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Board Message

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.

FALL TOWN HALL

**Join us for a discussion on what's
happening at SEESA!**

- **Operational and board updates**
- **Strategic Plan updates**

21 October 2026

2:00 - 3:30pm

Tillie's Cafe

**Empowering and enhancing the
quality of life of people in our
community as we age.**

Town Hall
Meeting

BOOK & PUZZLE SALE

Audio Books, DVDs, CDs also available



Sept 14 to 24 - 10 am to 3 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

SEESA
You belong here



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





SEESA is CLOSED
Friday, September 25
(no classes, clubs)
(Tillie's Cafe is closed)
to set up for the
Fall Reuse and Book Sale

Fall Reuse and Book Sale
Sat, Sept 26, 10 am - 3 pm
Sun, Sept 27, 11 am - 2 pm



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

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.



780-468-1985 ext 224
darlene@seesa.ca

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).



2026 - Session 6 (November 2 - December 24, 2026)

Registration Day - Tuesday, October 13 @ 9:15am

A Valid 2026 Membership is required for member prices

Don't forget to stop
by Tillie's Cafe
for the
Registration Day
Special!



Ways to Register

- Online via MyActiveCenter.com
- In Person @ SEESA
- Drop Off @ SEESA front desk
- By Phone 780-468-1985

See the Program Guide for
Registration Option Details



Evelyn and Doug

26 Years at SEESA and counting!

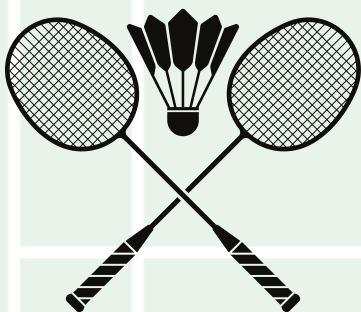
Decades ago, when a family loss left Evelyn and Doug searching for a way forward during the holiday season, a trusted friend pointed them toward a welcoming local tradition: SEESA's annual New Year's dinner and dance



That single recommendation opened the door to an entirely new chapter. What started as a holiday gathering quickly blossomed into a vibrant, everyday way of life. Before long, Evelyn and Doug were diving headfirst into badminton matches, ballroom dancing, watercolor and acrylic art lessons, Zumba, drama productions, and computer classes—leaving behind countless paintings stored neatly under the bed and a wealth of wonderful memories.

Today, at 88 years old and a member since 1988, Evelyn still feels that magic every single day. To her, SEESA's seniors are refreshingly welcoming, full of humor, and dedicated to the pure joy of fun and fellowship. She treasures the little moments: the badminton partners who joke, laugh, and make allowances for physical disabilities; the art classmates who share supplies, expertise, and fresh baking; and the quiet, profound empathy shown when someone is having a tough day. For Evelyn, volunteering and belonging to such an active community give true quality and meaning to life.

That exact same passion for active living pulses through the heart of 93-year-old Doug. A dedicated fixture in the SEESA badminton club, Doug champions SEESA for three core reasons: the vital exercise that keeps him physically strong, the wonderful social interaction with fellow players, and SEESA's unwavering mission to stimulate Alberta seniors mentally, physically, and psychologically..”



For 26 years and counting, Evelyn and Doug haven't just participated in activities—they have lived out SEESA's core motto in every sense of the word: “You Belong Here



SEESA will be closed on
Wednesday, September 30
in honour of
National Day for Truth and
Reconciliation.



We will resume regular
hours on Thursday, Oct 1.



THANKS GIVING LUNCH



Explore Korean Thanksgiving
together with Dae-jin Lim

FRIDAY, OCTOBER 9

Two seatings: 11:00am and 12:30pm

Tillie's Cafe \$25.00/person



TICKETS ON SALE UNTIL FRIDAY, OCTOBER 2
LIMITED SEATING AVAILABLE

Turkey, Mashed Potatoes, Stuffing,
Cranberry Sauce, and Korean Rice Cake for
Dessert Coffee/Tea Included.

(For gluten-free or vegetarian
options, please sign up through
the Front Desk)

HAPPY Thanksgiving

SEESA will be **CLOSED** on
Monday, October 12.

