

MAY 2025



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 - UPCOMING EVENTS AT SEESA

LET'S PARTY LIKE IT'S 1980

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SPRING CONCERT ROCKIN' THRU THE AGES

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- VOLUNTEER APPRECIATION
 - THE SEESA FLOOR
 CURLING INVITATIONAL
 TOURNAMENT WAS A
 HIT!

MESSAGE FROM THE BOARD

Spring is upon us, and flowers, tree blossoms, and a sea of green foliage are brightening our days.

There are many upcoming opportunities in May and June to have fun and engage with SEESA members.

Thank you to everyone who attended our Annual General Meeting. The Executive Board members for 2025/26 are:

- President: Wendy Doughty
- Vice-President: Birgitta Larsson
- Treasurer: Don Schick
- Secretary: Brenda Johnston

Returning Board members include Anna Der, Georgina Schurman, Joe Norris, and Donna Pickens.

Della Paradis has stepped down from the Board, and we are pleased to welcome two new members: Lucille Gans and Karen Hayny. Brief biographies of our Board members are posted on the SEESA website.

This year, we will continue working to sustain SEESA and grow our membership. A heartfelt thank you to all the volunteers who generously donate their time and support various aspects of SEESA's operations and fundraising activities.

We look forward to seeing you at upcoming SEESA events and encourage you to invite current and past members to join us in celebrating our 45th anniversary!



SEESA is Turning 45 Let's Party Like It's 1980!

Join us Saturday, June 14 • 4 PM - 8 PM

We're throwing it back to where it all began — and you're invited!

SEESA is celebrating 45 incredible years of community, connection, and unforgettable memories, and we want YOU—current members, past members, friends, and supporters—to be part of this once-in-a-generation celebration!

★ 「Get ready to rock your raddest 1980s outfit, enjoy a mouthwatering catered dinner, and take a walk down memory lane with fun stories, games, and surprises. This isn't just an anniversary — it's a tribute to everyone who made SEESA what it is today.

- Tate: Saturday, June 14
- Time: 4 PM − 8 PM
- Cost: \$45 per ticket ("45 for 45!" just \$1 for every amazing year!)
- Tickets: Available now at the Front Desk or by phone at 780-468-1985
- **1** What's Included With Your Ticket?
- ✓ A catered feast: Beef brisket, two fresh salads, potatoes, vegetables, and dessert
- √ A special commemorative gift
- ✓ SEESA trivia show off your knowledge and win bragging rights and a prize!
- ✓ A retro-style 1980s photo booth
- ✓ Memory Lane relive the stories and smiles of SEESA's history as told by members present and past
- ✓ A room full of laughter, connection, and SEESA spirit!
- ★ Whether you've been with us since 1980 or joined just last week, this event is for YOU. Help us celebrate how far we've come and toast to where we're going — the road to 50 starts here!

Let's make this the biggest, boldest, most bodacious SEESA celebration yet! 🕂

Tickets are limited and selling fast — don't miss out!





The Windows of our Past Help Create the Journey to our Future

Behind the Scenes: SEESA's Board Members & Their Lasting Impact

As SEESA celebrates 45 years of community and connection, it's the perfect time to recognize the passionate and dedicated individuals who have guided our journey from the very beginning: our Board Members.

From shaping our vision to steering SEESA through times of growth and challenge, our Board has played a vital role in building the vibrant, welcoming organization we know today. These are the leaders who bring voices to the table, ask the tough questions, and make the thoughtful decisions that keep SEESA thriving for current and future generations.

What Our Board Members Do:

- · Strategic Leadership: Guiding SEESA's mission and long-term planning
- Governance: Ensuring accountability, transparency, and good governance
- Financial Oversight: Helping ensure financial health and sustainability
- Advocacy: Representing SEESA in the broader community
- Support & Stewardship: Working hand-in-hand with staff and volunteers to grow programs and services

Real People, Real Impact:

Our board is made up of volunteers from all walks of life — who are members themselves — who share a deep love for the SEESA community and a commitment to ensuring it's sustainability. Whether they're leading policy discussions, organizing fundraisers, or volunteering at events, their impact is woven into every success SEESA has achieved over the past 45 years. Without their tireless behind-the-scenes efforts, SEESA wouldn't be the strong, inclusive, and community-focused organization it is today.

