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MESSAGE FROM THE BOARD

2025 is a year of celebration for SEESA as we mark our 45th Anniversary. Thank you to all our past and present members, volunteers, and staff for your contributions to our community. Please share your stories of what SEESA means to you and stories of our history with Darlene. The theme for our anniversary is: The windows of our past, help create the journey to our future.

Thank you to all who attended the first town meeting of 2025 on February 12. It was a great opportunity to discuss what is happening and to answer any questions. Although there were many great conversations, we would like to highlight the discussion around two issues facing SEESA:

- long term sustainability in relation to financial support and
- human resources, including staff and volunteers.

For 2025 a few grants have been secured to assist with operational needs; however, the landscape for grant and funding opportunities is changing. We continue to have meetings with our funders and elected officials to address funding issues and to raise the awareness and value of SEESA and senior activity facilities. As we continue to look at alternatives, such as evening classes and maximizing spaces, sponsorships and partnerships with business and organizations in our community, fundraisers, etc., we will be communicating updates through the AGM, SEESA Shares, and Town Hall meetings.

Mark your calendars for our AGM and Volunteer Appreciation event on Wednesday, April 23. The AGM will commence at 1:30 pm in the gymnasium and the Volunteer Appreciation event will in Tillie's Café.

The Spring Reuse Sale will be held on April 12 and 13 with donations being accepted from March 27 to April 10 (until noon). As you are doing your spring cleanup, remember SEESA for your donations. The Reuse Sales are SEESA major fundraisers.

And don't forget to get your tickets for the Canadian Country Music Legends Concert on Sunday, March 2nd. Tickets can be purchased at the front desk.



The Windows of Our Past

Déjà vu - by Don Evans

In 1958, as a nervous boy of 5 years old, I was walked to school by my Mother. The school was St Helens K1-6. I spent the next 6 years walking the same 5 blocks and attending school. I still have memories of my time there. I remember falling through the ice on the big puddle in the field and having to go home to change. I remember the nurse giving us needles (yes there was a nurse at the school). I remember getting my tongue stuck on the railing of the back steps in the winter and Mrs. Bobber, my grade 3 teacher, coming out and pouring hot water on it. If you misbehaved, you had to stay after school and write lines on the blackboard. I remember Mr. Tessier, my Grade 5 teacher, was a good shot with a chalk eraser and how loud his pointer was on my desk when I was daydreaming. Miss Gillis was my grade 6 teacher and also the Principal. Two of my siblings also went to St Helens.



For the past 15 years or so I have been returning to the same building and visiting with other seniors. There have been many changes and renovations but the soul of the building still remains for me. It is now called SEESA and is like a second home to me. I am so glad they were able to repurpose the building to provide an opportunity for seniors to attend so many activities. My grade 3 classroom is now the workshop where I attend the Soapstone Carving Club on Wednesday afternoon. I also take Art Classes in the room which used to be the Grade 6 classroom. Thank you to everyone who has made this possible and to all members for making it successful!



Help Create the Journey to Our Future

The old school is now a centre for senior activity

By AGNES BUTTNER

School-days can be happy days, even for a senior citizen.

The classrooms of the old St. Helen's School that once resounded to children's shrieks and laughter are now occupied by a less rambunctious crowd. But laughter is still to be heard in the daily activities there.

Approximately 360 senior citizens are members of the South East Edmonton Seniors' Association now using the school. Membership, at \$3 a year, is rapidly growing.

The empty shell of a school has been furnished with pool tables and furniture. This was done through grants, donations and money raised through bazaars and flea markets organized by the members.

The 15 seniors on the board of directors are working to establish a centre which will attract seniors from all over the city. The No. 63 bus, which passes by the school, makes access to the centre very easy for those who don't drive.

Bridge, whist, shuffleboard, carpet bowling, crafts classes and drawing and painting are some of the activities integrated into the programs.

Travel films and slides, dances and talks by experts on aspects affecting the daily lives of seniors are gaining in popularity.

The carpentry shop, with its tools worth \$3,500, is being used to build extra cupboards and shelving needed in the art class and coffee room. The construction

of a ramp for seniors in wheelchairs is to begin as soon as the blueprints have been obtained.

