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Celebrating Eva Osterwoldt



**Yearly Building Maintenance  
will take place  
August 24 to September 4, 2026**

**No Classes or Clubs  
Tillie's Cafe Closed**

Front Desk will remain open  
Monday - Friday  
9 am to 3 pm

**South East Edmonton Seniors Association**

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

780-468-1985 • [info@seesa.ca](mailto:info@seesa.ca) • [www.seesa.ca](http://www.seesa.ca)





# Message from the Board



As August unfolds the mornings are crisper and the sun sets sooner, youth and their parents are reminded of the start of school. For many SEESA members, this is also a signal to return to classes and activities.

A recent article identified five types of hobbies we should have in our lives:

- Hobbies that keep you in shape and physically active;
- Creative activities that support self-expression;
- Hobbies that build knowledge and provide mental stimulation;
- Hobbies that broaden your perspective and support a positive mindset;
- Hobbies that provide opportunities to socialize with others.

SEESA provides varied opportunities to achieve this balance in our hobbies. As you register for classes, clubs and activities this fall, think about the balance in your retirement pursuits.

Over the summer, work has continued on the SEESA Strategic Plan. Stay tuned for more information this fall!

We look forward to connecting with you, as you return to classes, clubs, FYIs, birthday parties, performances and social events.



# SEESA BOTTLE

## DRIVE



Turn your  
empties into  
something  
amazing!

**DROP-OFF DATES**

**FRIDAY AUGUST 21**

**10:00 AM - 3:00 PM**

**DROP-OFF LOCATION:**

9350 82 St NW,  
Edmonton AB T6C  
2X8

Call Front Desk for  
more information:

**780-468-1985**

*Let's recycle for a purpose!*



The background is a vibrant orange with a subtle vertical line pattern. At the top, there are stylized white dice and a row of five playing cards (Ace of Clubs, Ace of Hearts, Ace of Spades, Ace of Diamonds) with a blue starburst arc above them. The central text is enclosed in a dark brown rectangular box with a glowing orange border. Below the box are two red dice and a yellow ribbon banner. At the bottom, there are stacks of colorful casino chips (red, green, blue, black) on both sides.

# RIVER CREE CASINO *Bus Outing*

**MONDAY SEPTEMBER 21**

11:00AM PICK UP FROM SEESA

3:30PM DEPARTURE FROM RIVER CREE TO SEESA

**\$5 FREE PLAY VOUCHURE  
COMPLIMENTARY LUNCH AT TAP 25  
\*BEVERAGES AND GRATUITY NOT INCLUDED\***

**COST: FREE**

SIGN UP AT THE FRONT DESK OR BY  
CALLING 780 -468-1985 BY SEPT 14

# Giving Back To Community



SEESA's Quilting & Crafting Club recently donated handmade quilts to Edmonton's Zebra Child & Youth Advocacy Centre and the Lions Club of Edmonton. Thanks to SEESA member Sandra, who answered the call for donations and rallied her fellow club members to help make it happen.

It's another wonderful example of SEESA members putting their talents to good use and giving back to the community!



**Donation of quilts to Edmonton's Zebra Child & Youth Advocacy Centre**



**Donation of quilts to Edmonton's Lions Club**





# 2027 MEMBERSHIP SALE

## 2027 Membership Pricing

Regular Member \$40 No increase!

Associate Member \$55 / Reciprocal Member \$10

### **NEW Regular Member**

2027 Membership **Pre-sale**

Effective August 1, 2026.

Buy a 2026 membership for \$20 if you buy your 2027 membership at the same time.

### **NEW Associate Member**

2027 Membership **Pre-sale**

Effective August 1, 2026.

Buy a 2026 associate membership for \$25 if you buy your 2027 membership at the same time.

**Early  
Bird Sale**

### **Regular Membership**

All returning 2026 regular members who buy their 2027 membership before December 31, 2026, will be entered into a draw to win their membership back. (12 chances to win)

### **Refer a Friend Regular Member Discount**

If you are a current 2026 regular member and bring in a new 2027 regular member (who hasn't been a SEESA member for the past 2 years), you will receive \$10 off your 2027 membership if purchased between Aug 1 - Dec 15, 2026.

Both memberships must be purchased at the same time so discount can be applied.

In person only at SEESA Front Desk. Not available online.

The top left of the page features two green circles: a large one and a smaller one. On the right side, there is a photograph of a modern building with large windows and a blue roofline, partially framed by a large green circle.

# SEESA ACCESS PASS (SAP)

## Who Is Eligible?

- Current SEESA member or those looking to become a SEESA member (reciprocal members not eligible)
- Demonstrate financial need

## What SAP Covers

The Access Pass subsidizes or fully covers the cost of SEESA's:

- Classes
- Clubs
- FYI sessions
- General interest class or workshops
- Transportation to and from SEESA

Note:

- The program does not apply to SEESA event registrations or fundraising activities.
- Reciprocal members are not eligible.
- There is a maximum amount eligible per year.



Interested in applying or know someone who could benefit?

Contact our Membership Coordinator (780-468-1985 ext 225 or by email at [gina-marie@seesa.ca](mailto:gina-marie@seesa.ca)).





# SEESA Open House & Community Fair

Sept 9, 2026  
10 am to 3 pm

9350 82 St NW

Have you ever wondered what a senior centre is all about? Now's your chance to find out!

Come explore everything SEESA has to offer — from exciting classes and social clubs to special events, volunteer opportunities, Tillie's Cafe, and so much more.