Thank You to All Past & Present Board Members:

As we reflect on our past and look to the future, we offer a heartfelt thank you to every individual who has served on SEESA's Board of Directors. Your dedication and service have helped shape an organization that uplifts thousands — and your legacy lives on in every program, meal, and friendship SEESA makes possible.

1980 - Founding Board of Directors:

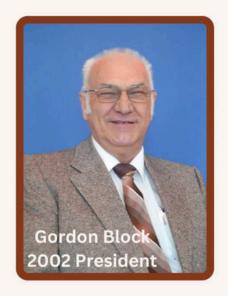
John Sandercock - President; Rose Badura, Roy Bacon, Ken Barnhouse, Erma Demorest, Tom Fabb, Colin Groff, Lloyd Hutchinson, Muriel Kay, Ray Kay, Stewart MacLeod, Anne McLean, Tillie Poulsen, Eric Stoehr

2025-2026 Board of Directors:

Wendy Doughty – President; Anna Der, Lucille Gans, Karen Hayny, Brenda Johnston, Birgitta Larsson, Joe Norris, Donna Pickens, Don Schick, Georgina Schurman











The Windows of Our Past Help Greate the Journey to Our Future

Retiréd teacher heads seniors

Tillie Poulson's head is brimming with ideas for the South East Edmonton Seniors' Association.

Mrs. Poulson is the new president of the

organization, succeeding Colin Groff.

"We want to bring more educational programs in," she said. "A lot of seniors are really interested in knowing more about things."

One of the ideas she has for the centre, located at

9350 82nd St., is an outreach program.

"We'd be getting, for instance, policemen to come in and give us lectures on self-defence and making ourselves 'invisible' as well as home security," she said.

The centre would also bring in public health nurses to give talks on nutrition and health and

French courses might be started.

Mrs. Poulson is a retired teacher. She taught for 35 years until retiring as principal of St. William Catholic School two years ago.

"When I started to teach in a country school, I was teacher, caretaker, you name it," she recalled.

Mrs. Paulson said the centre will also expand its social activities, with bi-weekly dances planned.

She hopes to increase membership to 1,000 from

the present 340.

She said the association plans to hire a coordinator, who will be paid from a grant received from the city.



Tillie Poulsen President 1981



The Windows of Our Past Help Greate the Journey to Our Future

PRESIDENT'S MESSAGE ----- by Bob Cole

Are you like me -- wondering where our summer has gone? It just seems it was a few weeks ago - I put out my flower plants and today - they are covered with snow... I notice the stores have their Christmas Cakes out already - I wonder what happened to our fall season.....

The Executive and Board have been busy working on the Centre's budget for 1985. We hope by careful planning of purchases this fall and a Centre Improvement Fund for 1985, we will be able to look after and not return any surplus we will have at the end of this year.

It is nice to see all our programs in full swing again and I'm pleased to report we now have over 790 paid memberships (total for 1983 = 785)

We still plan to recognize those who took part in the Camrose Games , our biggest problem is to get all the people who took part together at one time.

We are contemplating purchasing an electronic organ to enhance our musical talent. We would appreciate someone volunteering to play this organ. If you can help us - please contact me soon.

Sincerely, Bob Cole



The Windows of Our Past

Finding New Purpose in Retirement – Why Wendy Doughty Joined SEESA

When Wendy stepped away from the fastpaced world of work, she wasn't simply retiring—she was transitioning. Like many retirees, Wendy found herself asking, "What's next?" For Wendy, the answer came in the form of SEESA, a vibrant community where connection, opportunity, and purpose come together. Retiring didn't mean she wanted to slow down, she just wanted to direct her energy into something meaningful. At SEESA, she discovered more than just a place to spend time—she found a welcoming environment that allowed her to be her authentic self. "People are genuinely happy to see you here", Wendy says. "It feels like coming home."

What drew Wendy to SEESA was its promise of both learning and fun. Whether it was trying a new art class, joining a volunteer group, or striking up conversations with fellow members, she quickly realized this was a place built on connection. It gave her the opportunity to meet new people, forge friendships, and explore new interests.

Wendy's journey with SEESA began in 2021 when she signed up for her first class— Essentrics, a dynamic fitness program. Through conversations with fellow members, Wendy learned that SEESA was facing serious challenges.