We will resume regular hours
on Tuesday, Oct 13.



SPOOKTACULAR

CRIBBAGE Tournament

Saturday, October 24, 2026

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

Games start at 11:00am

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

\$25 per person

\$50 per team of 2
(includes a light lunch)

Door
Prizes!

Peg
Vendor
Cash or
e-transfer
only

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



Prizes for the
Best Costume



19 Pot!
\$0.25

50/50
Raffle

Registration begins September 27th
The Registrar, Pam, will be available to take
registrations on Sept 27th at 780-668-4815
or pam.ellenberger23@gmail.com
Please do not contact prior to this date.

Together We Grow



Free to
attend!

Drop in
or
register

Seniors join children ages 0-3 and their caregivers for songs, rhymes, and stories followed by the opportunity to play and connect

**Fridays, 10am - 11am in SEESA's
"Idylwyde Room" from Oct. 2 - Nov. 6**

9350 82 St.
780-468-1985
www.seesa.ca

Bonnie Doon Centre

Thursday, October 8th, 9:00 AM - 2:00PM

The South East Edmonton Seniors Association (SEESA) will have an information and display table at Bonnie Doon Centre beside the food court. Stop by to learn more about how you can get involved at your local senior centre, and enter to win a prize!



bonnie doon

in partnership with

Welcome NEW MEMBERS

Are you a new member in 2026?

JOIN US
Thursday, October 29th
1:30 to 2:30 pm
for a social event
in TILLIE'S Cafe

Please sign up with the Front Desk
or by calling 780-468-1985 (ext 0)
by Wednesday, October 21

Remembrance Day Lunch

Tuesday, November 10th

**Doors open at 10:15am, program will begin
promptly at 10:45am with lunch to follow**

Lunch Menu: Roast Beef, Yorkshire Pudding,
Mashed Potatoes, Roasted Root Vegetables,
Black Forest Cake for dessert, and coffee/tea

For vegetarian or gluten-free options, please
sign up with the Front Desk.

Tickets \$25

**Purchase tickets at SEESA
front desk (9350 - 82 St) or by
phone 780-468-1985.**

**Last day to purchase tickets is
Wednesday, November 4**





International Day of Older Persons - October 1, 2026

The United Nations International Day of Older Persons is a global observance that recognizes the contributions of older people and addresses the challenges they face in a rapidly ageing world.

It highlights their roles as advocates and change-makers in areas like health equity, community resilience, and human rights, countering stereotypes and promoting inclusion.

Established by the UN General Assembly in 1990 following earlier ageing-focused initiatives, it builds on frameworks like the Madrid International Plan of Action on Ageing to advance policies that ensure dignity, equality, and full participation for people in later life.

Throughout our history, SEESA has been about people - providing a welcoming place to learn, connect, and belong. Whether through creative programs, coffee chats, fitness classes, volunteer opportunities or social events, SEESA has fostered a strong sense of community.

Today, SEESA is a thriving community hub where older adults come together to learn, stay active, volunteer and build meaningful relationships. More than a building, SEESA is a place of belonging - where friendships are formed, skills are shared and people find purpose, connection and community.

LIVER & ONIONS

International Day of Older
Person's Lunch Feature

THURSDAY, OCT 1



\$15

Purchase your pre-pay tickets at the Front Desk
to secure your meal. Tickets available until Sep 25

**Tillie's Cafe will be open for
regular service.**

SEESA
You belong here



BUS OUTING

ROYAL ALBERTA MUSEUM

Join us for a day of discovery at the Royal Alberta Museum! As Western Canada's largest museum, the "RAM" offers a fascinating journey through millions of years of Alberta's history. From massive Ice Age fossils and diverse wildlife in the Natural History Hall to the rich cultural heritage and stories of Alberta's First Peoples, there is something to inspire everyone. Explore the live Bug Gallery, wander through interactive exhibits, and delve into the stories that have shaped our province. It's a wonderful opportunity to learn, explore, and connect with Alberta's past and present. .