Whether you're looking to learn something new, make friends, stay active, or become part of a welcoming community, there's something here for everyone.



**Contact Us**

**780-468-1985**

[info@seesa.ca](mailto:info@seesa.ca)

[www.seesa.ca](http://www.seesa.ca)

9350 82 Street, Edmonton

**SEESA** *You belong here* <sub>9</sub>





## **SEESA Open House & Community Fair**

Sept 9, 2026  
10 am to 3 pm

Don't forget to  
check out Tillie's  
Cafe!

Lunch service  
provided during  
the Open House.

Make sure you  
check out Chef  
Cherie's special  
treat for the day!

## **Classes and Clubs**

- Badminton Club
- Floor Curling Club
- Cribbage Club
- Accidental Drama Club
- Melody Singers Club
- Elder Mah'koos
- Dani Nicole (Balanced Beats, Cha Cha Charge, Friday Power Hour)
- Card Making
- Line Dance Beginner
- Move Well
- Quilting and Crafting Club
- Stained Glass
- Move Well
- Guiatr Club/Jam Club Performance

## **Community Partners**

- Caregivers Alberta
- Edmonton Seniors Coordinating Council
- Drive Happiness
- ElderCare Edmonton
- Project Adult Literacy Society
- Edmonton Neighbourhood Watch
- George Spady Society (Holyrood Supportive Housing)
- Edmonton Pride Seniors Group
- Men's Shed Canada
- Sage Seniors Society
- Council of Muslims Aging Gracefully
- Voices of Albertans with Disabilities
- Edmonton Public Library



# Operation Friendship Summer Carnival

A couple of SEESA volunteers, Sandra and Sue, along with our Community Engagement Coordinator, Graham, had a great day on July 30 helping out at Operation Friendship Senior Society's Summer Carnival. Operation Friendship has been serving Edmonton's inner city seniors since 1969, offering services without judgment to improve the quality of life for seniors in need.

As part of SEESA's community engagement, we're looking to build strong partnerships with other seniors serving organizations, like Operation Friendship. We're also trying to think outside our walls in terms of what the SEESA community can offer to fellow Edmontonians. Helping out at events like this Summer Carnival shows others that SEESA is ready to partner, ready to connect with others, and that we're happy to support local seniors in a variety of ways. The SEESA team had a great time! Thanks again to Sandra and to Sue for joining, and a big thank you to Operation Friendship for having us!

If you're curious to learn more about SEESA's current community engagement work, you can give Graham a call at 780-468-1985 ext. 228, or send him an email at [graham@seesa.ca](mailto:graham@seesa.ca).





## ◆ Pancake Breakfast Friday, July 24th, 2026



On Friday, July 24, we celebrated our annual KDays with joy, laughter, and the big spirit of the Klondike Gold Rush!

This year, at our Pancake Breakfast, SEESA members enjoyed fluffy pancakes and sausages while showing off their fancy Klondike costumes with lots of creativity! Congratulations to all the Best-Dressed winners who brought wonderful stories and laughter to the event.



Another way to get a Klondike costume was by joining our Live Drawing Portrait activity, which allowed the members to get their cartoon portraits in Klondike-themed costumes. Thank you very much to our artists, Chalisa and Kris, for bringing smiles to SEESA.



A big shout-out to Harsha and Ana, our photographer volunteers, for their great work capturing the vibrant moments of our event.

Thank you to all our kitchen, café, artists, photographers volunteers who helped make this event a success!



# **BOOK & PUZZLE SALE**

**Audio Books, DVDs, CDs also available**



**Sept 14 to 24 - 9 am to 4 pm**

**(closed Saturdays, Sundays & Stat Holidays)**

**Partial Closure (Cafe portion)**

**Tues, Sept 15 from 12:30 pm to 4 pm**

**Sept 26, 2026 - 10 am to 3 pm**

**Sept 27, 2026 - 11 am to 2 pm**

**Donations of used books, puzzles, audio books, DVDs & CDs  
can be dropped off at SEESA's South Doors**

**Sept 10 to 23 - 9 am to 4:30 pm**

**Sept 24 - 9 am to noon**

We do not accept encyclopedias, magazines, Readers Digest condensed versions, medical books, "How to" books, atlases, phonebooks, or maps.

9350 82 St, Edmonton

780-468-1985

info@seesa.ca

www.seesa.ca



## Fall Reuse

Sat, Sept 26, 10 am - 3 pm

Sun, Sept 27, 11 am - 2 pm

## Collection Dates

Mon to Fri, Sept 10 to Sept 23 - 9 am to 4:30 pm

Sept 24 - 9 am to noon

Sat, Sept 12 & 19 - 10 am to 3 pm

Please bring items to the south doors

SEESA - 9350 82 Street

## Book Sale

Mon to Fri - Sept 14 to 24

9 am to 4 pm

& during Reuse Sale

Partial Closure (Cafe portion)

Tues, Sept 15 from 12:30 pm to 4 pm



9350 82 St, Edmonton; 780-468-1985; info@seesa.ca  
www.seesa.ca



## Acceptable Items for donation



We **DO** Accept



- Antiques
- Collectibles
- Artwork
- China & Crystal
- Craft Supplies
- Home Decor
- Knick-Knacks
- Jewelry

- Kitchen Appliances (small only)
- Kitchen Housewares - pots, pans, cutlery, plates, bowls, cups
- CD's, DVD's, Records
- Books and Puzzles

- Knitting, Crocheting, Sewing Supplies
- Linens (clean - no stains)
- Patio & Garden accessories
- Picture Frames
- Purses
- Scarves

- Sporting Goods - small, eg weights
- Bikes
- Furniture - small, eg bookcase; coffee table, end table

9350 82 St, Edmonton  
780-468-1985  
info@seesa.ca  
www.seesa.ca





# HOLYROOD BIG BIN EVENT

Clean out your home and yard in one trip! Donate reusable household items to SEESA's Reuse Sale, which supports programs for local seniors, and dispose of large or bulky items through the HCL Big Bin Event! (HCL membership required to use Big Bin)

**SEPT 12** 9AM to 12PM  
9359 89 ST

SEESA accepts most household goods in good condition, while the Big Bin accepts items such as furniture, appliances, electronics, and yard waste.