"The only cost for the ramp will be the material," said Mary Karpshyn who is in charge of publicity for the association.

So far there has been a very good response to the members' needs by firms who either made gifts or offered special rates to them. A refrigerator and stove, both donated by a department store, will be used when the plan for hot meals at noon gets under way.

"But we need more volunteer help," said Tillie Poulsen, who was

elected president of the association in January.

"Right now we need a leader for our choral group meetings on Mondays and volunteers to help with our hand-crafts and other programs."

A special Easter party will be held April 15 and an exhibition of the work done in the drawing and painting class is being planned for later that month.

The centre is open Monday to Friday from 10 a.m. to 5 p.m. and from 7.30 p.m. to 10 p.m. every Wednesday night. Those who have reached 55 are eligible for membership.

For information regarding the association and its activities call 468-1985.



SUPPORT SEESA'S 45TH ANNIVERSARY 50/50 WINTER CASH RAFFLE!

Empower Seniors, Strengthen Community

Celebrate 45 years of SEESA by joining our 50/50 Winter Cash Raffle! Your ticket purchase supports vital programs for seniors, fostering connection and enriching lives.

Raffle Details:

AGLC License: 723604

Tickets on sale: Jan 26 – Mar 29, 2025

Draw date: Mar 31, 2025

Prize: 50% of sales, up to \$10,000!

Eligibility: Alberta residents, 18+

Buy tickets online: Rafflebox - SEESA's 50/50 Winter Cash



Together, let's make a difference—one ticket at a time!





AN AFTERNOON OF LAUGHTER AND STORIES WITH BOB LAYTON & SHANE BLAKELY

On the afternoon of January 23, the SEESA gym was filled with laughter, nostalgia, and heartfelt moments as over 100 guests gathered for a special event featuring broadcasting veterans Bob Layton and Shane Blakely. With years of experience at 630 CHED, Global News, and beyond, Bob and Shane captivated the audience with their incredible stories—some hilarious, some deeply moving. The event was a wonderful mix of entertainment and community spirit. Guests enjoyed delicious baked goods and beverages while soaking in the stories and humor.

There were plenty of laughs, a few tears, and a shared appreciation for the power of storytelling.

Thanks to the support of attendees, SEESA raised approximately \$1,000 through this event. A huge thank you to Bob and Shane for sharing their time and talent, and an equally big shout-out to our dedicated volunteers and kitchen staff who helped make the afternoon such a success!



LUNAR NEW YEAR THEMED LUNCH AT TILLIE'S CAFÉ: A FESTIVE CELEBRATION!

Thank you to everyone who joined us for our Lunar New Year Themed Lunch at Tillie's Café! It was a joyous gathering filled with delicious food, wonderful company, and a festive spirit as we welcomed the Year of the Snake.

Guests enjoyed a specially curated menu featuring traditional flavors, creating a warm and celebratory atmosphere. The event was a fantastic opportunity to come together, share a meal, and embrace the rich traditions of the Lunar New Year.

We appreciate your participation in making this event a success and look forward to celebrating more cultural festivities with you in the future!





A SUCCESSFUL TOWN HALL: BUILDING A STRONGER COMMUNITY TOGETHER

Our recent Town Hall was a fantastic opportunity for our community members to come together, share ideas, ask questions, and discuss the topics that matter most to them. The room was filled with engaging conversations, valuable feedback, and a collective spirit of collaboration.

It was inspiring to witness such a vibrant exchange of thoughts, reflecting the dedication and passion of our community. Your voices help shape the future, and we appreciate each and every one of you who took the time to participate.

Thank you for making this event a success! Together, we're building a stronger, more connected community. Stay tuned for future opportunities to engage and share your thoughts.

We would like to highlight the following classes that have slots available. These are new classes or classes that are low in enrolment and may be subject to cancellation.

