Trachimowich
John Eadie	Roger Martens	Mary-Ann Trachimowich
Vernon English	Athena McKenzie	Marielle Turgeon
Rob Ennis	Rosemary McMahon	Diane Turner
D. Gordon Ewing	Karen McNaughton	Roy Turner
Marika Fedchyshyn	JoAnne McRae	Kevin Valpy
Wanda Fish	Cynthia Murphy	Joanne Van de Maat
Peter Gommerud	Robert Noseworthy	Eileen Vanderwyst
David Gordon	Toni Owen	Phillip Vere
Beverley Hadlington	Mary-Ellen Perley	Susan Wegner
Julie Haley	Dorothea Pfalz	David Whillier
Debra Hathaway	Vivian Pich	Monika Wichman
Kathy Herklotz	Allan Pickard	Noreen Willows
Carol Hill	Christine Place	Deborah Wimpney
Trevor Hughes	Roger Poon	Brenda Winchester
Maryanne Huntingford	Stanley Poon	Antonia Yarmon
Robert Hyndman	Barb Reidford	
Linda Jennings	Brenda Remin	
Barbara Johnston	Linda Ritchie	
Ana Kante	Alain Rodrigue	
Keith Kasha	Judy Russ	
Patricia Kelly	Marianna Sanders	

**Do you have
a birthday
in August/
September?**

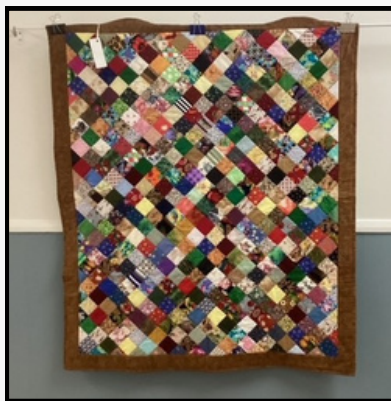


**Your party is on Tuesday, September 17th at 1:30 pm.
Please RSVP by September 12th to 780-468-1985.**

HANDMADE QUILTS AVAILABLE FOR PURCHASE



You can purchase the quilts on display at SEESA on any weekday during regular hours of operation. Additional quilts are available to see and purchase on Mondays between 1:00pm and 3:00pm in the Forest Heights Room.




Don't know how to fix your home?
Let us help!



Get a \$10 coffee card when you book any free on-site quotation.

Our clients are like friends and sometimes we show up with coffee!

CONTACT THE EXPERIENCED PROFESSIONALS AT



Give us your list; we'll get it done
www.HOHS.ca | 780.940.2127 



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



SEESA Shares Advertising Rates

SEESA accepts paid advertising in SEESA Shares.

Advertising rates per single issue:

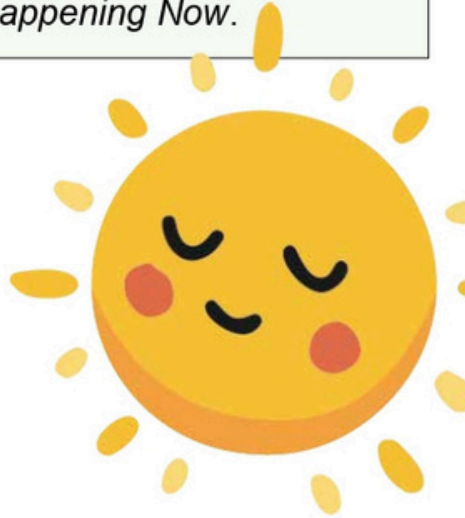
Card size:	3.5" w x 2" h	\$25.00
1/4 page:	4" w x 5" h	\$40.00
1/2 page:	8" w X 5" h	\$80.00
1/2 page:	4" w X 10" h	\$80.00
Full page		\$120.00

1500 email circulation

Send submissions to: info@seesa.ca preferably by the 1st of each month, so that any amendments can be complete by the 8th of the month. Publication is around the 15th of the month.

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 Now.