Have reusable items that are too good to toss? Bring them to SEESA's Fall Reuse Sale Collection at the Holyrood Big Bin Event and give them a second life! We will have volunteers on site to help.

Check out what you can donate.

Join SEESA at Holyrood's Community League Day!

**The Reuse Sale**

Acceptable Items for donation



We **DO** Accept



- Antiques
- Collectibles
- Artwork
- China & Crystal
- Craft Supplies
- Home Decor
- Knick-Knacks
- Jewelry
- Kitchen Appliances (small only)
- Kitchen Housewares - pots, pans, cutlery, plates, bowls, cups
- CD's, DVD's, Records
- Books and Puzzles
- Knitting, Crocheting, Sewing Supplies
- Linens (clean - no stains)
- Patio & Garden accessories
- Picture Frames
- Purses
- Scarves
- Sporting Goods - small, eg weights
- Bikes
- Furniture - small, eg bookcase; coffee table, end table

9350 82 St, Edmonton  
780-468-1985  
[info@seesa.ca](mailto:info@seesa.ca)  
[www.seesa.ca](http://www.seesa.ca)

**SEESA**  
You belong here



**HOLYROOD'S**

**Community League Day**

**11AM - 3PM**

**SATURDAY SEPT 12**

**FUN FOR THE WHOLE FAMILY!**

FOOD TRUCKS  
LIVE ENTERTAINMENT  
GIANT BOUNCY CASTLE  
FACE PAINTING  
GLITTER TATOOS  
AND MORE!

**SEE YOU THERE! 15**





# Summer

50/50 Raffle

**Draw Date**  
**September 1, 2026**



By Phone - 780-468-1985  
In Person - SEESA Front Desk

Online - [www.rafflebox.ca/raffle/seesa](http://www.rafflebox.ca/raffle/seesa)  
(through QR Code)

**Tickets:**

- 1 for \$5
- 10 for \$25
- 50 for \$50

AGLC License: 784146  
Prize: 50% of sales, up to \$10,000!  
Eligibility: Alberta residents, 18+  
Deadline to purchase: Mon, Aug 31, 2026



## Got Empty Bottles, Cans & other Recyclables?

**We've Got  
a Cause!**

Turn those recyclables into a  
**REAL CHANGE** for SEESA

Visit Skip the Depot at  
<https://app.skipthedepot.com/seesa>  
and schedule your pickup today.

Your recyclable donation will go  
directly toward SEESA to help support  
our programs.



## Donate a Car Running or not, old or new

CARS - TRUCKS  
BOATS  
MOTORCYCLES  
RVs



WE WOULD  
LOVE TO PUT IT  
TO GOOD USE

## Donate Your Car to

South East Edmonton Seniors Association

Donate-A-Car will arrange the pick-up of your vehicle at no cost to you, sell the vehicle, and once they receive the funds, you will receive your tax deductible receipt through CanadaHelps and SEESA will receive the cash value of the sale.



TELL US YOUR  
VEHICLE INFO



WE PICK UP  
YOUR CAR



YOU GET A TAX  
DEDUCTIONS



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

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



## 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](mailto: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*.



**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

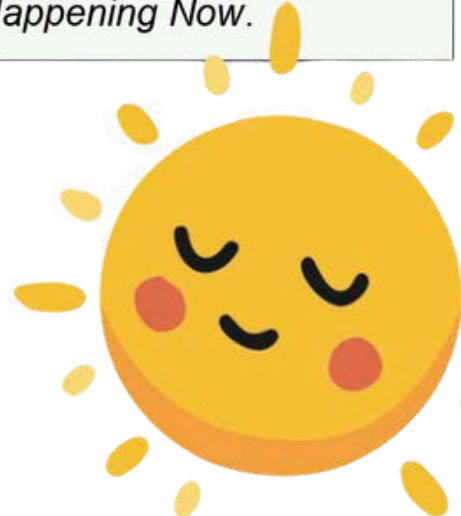
heather.mcpherson@parl.gc.ca



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HONOURABLE  
**MARLIN SCHMIDT**  
MLA EDMONTON-GOLD BAR



**My staff and I are at your service. The Edmonton-Gold Bar office is here to:**

- provide information about provincial government programs and services
- participate in local events
- share ideas
- provide a congratulatory scroll for significant birthdays, anniversaries, or other occasions

Email: [edmonton.goldbar@assembly.ab.ca](mailto:edmonton.goldbar@assembly.ab.ca)

Address: #100 8925 82 Avenue, T6C0Z2

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Stay in the home you love while eliminating monthly mortgage payments. Learn how a modern reverse mortgage can unlock your equity with tax-free monthly income and help you enjoy retirement

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# Specsavers

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That's Expert Eyecare for All  
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[specsavers.ca](http://specsavers.ca)

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# THE TUB DOCTOR



## CONVERT YOUR BATHTUB INTO A WALK-IN SHOWER.

**CALL TODAY**  
**780-539-7558**



## Need some help around the house?

At Mi Casa Cleaning we clean bathrooms, kitchens, flooring, windows, baseboards, and dusting. We can also help with laundry and other small household tasks.