- Yoga for Positive Mental Wellness Mon Mar 3-24 9:00-10:00 Member \$40
- Yoga for Guys and Gals Mon Mar 3-Apr 21 (No Apr 21) 9:30-10:30 Member \$70
- Mosaic Table Mon Mar 3-24 10:00-12:00 Member \$400
- Total Fitness Fun Mon Mar 3-Apr 21 (No Apr 21) 12:30-1:30 Member \$70
- Hula Hoop Dance Tues Mar 4-Apr 22 Member \$80
- Line Dance Int/Exo Tues Mar 4-Apr 22 11:00-12:00 Member \$80
- Lighthouse in the Midst Tues Mar 4 1:00-4:00 Member \$40
- Move Groove Sit be Fit Tues Mar 4-Apr 22 2:15-3:25 Member \$80
- Card Making Fun: Learn Keep and Contribute Wed Mar 5-Apr 23 9:00-11:30 Member \$50
- Clogging Intermediate Wed Mar 5-Apr 23 9:00-10:00 Member \$80
- Move Well Wed Mar 5-Apr 23 9:00-10:00 Member \$80
- Clogging Experienced Wed Mar 5-Apr 23 10:15-11:15 Member \$80
- Ukulele Experienced Wed Mar 5-Apr 23 (No Apr 23) 12:00-1:30 Member \$90
- Drawing Landscapes Wed Mar 5- Apr 23 (No Apr 23) 1:00-3:00 Member \$200
- Yoga Flow Thurs Mar 6-Apr 24 9:00-10:00 Member \$80
- Yoga for Guys and Gals Thursday Thurs Mar 6-Apr 24 9:30-10:30 Member \$80
- Group Vocal Thurs Mar 6- Apr 24 10:00-11:00 Member \$80
- Doowopaplooza Thurs Mar 6-Apr 24 11:00-12:30 Member \$120
- Performance Skills Thurs Mar 6- Apr 24 1:00-2:30 Member \$120
- Watercolor for All Levels Thurs Mar 6-Apr 24 1:00-3:00 \$140
- Qigong Thurs Mar 6-Apr 24 3:00-4:00 Member \$80
- Ukulele Beginner Fri Mar 3- May 2 12:00-1:30 Member \$90
- Ukulele Abs Beginner Fri Mar 3- May 2 2:00-3:30 Member \$90
- Tracing Critical Moments of Your Life Mon Mar 10 1:30-3:00 Member \$25
- Intro to Mindfulness and Self Compassion Mon Mar 17-Apr 28 (No Apr 21) 1:30-3:00 Member \$75
- Contemporary Landscapes Fri Mar 21 1:30-3:30 Member \$55
- Spirit Mandala Tues Apr 4 and Fri Apr 8 1:00-3:00 Member \$115
- Fused Glass Stakes Garden Project Mon Apr 14 at 10:00-12:30 and 1:00-3:00 Member \$100
- Yellow Boots Fri Apr 25 1:00-3:00 Member \$40
- Nutrition 101 Fri Apr 25 2:00-3:00 Member \$20

New and Returning Evening Classes

Join us for a variety of fun and engaging evening classes! Whether you're trying something new or picking up where you left off, there's something for everyone. Don't miss out!

Beginner Clay Sculpting

March 3 - 17 | 4:30-7:30pm

Line Dance Beginner Monday

March 3 - Apr 21 | 6:15-7:15pm

Tabata Tuesday

March 4 - Apr 22 | 6:15-7:15

Yoga Hatha with Barb

March 3-Apr 21 5:30-6:30

Pickleball Introduction

March 3 - 17 | 5:30-7:00

Zumba Gold

March 4 - Apr 22 | 6:00-7:00



The **Canadian**

Country Music

Legends

Hosted by



ALFIE MYHRE



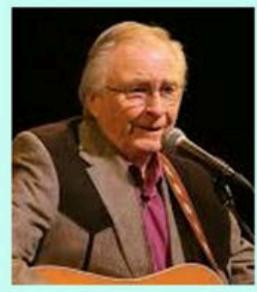
JOYCE SMITH



RANDY HOLLAR



RICK MORGENSTERN



EDDIE CHWILL

Sunday, March 2, 2025 - 2 PM

South East Edmonton Seniors Association

9350 82 Street – Edmonton, AB

Refreshments
included with
Ticket!

Reserve Tickets only: - \$30.00
Available Nov. 30, 2024 to March 2, 2025
Call: 780 468 1985

Doors Open
At 1 pm
Show at 2 pm

Telephone Town Hall



WITH

7:00 pm | Tuesday, February 25



Heather McPHERSON

Member of Parliament ♦ Edmonton Strathcona

Join me on February 25 for a telephone town hall. I will provide an update on my work and take questions from constituents.