Motivated to make a difference, she stepped up when asked to join the Board of Directors—and not long after, was elected President, a role she proudly continues to hold today. Wendy also began volunteering at the popular SEESA Rummage Sale in her first year at SEESA, where her eye for detail and enthusiasm for community soon led to the role of Team Lead for Jewelry. By 2023, she had taken on even greater responsibility as Co-Chair of the Reuse Sale alongside Eloise Cameron. SEESA continues to provide new adventures for Wendy. In 2024 Wendy began teaching a free fall prevention course and in 2025 she joined the Accidental Drama group.

"Retirement is not just about staying busy," she explains. "It's about doing something that matters, with people who care." For those stepping away from work and looking for what's next, Wendy has simple advice: "Find a place where you can still grow, give back, and be yourself. For me, that place is SEESA."







SEESA is looking to re-establish the Neighbourhood Bench Project and is looking for members interested in helping with this legacy project.

> Interested in helping?

We are looking for volunteers.



- 780-468-1985 ext 224







Friday, May 9, 2025 Friday, May 23, 2025

We deeply regret the short notice and any disruption this may cause. We know how special this event is for many of you, and we appreciate your understanding.

If you can attend on May 23rd , your current ticket will be honored on the new date, so there's no action needed from you at this time. If you are unable to attend on May 23rd, you may request, by bringing your ticket(s) to the Front Desk, a:

- · Refund, or
- · Credit to your SEESA wallet

We do need those tickets back.

If you bought tickets for other people, please advise them of the

Thank you for your patience and support.







Thursday, June 5th at 1:15pm

Admission is FREE.

Mix & mingle with the students after their performance

Tillie's Café, 9350 - 82 Street, NW

Please consider bringing a donation for the Edmonton Food Bank.

South East Edmonton Seniors Association 9350 82 Street N.W. Edmonton Alberta Canada T6C 2X8



Welcome to Summer

with SEESA's Ukulele Students Singalong in Tillie's Cafe

9350 - 82 Street NW

Wednesday, June 18, 1:30 - 3:00pm

TICKETS: \$10

(includes lemonade & watermelon)

Purchase at SEESA front desk or by phone 780-468-1985







MELODY SINGERS SPRING CONCERT - ROCKIN' THRU THE AGES

The SEESA Melody Singers returned to the SEESA stage on Sunday, May 4 for another excellent Spring Concert. The show this year, "Rockin' Thru The Ages", took our listeners through various decades of popular music, with the crowd nodding and singing along to many familiar songs, including some fun medleys. Special thanks to all of the choir members themselves, and their musical director, Brad Heintzman, for the many hours they put in to prep for this show.

Also, thank you to all the additional volunteers who contributed in various ways to help make this sold out show a success! After the show, over 150 people from the audience and members of the choir stuck around to enjoy a baked good and beverage during the after show social. We look forward to the Melody Singer's Christmas Concert in December, 2025!

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REFLECTING AND LOOKING AHEAD: SEESA'S ANNUAL GENERAL MEETING

Last month, SEESA hosted its Annual General Meeting (AGM), bringing together members to reflect on the past year and look ahead to the future. It was a meaningful opportunity to share program highlights, financial updates, and community insights while celebrating the progress we've made together.

The AGM served as a time to connect, exchange ideas, and reaffirm our shared commitment to SEESA's mission.

We are deeply grateful to everyone who attended, asked questions, and contributed to shaping the direction of our organization. Your voices, support, and enthusiasm continue to inspire everything we do. Thank you for helping us build a stronger, more connected community.



VOLUNTEER APPRECIATION

Following SEESA's AGM on Wednesday, April 23, everyone was welcome to head to Tillie's Cafe for our annual Volunteer Appreciation event where we celebrated the invaluable contributions of all our SEESA volunteers. The theme this year was to "Celebrate our SEESA Celebrities." There were plenty of snacks, treats, and beverages to go around, a fun photo booth with goofy props, a slideshow, door prizes, and a red carpet to walk down. Thank you to Carrie from In Your Face Photobooth for the excellent photos, as well as Holyrood Pharmasave for sponsoring our photobooth. And thank you again to all our volunteers for their hard work this past year in their many different roles—we couldn't do it without you!