UPCOMING EVENTS AND NOTICES

Tillie's Cafe



Closures

August 12: The kitchen will be closed, and only pre-made sandwiches and hot beverages only.

August 19-30: Tillie's Cafe will be closed.

Notice: With a fall harvest coming up, just a reminder SEESA kitchen is unable to accept any food donations from individuals.

CLOSED

SEESA SUMMER CLOSURE

FOR MAINTENANCE WORK

AUGUST 19-30

SEESA will remain open for class registrations.

SEESA
You belong here

SEESA
You belong here

Summer

50/50 Raffle

TICKETS \$5.00

On Sale

Purchase at SEESA Front Desk 9350 - 82 ST NW
or Call 780-468-1985

DRAW DATE SEPTEMBER 20, 2024



LICENCE #690522
600 TICKETS PRINTED

Outreach & Home Support Information Session

Join us for an information session about the following
programs offered through the
Edmonton Seniors Coordinating Council

Seniors Coordinated Outreach Program
Home Supports Program
Jewish Family Services Programs & Services

- **What is the Outreach Program?**
- **What outreach services are provided?**
- **Who is eligible for outreach services?**
- **How can you access the services?**

Thursday, September 19th

9:00am

Edmonton Room at SEESA (9350 - 82 ST NW)



Outreach & Home Support Information Booth

Thursday, September 26th

11:30 am to 1:00 pm

Want to learn more about the Outreach & Home Support programs offered through the Edmonton Seniors Coordinating Council (ESCC)?

- **What is the Outreach Program?**
- **What is the Home Supports Program**
- **What services are provided?**
- **Who is eligible for these services?**
- **How can you access the services?**

Staff from the Seniors Coordinated Outreach Program, Home Supports Program, and the Jewish Family Services Program will be onsite to answer all your questions.



EDMONTON
SENIORS
COORDINATING
COUNCIL

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Summer 50/50 Raffle Tickets on Sale (\$5/ticket)		 Olympic Games Paris (July 26 – Aug 11)		1	2	3
4	5  Heritage Day SEESA Closed	6 Session 5 Registration 9:15am (On-line & In-person)	7	8 Edmonton Folk Music Festival (Aug 8 – 11)	9 Banana Split Fun Fundraiser! 1:30pm in Tillie's	10 CARIWEST Caribbean Arts Festival (Aug 9 – 11)
11	12	13	14	15 Edmonton International FRINGE Festival (Aug 15-24)	16	17 National Non-Profit Day "It takes a Village"
18 Yearly Building Maintenance Aug 19 – 30 No Classes or Clubs Tillie's Café Closed →	19	20	21	22	23	24
25 Yearly Building Maintenance Aug 19 – 30 No Classes or Clubs Tillie's Café Closed →	26	27	28  Paralympic Games Paris (Aug 29 – Sept 8)	29	30	31

Clubs Running over the Summer (See Website for days/times/cost: www.seesa.ca)

- | | | | |
|---------------------|-----------------|---------------------|-------------------|
| Badminton | Contract Bridge | Quilting & Crafting | Pickleball |
| Table Tennis | Woodcarving | Guitar | Pole Walking |
| French Conversation | SEESATones Band | Hand & Foot Canasta | Soapstone Carving |
| Cribbage | Jam Sessions | Jigsaw Meet Up | Euchre |

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2 Labour Day SEESA Closed	3 SEESA Clubs Resume	4	5	6 Jam Session 6:00 -9:00pm 	7
8 <i>Happy Grandparent's Day!</i>	9 SEESA Classes Begin	10	11	12	13	14 <i>External Event</i> <i>Community Day at Holyrood Community League</i>
15	16	17 <i>August/September Birthday Party</i> <i>Tillie's Café</i> 1:30 – 3:00pm 	18	19	20 Jam Session 6:00 -9:00pm 	21
22 Date TBD: SEESA Truth & Reconciliation Event This Week →	23	24	25	26	27	28
29	30 National Day of Truth & Reconciliation SEESA CLOSED					