We charge \$35 per hour. The cost includes cleaning supplies and equipment. Our team has lots of experience working in homes with pets.

**MORE INFORMATION,  
CONTACT DONNA**

PHONE  
780-803-0121

EMAIL  
mycleanersedmonton@gmail.com



## GENERAL INTEREST

# Technology

### **Android Phone Basics**

Thursday October 29 10:00am-12:00pm

Member: \$20 Non-Member: \$30

### **Computer Tutorials (1 hour sessions)**

Thursday September 17 & Thursday October 15 1:00pm-4:30pm

Member: \$50 Non-Member: \$60

### **Gmail: Cleaning Up and Organizing Your Gmail**

Thursday October 15 10:00am-12:00pm

Member: \$20 Non-Member: \$30

### **Google Chrome Basics**

Thursday September 17 10:00am-12:00pm

Member: \$20 Non-Member: \$30

### **iPhone Basics**

Thursday October 29 1:00pm-3:00pm

Member: \$20 Non-Member: \$30

### **Your Google Account, Contacts and Gmail Basics**

Thursday October 1 10:00am-12:00pm

Member: \$20 Non-Member: \$30

Sign up at the Front Desk,  
online or by calling 780-468-1985



## Yoga Hatha with Barb

Class starts with grounding the feet and freeing the joints, followed by easy versions of traditional hatha yoga poses. We'll laugh, release tension, stretch gingerly, build strength, and finish with a rejuvenating rest.

No experience needed—come move consciously and leave refreshed!

Date: Monday September 14-October 26

Time: 5:30pm-6:30pm

Member: \$60

Non-Member: \$78

Sign up at the Front Desk, online or by calling 780-468-1985



## VAMOS™ Groove & Move

Discover a fun, energizing blend of dance-inspired movement, cardio, coordination, functional fitness, and brain-body connection designed exclusively for active adults. This signature active-aging program is perfect for anyone looking to move, laugh, feel recharged, and even get a great night's sleep!

Date: Thursday September 17-October 29

Time: 6:00pm-7:00pm

Member: \$70

Non-Member: \$91

Sign Up at the Front Desk, online or by calling 780-468-1985



## Bolly X Evening

Bolly X is a 60-minute Bollywood-inspired dance fitness program that combines high and low-intensity choreography with global music. It captures the energy and expression of Bollywood, providing a fun cardio workout that helps you sweat, move, and smile while making fitness possible for all.

Date: Thursday September 17-October 29

Time: 6:00pm-7:00pm

Member: \$70

Non-Member: \$91

Sign up at the Front Desk,  
online or by calling  
780-468-1985



## Hula Hoop Dance

This low-impact hula hoop class tones arms, legs, and strengthens your core while improving coordination. You'll work both sides of the body to correct muscle imbalances, with most moves done standing.

Learn fun tricks and new skills in a safe, non-judgmental space, full of laughter and great music!

Date: Thursday Sept 17-Oct 29

Time: 6:30pm-7:30pm

Member: \$70

Non-Member: \$91

Sign up at the Front Desk, online or by calling  
780-468-1985





# ZUMBA GOLD CHAIR

This class is a dance fitness class with the same Latin rhythms and popular music you love in a Zumba class but with a slower tempo and less intense moves. The music is so amazing, and the moves are easy to pick up. Choose to follow just the feet, just the arms or challenge yourself to do both. Participants will be sitting in a chair during the entirety of the class. All moves can be modified to be less or more intense depending on your fitness level preference

Date: Tuesday September 15-October 27

Time: 4:30pm-5:30pm

Member: \$70

Non-Member: \$91

Sign up at the Front Desk, online or by calling 780-468-1985



# ESSETRICS® - GENTLE STRETCH

This is a gentler paced ESSETRICS class designed for those who have muscle stiffness, chronic aches and pains, and for those who are beginning to exercise after being inactive. Ideal for Seniors looking to improve mobility, balance and strength. Level 1 – Gentle Fitness, standing and chair work only. (Can be adapted for people with mobility devices). Yoga mat and strap recommended.

Date: Tuesday September 25-October 27

Time: 2:30pm-3:15pm

Member: \$52.50

Non-Member: \$68.25

Sign up at the Front Desk, online or by calling 780-468-1985



## Art Classes Sept-Oct

Bas Relief

Date/Time: Fri Oct 9-Oct 16 1:00pm-4:00pm

Member: \$100 Non-Member: \$110

Drum Demo (Prerequisite to Drum Making Workshop)

Date/Time: Tues Oct 6 1:00pm-3:00pm

Member: \$5 Non-Member: \$10

Drum Making Workshop

Date/Time: Tues Oct 20 12:00pm-4:00pm

Member: \$256 Non-Member: \$275

Red Cardinal

Date/Time: Wed Oct 14 10:00am-12:00pm

Member: \$30 Non-Member: \$40

Soapstone Carving: Canadian Wolf

Date/Time: Thurs Oct 22-Nov 5 1:00pm-4:00pm

Member: \$165 Non-Member: \$175

Water Marbling

Date/Time: Tues Sept 15 9:00am-12:00pm

or 1:00pm-4:00pm

Member: \$75 Non-Member: \$85



Sign up at the Front Desk, online or by calling 780-468-1985



## General Interest Personal Safety and Organization

# Clutter is Not a Crime...It's an Inside Job

Date: Friday September 18

Time: 9:30am-11:30am

Location: Idylwyld Room

Member: \$20

Non-Member: \$30





GENERAL INTEREST:  
INDIGENOUS CLASSES

## THE MEDICINE WHEEL

Date: Monday September 14-  
October 26 (No October 12)

Time: 9:30am-11:30am

Location: Holyrood Room

Member Fee: \$80

Non-Member: \$90

Sign up at the front desk,  
online or by calling  
780-468-1985



General Interest

## PERSONAL STYLE

New Season? New Skin Care!