Date: Thursday October 8

Time: 10:00am-2:00pm

Depart SEESA: 10:00am

Depart Museum: 2:00pm

Cost for the Bus: \$20

Cost for Entrance to be paid at the Museum: \$16

Max 27 Spaces - 2 wheelchairs
and some walkers

Sign up by September 16 by calling
780-468-1985 or at the front desk



BUS OUTING

NANAKSAR GURDWARA EDMONTON

Experience an immersive visit to the local Gurdwara to learn about Sikh spirituality, culture, and community through an educational presentation, a guided tour of the Prayer Hall and community kitchen, and an open Q&A session, all concluding with a shared vegetarian lunch. Please dress modestly, as head coverings are required (scarves provided) and shoes must be removed upon entry. The space is accessible via stairs or elevator, with both floor and bench seating available in the Prayer Hall. All questions are encouraged in this welcoming environment designed for open, honest learning. Please arrive to SEESA at 10:00 so we can watch a video about the Gurdwara before we go.

Date: Thursday, November 12

Time: 10:00am-2:00pm

Depart SEESA: 10:30am

Depart Gurdwara: 2:00pm

Cost for the Bus and contribution to the Gurdwara: \$25

Max 27 Spaces - 2 wheelchairs
and some walkers

Sign up by October 26 by calling
780-468-1985 or at the front desk



SEESA
You belong here



Thank You for Joining Us at SEESA's Open House and Community Fair 2026

A heartfelt thank you to everyone who joined us for SEESA Open House on Wednesday, September 9! It was wonderful to welcome so many members, community groups, service providers and the general public through our doors as we shared all that SEESA has to offer.

What a fun day it was! From exploring our programs and class demonstrations to learning about clubs, connecting with local service providers and community partners, and enjoying live performances at Tillie's Café, there was something for everyone to enjoy.

And, of course, we can't forget the wonderful Falafel Sliders at Tillie's Café! They were a delicious highlight of the day and a great way to enjoy some food while connecting with friends, neighbours, and fellow community members.

We are so grateful to everyone who took the time to attend, participate, ask questions, share a smile, and help make our Open House such a memorable event. Your support and enthusiasm are what make the SEESA community so special.

Missed the Open House? No problem! You're always welcome at SEESA. Come in for a tour, meet our team, explore our programs and services, and discover how SEESA can be part of your community experience.

There is always something happening at SEESA, and we would love to show you around!





Summer

50/50 Raffle

Draw Date
September 1, 2026

Winning ticket
B-1934
Ann G

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



50/50 RAFFLE!

DRAW DATE:
OCT 1, 2026

50% to the winner
50% supports SEESA
programs and
operations

TICKETS

- **1 FOR \$2** BY PHONE - 780-468-1985
- **3 FOR \$5** IN PERSON - SEESA FRONT DESK

AGLC License: 790484
Eligibility: Alberta residents, 18+
Deadline to purchase: Wed, Sept 30, 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



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

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
ANDYMAN
S E R V I C E S

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
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

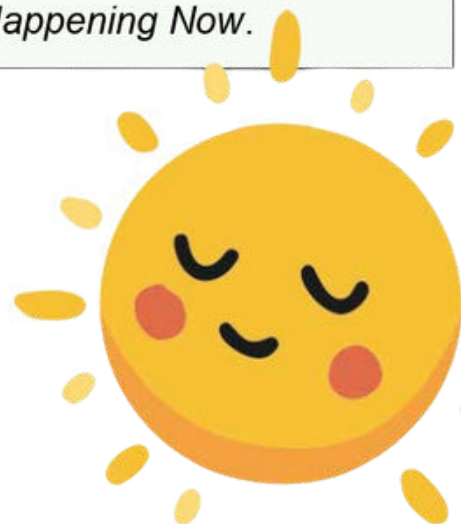
10045 81 Ave T6E1W7

heather.mcpherson@parl.gc.ca



Follow on

Visit my website at www.heathermcpherson.ndp.ca



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

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- Check out our Google Reviews

Two Pairs from \$149
That's Expert Eyecare for All
& Includes Prescription Sunglasses

Unit 176, 8330 82 Ave Edmonton
located next to the food court
587-442-2932
store.bonnedooncentre.ca@specsavers.com
specsavers.ca