We will call you or you can dial in at: 1-877-229-8493 – Pin: 119497#

If you'd like to ensure that we reach you, call (780-495-8404) or email the office (heather.mcperson@parl.gc.ca) and provide your name, phone number, and postal code.



**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

**HOME & OFFICE
HANDYMAN
SERVICES**

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.

Have an amazing
CANADA FLAG DAY!

National Flag of Canada Day, commonly shortened to Flag Day, is observed annually on February 15 to commemorate the inauguration of the flag of Canada on that date in 1965. Let's show the world that we are proud of our history and proud of our country. The day is marked by flying the flag, occasional public ceremonies and educational programs in schools.



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
Address: #100 8925 82 Avenue, T6C0Z2
Phone: 780-414-1015

**TURN THOSE
RECYCLABLES
INTO A REAL
CHANGE FOR
SEESA**

Visit SkipTheDepot at
www.app.skipthedepot.com/seesa
and schedule your pickup today



SEESA
You belong here



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



T.O.P.S.

Take Off Pounds Sensibly

Please join us at:

**GRACE UNITED CHURCH ANNEX
6215-104 AVE EDMONTON
MONDAYS AT 10.00AM
FIRST VISIT IS FREE TO ATTEND**

Contact information:
Phyllis 780 983 8787
Iris 780 293 3619

Pink Shirt Day

Join us in wearing a pink shirt to SEESA on Wednesday, February 26 to stand against bullying!



Pink Shirt Day began in 2007 when a student in Nova Scotia was bullied for wearing a pink shirt to school. It has since been recognized annually worldwide as a day to stand against bullying. Pink Shirt Day encourages us to be inclusive, welcoming, and supportive with friends, family, and our communities.



DONATION REQUEST: PASTA MAKER NEEDED!

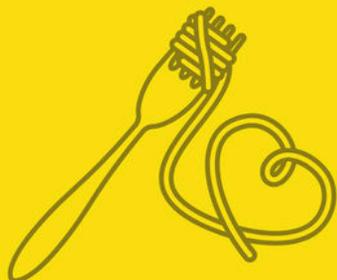
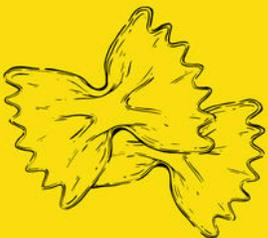
Tillie's Café is looking for a donated pasta maker to bring more homemade goodness to our kitchen! 🍝

Preferred: Manual pasta maker, but an electric one would be appreciated too!

If you have one to spare, please consider donating and help us craft fresh, delicious pasta for our community.

For more info, email Cherie: cherie@seesa.ca

Thank you for your support! ❤️



SEESA is Fundraising with Purdys Chocolatier!

SWEETEN YOUR SEASON WHILE SUPPORTING SEESA - EVERY CHOCOLATE HELPS!



How does it work?

- Order and Pay Online: Purchase your chocolates through our unique Purdys website link below.
- In-Person Orders: Don't have online access? Order at SEESA's Front Desk!
- 25% of all sales go directly to SEESA!

Important Dates

- Order between January 26 - March 22
- Pickup at SEESA: April 7 - 17
- Treat yourself, gift others, and support SEESA—every bite makes a difference!

 <https://fundraising.purdys.com/1999977-126284>

SEESA Customer Number: 78364; email darlene@seesa.ca



Scan to order!



Monday Breakfast Special!

START YOUR WEEK WITH A DELICIOUS, CLASSIC BREAKFAST! 🍳☀️

🍳 Eggs Benedict - Just \$12! 🍴

Includes:

🍓 Fresh Fruit

☕ Hot Coffee

📅 Every Monday

🕒 9:00 AM - 10:30 AM



9350 82 St NW, Edmonton, AB. T6C 2X8



*New Name,
Same Great Sale!*

at SEESA



Saturday April 12, 10AM - 3PM

Sunday April 13, 11AM - 2PM

Donation Hours

Monday to Friday, 9:00am - 4:30pm

Starting March 27th, ending on April 10th at Noon.