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45th ANNIVERSARY SPRING 50/50 RAFFLE

TICKETS \$5 EACH

On Sale
April 11 to May 28, 2025
Purchase at SEESA Front Desk
or Call 780-468-1985

DRAW DATE MAY 28, 2025



LICENCE #732643 500 tickets printed





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!

ART

Pottery: Farmers Vegetable Stand | June 9 | 4:30-7:30 | Member \$65 Pottery: Bird Watching | June 23 | 4:30-7:30 | Member \$65

Dance

Line Dance Beginner | April 28-June 30 | 6:15-7:15 | Member \$70

Fitness

Essentrics Stretch and Tone | April 3-June 25 | Member \$90 Pickleball Player Development | June 2-June 16 | 5:30-7:00 Member \$60 Tabata | May 6-June 17 | 6:15 - 7:15 | Member \$70







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 D F



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.



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





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



mycleanersedmonton@gmail.com



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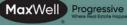


- Brought to you by Michael Draper
- Senior Real Estate Specialist (SRES)®
- Licensed REALTOR®

P: 780-242-1774

E: michael@nexthomehub.ca

W: NextHomeHub.ca





INTERESTED IN PLAYING BOCCE BALL?

>>>

WE'RE GATHERING A LIST OF PLAYERS FOR A POTENTIAL BOCCE BALL GROUP!

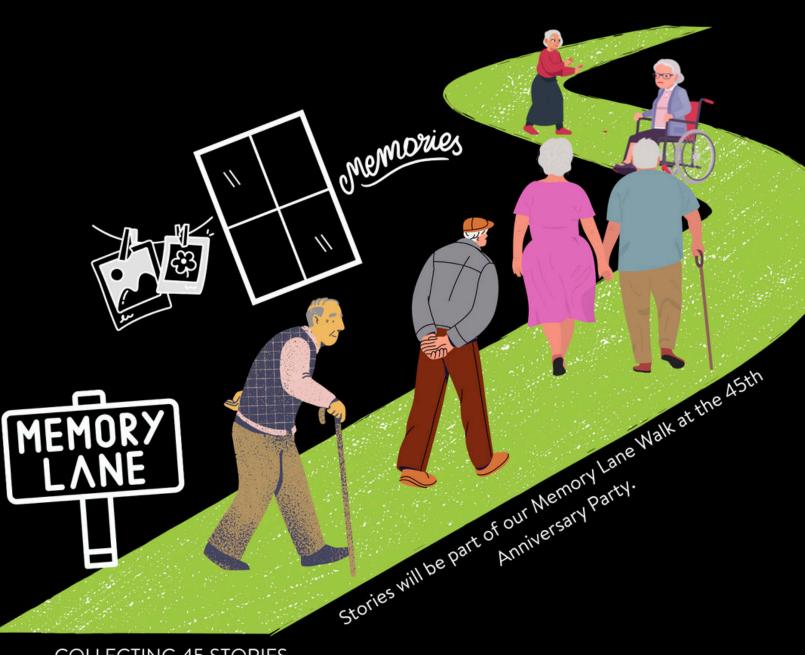
IF YOU'D LIKE TO JOIN, PLEASE CONTACT US AT 780-468-1985 OR VISIT THE FRONT DESK TO ADD YOUR NAME TO THE LIST.

SIGN UP BY THE END OF MAY!



45TH ANNIVERSARY

SHARE YOUR STORY!



COLLECTING 45 STORIES

Why does SEESA matter to you?

Send your stories to Darlene Kowalchuk at: darlene@seesa.ca or call: 780.468.1985 x 224



Celebrating May 15 to June 14 Birthdays

Gayle Allarie
Barb Andrews
Barbara Bailey
Jennifer Bain
Susan Barless
Trudy Bartsch
Brian Bianchini
Penelope Bradt

Bill Burton
Germaine Chau
Sudha Choldin
Sylvia Clair
Rosalind Cooper

Cheryl Demorest
Joe Doucet
Bob Drabiuk
Marjorie Enfield
Bruce Faunt
Herman Felsch
Brian Fish

Darlene Fleming Ann Gillespie Hans Gronau Jill Hague Robert Harris Ann Hartwig Sylvia Hoffman