Date: Friday September 18

Time: 1:00pm-3:00pm

Location: Edmonton Room

Member: \$20 Non-Member: \$30

New Season? New Makeup Look!

Date: Monday September 21

Time: 1:00pm-3:00pm

Location: Edmonton Room

Member: \$20 Non-Member: \$30

Sign up at the front desk, online or by calling 780-468-1985



General Interest

## Personal Wellbeing

Flavors of the Orient Fruit Tour

Date: Friday October 23

Time: 10:30am-12:00pm

Member: \$25 Non-Member: \$35

R.I.P.P.L.E. Personal Growth Reflections - How Do Your  
Thoughts, Words and Actions Ripple Into Your Life?

Date: Thursday September 17 & Thursday October 15

Time: 9:30am-12:00pm

Member: \$15 Non-Member: \$20

Grief Recovery Method

Date: Tuesday September 15- November 3

Time: 9:00am-11:00am

Member: \$130 Non-Member: \$140

Minding Stress: Reduce and Manage the Stress in  
Your Life

Date: Monday September 14-28

Time: 9:30am-12:00pm

Member: Free Non-Member: Free

Sign up at the Front Desk, online or  
by calling 780-468-1985



General Interest

## PHILOSOPHERS CAFÉ

Philosophers Café:

Parables: A Scandal to Some, Foolishness to Others

Date: Thursday September 17

Time: 1:30pm-3:00pm

Location: Edmonton Room

Member: \$15 Non-Member \$20

Philosophers Café:

MAID and the Gifts of Finitude

Date: Thursday October 8

Time: 1:30pm-3:00pm

Location: Edmonton Room

Member: \$15 Non-Member: \$20

Sign up at the Front Desk, online  
or by calling 780-468-1985





# FYI SEMINARS SEPT-OCT

Member: \$ 3 Non Member: \$3

FYI at 1:30pm\* some exceptions

- Tues Sept 15 – FYI: Cooperative Memorial Society Session: End-of-Life Planning
- Wed Sept 16 – FYI: Wills
- Tues Sept 22 – FYI: Planning Ahead for Peace of Mind
- Wed Sept 23 – FYI: Gold's Investment Comeback : Is it the Right Time?
- Tues Sept 29 – FYI: GEF Seniors Housing
- Tues Oct 6 – FYI: Hearing Bingo & Info Session
- Wed Oct 7 – FYI: From Overwhelmed to Ready- Simplifying Downsizing
- Wed Oct 14 – FYI: Personal Directives and Power of Attorney
- Thurs Oct 15 (10:00am) – FYI: Library Services for Seniors
- Tues Oct 20 – FYI: Hearing Health Information
- Wed Oct 21 – FYI: Mindful Investing – Avoiding Common Investment Mistakes in Retirement
- Tues Oct 27: – FYI: Glenora Park Retirement Living
- Wed Oct 28: – FYI: Homecare 101
- Thurs Oct 29 – FYI: Advance Care Planning





# Alberta Energy Rebate

What is it, who is eligible, and how to apply

## What is it?

The rebate will replace the Fuel Tax Relief Program that would have taken effect on July 1, with the aim of helping with the cost of groceries, fuel and other everyday essentials.

The total amount you are able to receive is \$100.

## Who is eligible?

Alberta residents aged 18 years or older (as of July 1, 2026) who have filed their 2025 tax return are eligible, and your household total income must be \$225,000 or less.

Albertans who are enrolled in any of the following government benefit programs will be automatically enrolled and do not need to apply again:

- Alberta Seniors Benefit
- Assured Income for the Severely Handicapped (AISH)
- Alberta Disability Assistance Program (ADAP)
- Income Support

**Check your eligibility:**  
[energyrebate.alberta.ca/eligibility](https://energyrebate.alberta.ca/eligibility)

## How to apply

- 1 Login to your verified Alberta.ca account: [account.alberta.ca](https://account.alberta.ca)
- 2 Verify your information
- 3 Register through the online portal
- 4 Once you have accessed the payment portal, you will need to provide:
  - your Social Insurance Number (SIN),
  - date of birth,
  - legal given name(s) and legal last name of your spouse or common-law partner, and
  - set up your payment method

**Once you save and submit your application, payments will be sent via e-transfer to your bank account using Interac's Verification Service.**



Applications for the Alberta Energy Rebate opened on July 1, 2026, and close on September 30, 2026.

For help navigating and submitting the online application for the Alberta Energy Rebate, please connect with one of Hello Senior's partner organizations.

**hello**  
**seniors**  
Support Starts Here



# Alberta Energy Rebate

What is it, who is eligible, and how to apply



Applications for the Alberta Energy Rebate opened on July 1, 2026 and close on September 30, 2026. Whether you are a senior yourself or are helping a senior apply, here are some key details about how to receive the \$100 that Albertans are entitled to.