50% Off Lens Upgrades for Seniors



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





EDMONTON
SENIORS
COORDINATING
COUNCIL



EDMONTON
Age Friendly
Alliance

P R E S E N T S

AGE-FRIENDLY REEL

STORIES AND CONVERSATIONS WITH OLDER ADULTS



Seniors are invited to join us for a free afternoon of thought-provoking short films and discussion on aging well in community

Thursday, October 8 | 1:30 pm to 4:00 pm

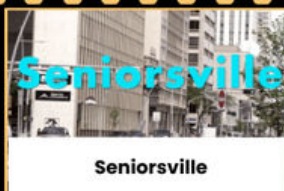
Doors open at 12:45 pm



Stories of Food Justice



Explore & Engage:
Edmonton Senior Centres



Seniorsville



Feature Film

SHOWING AT

Whitemud Crossing Library
4211-106 Street

Ample free parking

Free snacks & beverages

2min walk from bus stop (#456 EB)

Stay after the films for conversation and connection

Register Online

www.eventbrite.com



Fraud Prevention: Take a Moment, Talk About It

Fraud can affect anyone, regardless of age or background. Scammers can be very convincing because, for them, deception is a full-time job. They create elaborate stories and scenarios and use strong emotions such as fear, panic, urgency, or even love to make people believe they are legitimate.

One of the best ways to protect yourself from fraud is to slow down and take a moment before you act. If someone is asking for your money, personal information, passwords, or immediate action, take the time to stop and consider what is happening. Do some research. Contact the organization directly using a phone number or website you know to be legitimate.

And remember: Talk about it!

One of the simplest ways to help prevent fraud is to talk about scams openly. Have conversations with your loved ones — your children and teens, siblings, parents, grandparents, friends, and coworkers. Talk about the scams you have heard about, the warning signs to watch for, and what you would do if you received a suspicious call, email, text, or message.

Talking about fraud can help remove embarrassment or shame and make it easier for someone to ask for help if they think they may have been targeted.

Learn More

Want to learn more about common scams and how you can protect yourself? Consider attending SEESA's Fraud Prevention Workshop with Julie Matthews on October 16. It's a great opportunity to learn about common frauds, recognize red flags, and gain practical tips for protecting yourself and those you care about.



Registration details available on the
Fraud Prevention Workshop Poster



FRAUD PREVENTION WORKSHOP



Fraud is surging across Canada, with scammers frequently targeting seniors through phone calls, texts, and online schemes.

Join certified fraud examiner and national scam coalition spokesperson Julie Matthews—former Global TV Troubleshooter and Alberta peace officer—for an engaging talk on how to spot modern scams.

What You'll Learn: Real-world examples of AI tricks, red flags, and practical prevention strategies with a live Q&A.

Let's fight fraud together!

When: October 15 at 2:00 PM

Where: Tillie's Cafe

Cost: \$5 Members | \$10 Non-Members

Register: At the front desk in person (9350 - 82 ST NW), online (via MSC) or by calling 780-468-1985





SEESA'S BIRTHDAYS

SEPTEMBER 15 TO OCTOBER 14

Vic Buga
Margaret Burlingham
Ray Chow
Joanne Dolan
Micky Elabdi
Glenn Ennis
Don Evans
David Fraser
Margaret German
Dave Gledhow
Wendy Kinsman
Lisa Kotun
Bernie Kozakewich
Veronique Lavoie
Man Kwan Law
Jim Mackey
Ted Mageau
Donna Miller

Ian Nicol
Cathy Pearson
Lenora Pinkoski
Jossy Proby
Sonja Rhem
Francis Sandul
Larry Silvester
Peggy Smith
Ann Sobol
Tony Spencer
Marguerite Thomas
Sandy Toner
Janis Tymofichuk
Mary Anne Vanderham
Joanne Wenzel
Lloyd Whitehouse
Hilary Wynters

SEESA October Birthday Party!

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

**Featuring a performance from
SEESA's Ukulele Students**



TUESDAY, OCTOBER |20|

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, October 16th to RSVP



Celebrating Marilyn

At SEESA, volunteers are the heart of creating a welcoming, lively community, and Marilyn Isitt exemplifies the spirit of connection and service that makes SEESA a special place to belong.