9350 - 82 ST N.W. at SEESA's South Door

Additional donation days on Saturday, March 29th and Saturday, April 5th
from 10am - 3pm

Please ensure that all your items are clean
and in good working condition.

Do Not Donate/Drop-off:

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



***Donations accepted for the
Edmonton Food Bank***

780-468-1985

info@seesa.ca

www.seesa.ca





CRIBBAGE Tournament

Spring

Saturday, April 5, 2025

Games start at 11:00am

Check-in & Payment (cash only) 9:30 - 10:30am

Door
Prizes!

\$20 per person
\$40 per team of 2
(includes a light lunch)

Peg Vendor
on Site

1st, 2nd & 3rd place cash prizes!
Highest hand cash prize!

**Pre-Registration Required by
Wednesday March 26**

To register or for more information, contact
Pam Ellenberger at 780-668-4815
or pam.ellenberger23@gmail.com



Skunk Pot!
\$1.00

19 Pot!
\$0.25

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

YOU'RE INVITED TO
**SEESA's
March Birthday
Party**

Are you a SEESA Member with a Birthday in MARCH?
Join us as we celebrate your special day! There will be
birthday cake, beverages, music, and door prizes!

TUESDAY, MARCH | 18 |

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

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

**Please call SEESA's Front Desk (780-468-1985)
by Friday, March 14th to RSVP (along with the
number of guests joining you)**



Valentines Day by William Waugh Manson

Valentines Day is a thoughtful Day
The day gives you peace of mind
Yes, I think back on the first, dwell on now
Why life has been so kind

It's her, my Valentine, the one I love
The apple of my eye
To be with her so many years
So many more go by

Here's to all the Valentines
Today we dwell upon
And celebrate the lives so given
To their young that still live on

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**



SEESA
You belong here

**FOR MORE INFORMATION, VISIT WWW.SEESA.CA OR
DONATE A CAR AT INFO@DONATECAR.CA / 1-877-250-4904**

Celebrating February 15 to March 14 Birthdays

Marilyn Albert	Tammy Locke
Alexandra Anderson	Wendy Lomas
Glenna Anderson-Thompson	Joanne Macaskill
Jay Atienza	Harold Martin
Thea Avis	Joan McCracken
Claudette Belyea	Joyce McKinnon
Carol Benoit	Alice McTavish
Gordon Block	Laura Meyer
Guy Bodnarchuk	Joyce Miller
Karen Bolstler	Laura Miller
Irene Bonifacio	Jean Naciuk
Robert Boyko	Christine O'Brien
Shirley Clarke	Halina Palka
Loretta	Danielle Paradis
Jean Dalton	Nora Parker
Margaret Davidson	Fay Petkus
Denise Davis Taylor	Kathleen Pongar
Wendy Doughty	Charlotte Quelch
Judith Droessler	Andrew Rathbone
Debbie Durrance	Dianne Reddekopp
Aileen Ewasiuk	Wendy Ridge
Lorraine Fiske	Shelley Sabo
Lori Fitt	Charlie Sams
Debra Forster	Deanna Scott
Annette Fuchs	Vivian Shelton
Louise Gallant	Cheryl Silver
Twyla Gibson	Kathryn Simpson
Helen Gledhow	Joyce Simunkovic
Donna Harker	Elsie Stannard
Kenneth Harrison	Janice Stefancik
Tom Havlas	Pam Swinton
Karen Hayny	Celeste Sykes
Margaret Hensel	Joanne Tkachuk
Murray Hoke	Patricia Ursuliak
Francis Jo	Jean Weekes
Cheryle Kachman	Leslie Wellman
Alma Kessel	Josephine Weninger
Margaret Lange	Gwen Whitson
Lena Lavorato	Michele Wilanowski
Lesia Levytsky	David Winitoy
Marco Levytsky	Cathy Wood
Donna Lindgren	Joyce Zilinski



Janury birthday party participants.

Do you have a birthday in March? Your party is on
Tuesday, March 18th at 1:30pm.
Please RSVP by March 12th to 780-468-1985.

Tillie's Café

Monday—Friday - Open 9 - 4

Breakfast served from 9:00 am—10:30 am Lunch served from 11:30 am—1:00 pm

Beverages and Goodies are available outside of mealtimes.