Sylvia Hoffman Britta Johnson Priscilla Kachmar Elizabeth Kelly

Mary Kennedy Colin Kinnell

Leon Klak Henry Kotun

Roseann Kowalski

Linda Kruger Marian LaBrie Ginette Lachance Robert LaFontaine Andrew Lawson

Daniel Leclair

Doris Liebrecht Patrick Lukasewich Margaret Marean Sharon Martin

Joan McFall
Marjorie McLean
Darlene Monty
Susan Moore
Mary Murphy
Iris Neufeld
Michael O'Neill

Michael O'Neill Hiliary Ouellette Simon Page

Gayle Pederson Brent Pegg Linda Pentland Kevin Perry Barbara Powers

Barbara Powers
Tom Priestly
Dorothy Prins
Frances Purschke
Rosemarie Schatull
Hazel Shekooley
Richard St John
Roberta Stephens

Rhonda Taft Allen Thompson Paul Vanderham Lynette Willie Karen Wilson

Wendy Wiltse-Norbom

Albert Woolley Maria Yakula Murray Yaschuk



April birthday party participants.

Do you have a birthday in June or July? Your party is on Tuesday, June 17th at 1:30pm.

Please RSVP by June 5th 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
May 12 - Club Sandwich	
May 12 - Club Sandwich	\$12.00
	\$12.00 \$14.00
May 13 - Chicken Cordon Bleu Pie with Side Salad	\$12.00 \$14.00 \$15.00
May 13 - Chicken Cordon Bleu Pie with Side Salad	\$12.00 \$14.00 \$15.00

May 19 – Closed (Victoria Day)

May 20 - Roast Vegetable Sandwich Topped with Swiss Cheese\$1	.0.00
May 21 - Chicken Souvlaki with Greek Salad\$1	5.00
May 22 - Tourtière with Side Salad\$1	4.00

May 26 - Chicken, Mushroom, and Swiss Sandwich	\$10.00
May 27 - Teriyaki Beef and Broccoli Served on Rice	\$14.00
May 28 - Philly Cheesesteak	\$13.00
May 29 - Pulled Pork Topped with Slaw on a Bun	(add fries +\$4) \$10.00

Beverages:

Tea/Coffee (1 refill)	\$2.00
Hot Chocolate, Bottled Water/Pop	
Baked Goods:	
As available and as priced	

Frozen Selections to take home:

Soups\$4	1.00
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MAY 2025

This calendar primarily displays events. For a full list of programs happening, click <u>here</u> to see our program guide.

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1	2 Jam Session 6:00 – 9:00pm	3
4 Melody Singers Spring Concert 2:00pm Gym Tix: \$15	5 Holocaust Remembrance Day	6	7	8	9 Spring High Tea 1:30 – 3:30pm Tillie's Café	10
Happy Mother's Day	12	13	14	15	16 Jam Session 6:00 – 9:00pm	17
18	19 VICTORIA DAY SEESA Closed	20 Monthly Birthday Party 1:30 – 3:00pm	21	22	23	24
25	26	27	28	29	AB Floor Curling Association Provincial Championship	AB Floor Curling Association Provincial Championship

June 2025

This calendar primarily displays events. For a full list of programs happening, click <u>here</u> to see our program guide.

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Seniors Week (June 1-7)	2 Seniors Week Kick-Off at Edmonton City Hall, begins at 10:00am	3 Session 4 Registration Day 9:15am	Liver & Onions on the menu for lunch	Riverdale School Choir Performance (Free) 1:15pm in Tillie's Cafe	6 Seniors Week Prize Draw winner announced	7 Leagues on the Line Event w/ SEESA Display Table 11am- 3pm near Strathearn LRT Stop
8	9	10	11	12	13	SEESA 45th Anniversary Event 4:00pm- 8:00pm
Happy Father's Day!	16	Monthly Birthday Party June/July Combined 1:30 – 3:00pm Tillie's Cafe	18 Ukulele Group Performance Tillie's Café 1:30pm Tickets: \$10	19	Session 3 Classes End	National Indigenous Peoples Day
22	Session 4 Classes & Clubs Begins	Pride Day Michael Phair Presentation at 10:30am in Tillie's Cafe	25	26	27	28
29	30	information on F	Pride Month. Hous History Mon	nth - a month ir	e's Café for all of J n which we celebra irst Nations, Inuit,	ate the rich and

Updated: May 15, 2025