Marilyn's connection with SEESA actually began before she became a volunteer. As a longtime member, and now President of the St. David's Welsh Society of Edmonton, Marilyn first became familiar with SEESA when her organization needed to use the kitchen to prepare food for Edmonton's Heritage Festival. During the summer, Marilyn took charge of the baking and mixing while other volunteers helped roll and prepare cakes for the festival. Through those experiences, SEESA gradually became a familiar place to her.

After becoming a SEESA member and participating in classes and Monday afternoon Bingo, Marilyn saw an opportunity to help when the Bingo needed someone to take over. She immediately volunteered as a club liaison, and afterward, she learned to work the cash register—and that willingness to step forward became the beginning of her seven-year volunteer journey at SEESA.

Today, Marilyn is a familiar face at Tillie's Café and SEESA's Reuse Sales. Over the years, she has worked alongside many fellow volunteers. For Marilyn, these relationships with SEESA members, customers, and staff she meets each time she volunteers are what make the experience so memorable.

For anyone considering volunteering, Marilyn has a simple invitation: "You do not have to be a senior to be a volunteer at SEESA. If you're looking for a fun time, want to meet lots of people, and have a couple of hours to spare, even if it's only two hours a week, come on in. Give your time. It's great. You feel invigorated when you leave."



Thank you, Marilyn, for the energy, warmth, and commitment you bring to SEESA. Your willingness to step forward, welcome others, and share your time continues to strengthen our community and make SEESA a lively and welcoming place for everyone.



Outreach Program

Mon, Sept 28 - 1 to 4 pm

Wed, Oct 14 - 9 to noon

Mon, Oct 26 - 1 to 4 pm

In collaboration with Edmonton Seniors Coordinating Council's Hello Seniors program, formally Outreach Program, SEESA is pleased to host Jewish Family Services Outreach Worker Brandon, on-site the 2nd Wednesday (9 am to noon) and the 4th Monday (1 pm to 4 pm) of each month.

The Outreach Worker will be able to assist with:

- Home support options
- Information, referrals and case management
- Assistance with food security & affordable housing
- Solutions for social isolation
- Navigating systems like transportation & housing
- Assistance with filling out forms
- Access to government benefit programs

**FOR MORE
INFORMATION**

📞 780-468-1985

📍 9350 82 Street

🌐 seesa.ca

For emergent needs: call 211-2

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



Sept 1, 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

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

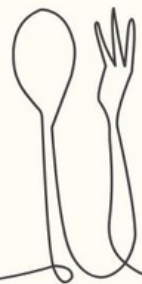
Partial Closure

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



September 2026

This calendar primarily displays events.
For a full list of programs and clubs,
visit www.seesa.ca

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

October 2026

This calendar primarily displays events.

For a full list of programs and clubs,

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Oct 8 – Age-Friendly Reel – Stories and Conversations with Older Adults – 1:30pm to 4pm – Whitemud Crossing Library – 4211 106 St				1 National Seniors Day – LIVER AND ONIONS – LUNCH FEATURE – prepurchase tickets at FDR	2	3
4	5	6	7	8 SEESA Table at Bonnie Doon Mall 9 am to 2 pm	9 THANKSGIVING LUNCH 11am / 12:30pm \$25	10
11	12 SEESA Closed Thanksgiving 	13 Registration Day Session 6 9:15 am	14 Outreach Worker On Site (9:00am - NOON)	15 Fraud Prevention Workshop 2 pm \$5 – Tillie's Cafe	16	17
18	19	20 Monthly Birthday Party 1:30 – 3:00pm Tillie's Cafe	21 Town Hall 2 – 3:30pm Tillie's Cafe	22 SEESA Table at Reach Resource Connect – Edmonton Convention Centre 10am to 4pm	23	24 Fall Cribbage Tournament \$25 per player
25	26 Outreach Worker On Site (1pm – 4pm)	27	28	29 New Member Welcome 1:30 – 2:30pm Tillie's Cafe	30	31 HALLOWEEN 