Breakfast:

Big Breakfast - 2 eggs, 2 toast, bacon/sausages & hash browns	\$13.00
Small Breakfast - 1 egg, 1 toast, bacon/sausages & hash browns	\$10.00
Pancakes (2) - bacon/sausages	\$8.00
Special – as posted and priced	

Lunch:

Sandwiches (Egg Salad or Tuna Salad, others as available)	
Full/Half sandwich	\$6.00/\$3.50
Soup	\$5.00

Entrées (Chef may substitute as required):

Fridays – Chef's Choice.....	as priced
February 18 – Beef and Broccoli on Rice.....	\$12.00
February 19 - Gumbo on Red Rice	\$15.00
February 20 - Cod with Dill Sauce, Mashed Potatoes, and Side Salad	\$15.00

February 24 – Donairs	\$14.00
February 25 - Pork Schnitzel on a Bun Topped with Slaw.....	\$12.00
February 26 - Chicken Souvlaki with Greek Salad and Tzatziki	\$15.00
February 27 - Scalloped Potatoes and Ham	\$14.00

March 3 – Eggs Benedict	\$12.00
March 4 - All-Dressed Pizza or Vegetarian Pizza (two pieces).....	\$10.00
March 5 - House Macaroni and Cheese	\$6.00
March 6 - Shepherd's Pie.....	\$12.00

Beverages:

Tea/Coffee (1 refill)	\$2.00
Hot Chocolate, Bottled Water/Pop.....	\$2.00

Baked Goods:

As available and as priced	
Thursdays: Cinnamon buns	\$4.00

Frozen Selections to take home:

Soups	\$4.00
Entrées as available and as priced	

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Black History Month Country Legends Concert (Mar 2/24) Tickets \$30.00 Uke N'Sing – Feb 10 & 24 (Registration required - \$20/person)						1
2	3	4	5	6	7 Jam Session 6:00 – 9:00pm 	8
9	10 Session 2 Classes & Club Registration 9:15am On-line & In-Person	11	12 SEESA Town Hall 2:00pm Tillie's Cafe	13	14 Valentine's Day Brunch Tillie's Café Tickets: \$15.00	15
16	17 SEESA Closed Family Day	18 <i>Monthly Birthday Party</i> Tillie's Café 1:30 – 3:00pm 	19	20	21 Jam Session 6:00 – 9:00pm 	22
23	24	25	26 Pink Shirt Day Wear a pink shirt to SEESA!	27	28 Session 1 Classes End	

FYI Sessions:

Feb 4: Strong Self-Advocacy in Health Care
 Feb 5: Downsizing Your Home or Aging in Place
 Feb 11: E-Bikes
 Feb 12: Executor – Responsibilities & Obligations

Feb 18: Disability Tax Credits
 Feb 19: The Role of Exchange Traded Funds
 Feb 25: Unlock the Secrets to Stunning Brows
 Feb 26: Don't Let a Fall Bring You Down

March 2025

This calendar primarily displays events and FYI sessions. For a full list of programs happening, please see our program guide at www.seesa.ca

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Uke N'Sing – Mar 3 (Registration required - \$20/person)						1 <i>Ramadan Begins March 1</i>
2 LEGENDS Country Music Concert (2pm – GYM) Tickets: \$30.00	3 Session 2 Classes & Clubs Begin	4	5	6	7 Jam Session 6:00 – 9:00pm 	8 <i>International Women's Day</i>
9  Daylight Savings Time Begins	10	11	12 AB Floor Curling Tournament Gym/Tillie's Café (Tillie's Café closed to the public)	13	14	15
16	17 St. Patrick's Day 	18 Monthly Birthday Party 1:30 – 3:00pm 	19	20	21 Jam Session 6:00 – 9:00pm 	22
23	24	25	26	27	28	29
30	31 Session 3 & 4 Program Guide Available	 SEESA You belong here				

FYI Sessions:

Mar 4: Strike Stroke Out
 Mar 5: Human Rights for All
 Mar 11: Executors and Their Duties & Responsibilities
 Mar 12: Momentum Counselling

Mar 18: Hearing Loss and Aging
 Mar 19: Alternative Investing with Private Markets
 Mar 25: Foot and Hand Spa