## What is it?

The rebate will replace the Fuel Tax Relief Program that would have taken effect on July 1, with the aim of helping with the cost of groceries, fuel and other everyday essentials. The total amount Albertans are able to receive is \$100.

## Who is eligible?

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- Alberta Disability Assistance Program (ADAP)
- Income Support

Check your eligibility: [energyrebate.alberta.ca/eligibility](https://energyrebate.alberta.ca/eligibility)

## Support through Hello Seniors

If you are an older adult (55+) who would like additional support to navigate the online application for the Alberta Energy Rebate, please connect with Hello Senior - 211-2. An Outreach or General Support Worker can assist you with the submission process so that you can receive the money you are entitled to.





**SPOOKTACULAR**

# CRIBBAGE Tournament



Registration is not open yet, but we're asking you to **SAVE THE DATE**

**Saturday, October 24, 2026**

Door  
Prizes!

Games start at 11:00am



**\$25 per person**

\$50 per team of 2

(includes a light lunch)



Prizes for the  
Best Costume

Registration Opens on  
September 27, 2026.

19 Pot!  
\$0.25



South East Edmonton Seniors Association  
9350 - 82 Street N.W. Edmonton

## KITCHEN VOLUNTEERS NEEDED!

Support our kitchen in running smoothly and help keep our community well-fed!



### Skills Required

- Friendly, positive, and welcoming attitude
- Familiar with following food safe regulations
- Comfortable working in a fast-paced work environment
- Occasional long periods of standing

### Apply Today!

Submit a volunteer application through the front desk, or via our website at [seesa.ca/volunteering](https://seesa.ca/volunteering)

**SEESA**  
*You belong here*

9350 82 St. NW | 780-468-1985

## FRONT DESK RECEPTIONISTS NEEDED!

Volunteer at SEESA's Front Desk and help keep our center running smoothly!



### REQUIRED SKILLS

- Administrative and cash handling experience
- Excellent customer service skills
- Basic computer skills
- Friendly and positive attitude
- Must be patient and enjoy working with seniors

### Apply Today!

Submit a volunteer application through the front desk, or via our website at [seesa.ca/volunteering](https://seesa.ca/volunteering)

**SEESA**  
*You belong here*

9350 82 St. NW | 780-468-1985

# Celebrating Eva Johanna Osterwoldt

submitted by Ralph Osterwoldt

At SEESA, the bridge card players celebrated the 99th birthday of one of their enthusiastic regulars, Eva Johanna Osterwoldt. Over coffee and cake (Kaffee und Kuchen, in her heritage language), we paused from cards to sing and hear a few anecdotes, which I, her son Ralph, now share with her friends who were interested in reading more about 'Herstory'.



Immigrating to Canada in 1954, Eva was born on 20th June 1927 in Danzig, on the Baltic Sea which at that time after World War I was designated under international law and the 1919 Versailles treaty as "the Free City of Danzig". That was because as a Prussian port city it was so German as to not be part of the newly-recreated Polish corridor to the Baltic Sea. That made it a pawn of geo-political rivalry, to which Eva & family unfortunately had a front-row seat: In 1939, one excuse for the Second World War was to bring Danzig back into the German Reich, and at the end of WWII in 1945 Danzig became Gdansk, part of the newly expanded Poland, which also absorbed the German provinces of Prussia, Pomerania, and Silesia, whose 12 million residents fled, died, or were expelled. Over the previous centuries, as an important Baltic port like Rotterdam, Hamburg, Stockholm, and St Petersburg, Danzig / Gdansk had been at the crossroads of trade and cultural exchange, and under the flags and crowns of German, Polish, even Swedish princes, dukes, and kings. It has thus hosted a variety of ethnicities... like Canada.



Continued .....





Eva witnessed the very first shots of WWII on 1st of September 1939. Her father was the electrician of the lighthouse at the entrance to the port and their apartment was on the wharf opposite the Polish garrison which a German navy ship shot at that dawn. As a girl, Eva ventured up from the cellar, where civilians were sheltering, and picked up a piece of shrapnel, still warm, from a shell which had exploded in their playground. During the war, as a schoolgirl, she tended wounded soldiers from the eastern front.

In March 1945, as the Red Army approached and the city was bombed to rubble, an escape was attempted. When their neighbour, a tugboat pilot brought his wife & kids and my mother Eva to the side of the last rescue ship full of refugees, their captain shouted "Sorry, no more room" to which the pilot replied "If you do not take my women and girls, I will not show you the way past the sandbanks out to the open sea!" Thus Eva, with her mom and sister, were able to clamber up the rope ladder with their sack of food and the clothes on their back, up to the safety of a terrifying voyage to the West. In post-war Hamburg, Eva studied technical drafting and met her surveyor husband Siegfried, who had been a Prisoner of War ...in Canada! (that is another story, recounted in the film "The Enemy Within" by the National Film Board, 2004 - you can google it). In 1954 they took another ship westward across the Atlantic and settled in Edmonton.

Then 3 kids, and her story becomes rather more normal and humdrum. Eva still lives in the bungalow in Avonmore with son Ralph as caregiver. Eva looks forward every week to playing bridge at SEESA; we thank the new friends and volunteers there for adding this spice to her olde age.





## SEESA'S BIRTHDAYS

### AUGUST 15 TO SEPTEMBER 14

Glen Argan  
Cathy Campbell  
Judy Chapman  
Jim Der  
Barb Dobson  
Bob Gibbs  
Christie Golling  
Julie Haley  
Edwige Hessel  
Colleen Hook  
Bob Hyndman  
Linda Jennings  
Ana Kante  
Pat Kelly  
Sandra Konrad  
Dorothy Korb  
Terri Labonte  
Edmond Levasseur

Ian Macintosh  
John MacLeod  
Norma Marion  
Karen McNaughton  
Cynthia Murphy  
Robert Noseworthy  
Mary-Ellen Perley  
Thea Pfalz  
Al Pickard  
Brenda Remin  
Lynda Ross  
Audrey Shonn  
Sharon Swyrd  
Dee Turner  
Roy Turner  
Joanne Van de Maat  
Char-Min Wade-Creller  
Brenda Winchester





# SEESA August & September Birthday Party!

Calling all SEESA members with a birthday in August or September - join us for birthday cake, beverages, and a door prize to be won!

**Featuring a performance from  
SEESA's Accidental Drama Club!**



**TUESDAY, SEPTEMBER | 15 |**

**Tillie's Cafe | 1:30 - 3:00pm**

Bring two guests with you, free of charge, and bring additional guests for a \$5 entry fee/person



Please call SEESA at 780-468-1985 by  
Friday, September 11 to RSVP





# *Tillie's Cafe Summer Menu July and August*

Breakfast served from 9:00 am - 10:30 am

Lunch served from 11:30 am - 1:00 pm

Beverages, Goodies, Take-home (frozen) products are available 9 am to 4 pm

## *Breakfast*

Big Breakfast Combo - \$13

Small Breakfast Combo - \$10

Breakfast Sandwich - \$6

Pancakes - \$8

## *Soup, Salad, Sandwiches*

Full Sandwich - \$6

Half Sandwich - \$3.50

Soup of the Day - \$5

Salad of the Day - \$7

## *Chef's Feature Lunch*

Limited Availability

## *Beverages and Baked Goods*

As available and as priced



# TILLIE'S CAFE SEPTEMBER MENU

Breakfast served from 9:00 am - 10:30 am

Lunch served from 11:30 am - 1:00 pm

Beverages, Goodies, Take-home (frozen) products are available 9 am to 4 pm

## BREAKFAST

### BIG BREAKFAST COMBO \$13

2 eggs, 2 toast, bacon/sausage, & hashbrowns

### SMALL BREAKFAST \$10

1 egg, 1 toast, bacon/sausage, & hashbrowns

### BREAKFAST SANDWICH \$6

Fried egg, cheese, bacon on a bun

### PANCAKES \$8

2 pancakes with bacon/sausage

## LUNCH

### FULL SANDWICH \$6

Egg Salad; Tuna Salad; Grilled Cheese (as available)

### HALF SANDWICH \$3.50

Egg Salad; Tuna Salad

### SOUP OF THE DAY \$5

## BEVERAGES

### Coffee / Tea \$2

Includes 1 refill

### Bottled Water; Pop \$2

## BAKED GOODS

As available and as priced

### Cinnamon Buns (Thursday's only) \$4

## TAKE-HOME (FROZEN) PRODUCTS

As available and as priced



May 29, 2026

## DAILY LUNCH FEATURES

Features - Chef may substitute as required:

### SEPT 1 TO 4

SEESA and Tillie's Cafe - closed for Building Maintenance

### SEPT 7 TO 11

Mon, Sept 7 - SEESA Closed - Labour Day

Tues, Sept 8 - Denver Style Quiche with side fruit salad \$13

Wed, Sept 9 - SEESA Open House - Menu TBD

Thurs, Sept 10 - Grilled Chicken & Mushroom Rice Pilaf \$15

Fri, Sept 11 - Chef's Special As Priced

### SEPT 14 TO 18

Mon, Sept 14 - Curried Vegetables with Fried Paneer Cheese and Flat Bread \$13

Tues, Sept 15 - Tourtiere with side salad or soup \$15

Wed, Sept 16 - Closed for Private Event

Thurs, Sept 17 - Shrimp Fettuccini Alfredo \$15

Fri, Sept 18 - Chef's Special As Priced

### SEPT 21 TO 25

Mon, Sept 21 - Deconstructed Taco Salad \$12

Tues, Sept 22 - Chicken Pot Pie with Side Salad \$15

Wed, Sept 23 - Chicken Club Sandwich \$12

Thurs, Sept 24 - Dragon Eye Rolls \$15

Fri, Sept 25 - Closed for Reuse Sale Setup

### SEPT 28 TO 30

Mon, Sept 28 - Sweet and Sour Pork with Fried Rice \$15

Tues, Sept 29 - Bison Burgers (in honour of Truth and Reconciliation Day) \$16

Wed, Sept 30 - SEESA Closed for Truth and Reconciliation Day

# TILLIE'S CAFE CLOSURE

## JULY & AUGUST 2026

### Full Day Closure

July 1 - Canada Day

July 24 - KDay's Pancake Breakfast

- Ticketed Event

August 3 - Heritage Day

August 21 - Summer BBQ - Ticketed Event

August 24 to September 4

- Building Maintenance Closure

### Pop-up Cafes

July 24 - All Day - Cloak Room

August 21 - All Day - Cloak Room





# TILLIE'S CAFE CLOSURE

## SEPTEMBER 2026

### Full Day Closure

September 1 to September 4

- Building Maintenance Closure

September 7 - Labour Day

September 16 - Private Event

September 25 - Reuse Sale Set Up

September 30 - Truth and Reconciliation Day

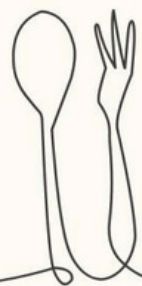
### Partial Closure

September 15 - Brithday Party - 1 pm to 4 pm

### Pop-up Cafes

September 15 - Idylwylde - 1 pm to 4 pm

September 16 - All Day - Cloak Room



# August 2026

This calendar primarily displays events.  
For a full list of programs and clubs,  
visit [www.seesa.ca](http://www.seesa.ca)

| Sun                                                                                                                                                                                                 | Mon                                                                                                                    | Tue                                           | Wed                                                 | Thu | Fri                                                                                         | Sat |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|-----------------------------------------------------|-----|---------------------------------------------------------------------------------------------|-----|
| ACFA Camp Soleil at SEESA in the Idylwyld Room – June 29 to August 21, 2026                                                                                                                         |                                                                                                                        |                                               |                                                     |     |                                                                                             | 1   |
| SEESA will be closed for yearly maintenance – Monday, August 24 to Friday, September 4, 2026. All Classes, Clubs and Tillie's Café care cancelled/closed. The Front Desk will be open 9 am to 3 pm. |                                                                                                                        |                                               |                                                     |     |                                                                                             |     |
| 2                                                                                                                                                                                                   | 3<br>Heritage Day<br>SEESA Closed<br> | 4<br>Registration Day<br>Session 5<br>9:15 am | 5                                                   | 6   | 7                                                                                           | 8   |
| 9                                                                                                                                                                                                   | 10                                                                                                                     | 11                                            | 12<br>Outreach Worker<br>On Site<br>(9:00am - NOON) | 13  | 14                                                                                          | 15  |
| 16                                                                                                                                                                                                  | 17<br>Outreach Worker<br>On Site<br>(1 – 4pm)                                                                          | 18                                            | 19                                                  | 20  | 21<br>Bottle Drive<br>(10 am – 3 pm)<br>Summer Party<br>(11:00 am – 1:00 pm)<br>Ticket \$15 | 22  |
| 23                                                                                                                                                                                                  | 24                                                                                                                     | 25                                            | 26                                                  | 27  | 28                                                                                          | 29  |
| Yearly Building Maintenance Closure - Aug 24 – Sept 4<br>No Classes or Clubs<br>Tillie's Café Closed<br>→                                                                                           |                                                                                                                        |                                               |                                                     |     |                                                                                             |     |
| 30                                                                                                                                                                                                  | 31                                                                                                                     |                                               |                                                     |     |                                                                                             |     |
| Yearly Building Maintenance Closure - Aug 24 – Sept 4<br>No Classes or Clubs<br>Tillie's Café Closed<br>→                                                                                           |                                                                                                                        |                                               |                                                     |     |                                                                                             |     |



# September 2026

This calendar primarily displays events.  
For a full list of programs and clubs,  
visit [www.seesa.ca](http://www.seesa.ca)

| Sun                                     | Mon                                                                                      | Tue                                                                                     | Wed                                                              | Thu                                                                                                                                                                                                                             | Fri                                       | Sat                                                                                                            |
|-----------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|----------------------------------------------------------------------------------------------------------------|
|                                         | <b>SEESA Closed<br/>for Annual<br/>Maintenance</b>                                       | 1<br> | 2                                                                | 3                                                                                                                                                                                                                               | 4                                         | 5                                                                                                              |
| 6                                       | <b>SEESA<br/>Closed<br/>Labour Day</b>                                                   | 8<br>Session 5<br>Clubs Begin                                                           | 9<br>SEESA<br>Open<br>House<br>10am to<br>3pm                    | 10<br>Reuse Sale<br>Collection<br>Sept 10 to<br>Sept 24<br>9am to<br>4:30pm                                                                                                                                                     | 11                                        | 12<br>Reuse Sale<br>Collection<br>10am to 3pm<br><br>Holyrood<br>Community<br>League Day<br>11-3 pm            |
| 13                                      | 14<br>Session 5<br>Clubs Begin<br><br>Book Sale<br>Sept 14 to<br>Sept 24 – 9am<br>to 4pm | 15<br>Monthly<br>Birthday<br>Party<br>1:30 –<br>3:00pm<br>Tillie's Cafe                 | 16<br>Floor Curling<br>Tournament<br><br>Tillies Café<br>and Gym | 17                                                                                                                                                                                                                              | 18                                        | 19<br>Reuse Sale<br>Collection<br>10am to 3pm<br><br>King Edward<br>Park<br>Community<br>League Day<br>12-3 pm |
| 20                                      | 21                                                                                       | 22                                                                                      | 23                                                               | 24                                                                                                                                                                                                                              | 25<br>SEESA Closed<br>Reuse Sale<br>Setup | 26<br>Fall Reuse<br>Sale<br>10am to 3pm                                                                        |
| 27<br>Fall Reuse<br>Sale<br>11am to 2pm | 28<br>Outreach<br>Worker<br>On Site<br>(1pm – 4pm)                                       | 29                                                                                      | 30<br>SEESA<br>Closed<br>Truth &<br>Reconciliati<br>on Day       | 10<br>Reuse Sale Collection - Sept 10 to Sept 24 – 9am to 4:30pm – Monday to Friday) & Sat, Sept 12 and 19 – 10 am to 3 pm.<br><br>Book Sale – Sept 14 to 24 – 9 am to 4pm – Partial closure – Tues, Sept 15 – 12:30 pm to 4 pm |                                           |                                                                                                                |