

SEPTEMBER 2025



- 2 MESSAGE FROM THE BOARD
- 3 UPCOMING OCTOBER FYI SEMINARS AND WORKSHOPS
- 5 BOOK & PUZZLE SALE
- 6 REUSE SALE
- 7 THANKSGIVING LUNCH



HIGHLIGHTS OF THE CURRENT ISSUE

- 10 HELLO SENIORS OUTREACH
- 12 2025 EDMONTON ELECTION AGE FRIENDLY GUIDE
- 2025 SEESA FALL
 QUILT RAFFLE
- 21 OCTOBER BIRTHDAY PARTY

MESSAGE FROM THE BOARD

Fall is almost upon us and SEESA members are back participating in classes, clubs, and events. SEESA Board members are back supporting the work of our Executive Director, Shelley and catching up with members.



This Fall, we continue our work to sustain the organization. The staff are busy writing grant proposals and we are continuing our efforts to promote the positive difference that SEESA makes for our members and the community.

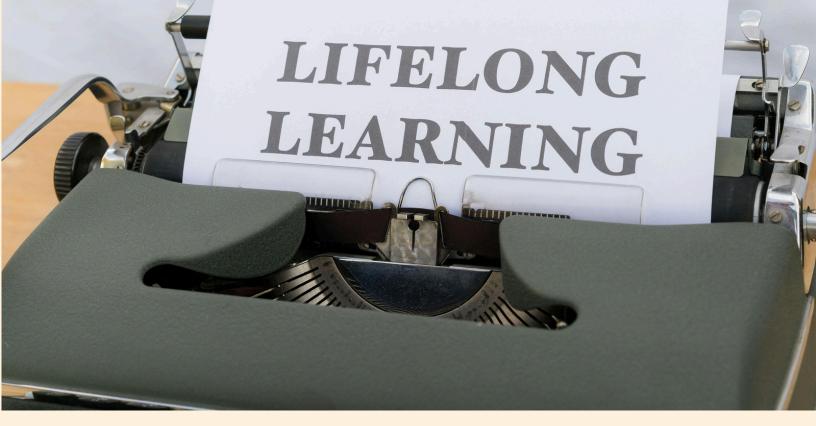
Thanks to the leadership of Darlene, staff and volunteers hosted a very successful Open House. This event brought community residents into the building and resulted in some new members, additional registrations for classes and clubs, and the opportunity to sample Cherie's famous cinnamon buns. A big thank you to all the volunteers who assisted with this event - your energy and enthusiasm about SEESA was truly inspiring.



The Board will be focusing over the next months on developing strategic priorities which will provide direction for SEESA moving forward. Your ideas are important in developing our future plan. We will be hosting a Town Hall on October 22 in the afternoon where a facilitator will lead us through a process to gather your input.

We look forward to seeing you this Fall. You, our members, help make SEESA a welcoming place and a place where older adults can. In the words of Walt Disney, "Laughter is timeless. Imagination has no age. And dreams are forever."





To register for any of the upcoming sessions: Call - 780.468.1985 Visit the Front Desk Register Online - www.seesa.ca

UPCOMING OCTOBER FYI SESSIONS

- FYI: Edmonton Food Bank Oct 7
- FYI: MAiD 101 Oct 8
- FYI: Myths and Truth About Funeral Oct 14
- FYI: Estate Planning from a Financial Perspective - Oct 15
- FYI: Bring Your Own Device: The Palace Project - Oct 16
- FYI: Estate Planning: Personal Directives and Power of Attorney - Oct 22



UPCOMING WORKSHOPS

October 2025

Stained Glass Workshop-Monstera Leaf Suncatcher OCT 7

OCT 7

Healing Through Words

Genealogy: On the Internet

ОСТ

OCT 10 Acrylic Painting: Workshop Tote Bag

Teacher of Presence Workshop: A.K.A RIPPLE Reflection- If You Don't Go Within, You Go Without

OCT 16

OCT 23

Setting Healthy Boundaries







BOOK & PUZZLE SALE

Audio Books, DVDs, CDs also available

October 14 - 23, 2025 10:00 a.m. - 3:00 p.m.

(closed Saturdays & Sundays during Oct. 14-23)

October 25, 2025 - 10:00am - 3:00pm

October 26, 2025 - 11:00am - 2:00pm

Donations of used books, puzzles, audio books, DVDs & CDs can be dropped off at SEESA's South Doors October 8 - October 23 See separate Reuse Sale poster for full donation hours

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









South East Edmonton Seniors Association

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

780-468-1985 · info@seesa.ca · www.seesa.ca



at SEESA



Saturday October 25, 10AM - 3PM Sunday October 26, 11AM - 2PM

Donation Hours

Monday to Friday, 9:00am - 4:30pm
Starting October 8th, ending on October 23rd at Noon.
9350 - 82 ST N.W. at SEESA's South Doors
Additional donation days on
Saturday, October 11th and Saturday, October 18th from 10am - 3pm
Please ensure that all your items are clean
and in good working condition.

Please 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





FRIDAY, OCTOBER 10

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

Tillie's Cafe

\$25.00/PERSON

TICKETS ON SALE UNTIL FRIDAY, OCTOBER 3
LIMITED SEATING AVAILABLE

Turkey, Potatoes, Stuffing, Roast Vegetables, Cranberry Sauce, and Pumpkin Pie for Dessert Coffee/Tea Included.

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

OPEN HOUSE THANK YOU FOR JOINING US







Mank You for Joining Us!

A heartfelt thank you to everyone who attended our Open House on Thursday, September 4th!

We loved connecting with you, sharing what SEESA is all about, and showcasing our volunteer opportunities, programs, events, Tillie's Café and various community partnerships.

Your presence made the day extra special — we're so grateful for your support!

Missed it? No worries — you're always welcome to stop by, take a tour, or check out what's happening at <u>seesa.ca</u>.



Thank You to All our Vendors SEESA Open House - Sept 4

- Ashley Salvador
- Caroline Matthews
- Congdon's Aids to Daily Living
- Drive Happiiness
- Edm Federation of Community Leagues

COMMUNITY PARTNERS

- Edm Seniors
 Coordinating Council
- Elder Care
- Forever Canadian
- Holyrood Community League
- Neighbourhood Watch
- Next Home Hub
- Optima Living
- SAGE

SEESA CLASSES

- Balanced Beats
- Card Making Fun
- Cha-Cha Charge
- Clogging
- Declutter & Organize
- Essentrics
- Friday Power Hour
- Line Dancing
- Move Well

- Nia Movement Practice
- Not Falling for You
- Stained Glass
- Watercolor for All Levels
- Yoga Hatha with Barb

- Accidental Drama
- Art
- Badminton
- Board Games
- Carpet Bowling
- Contract Bridge
- Contract Bridge Lessons

SEESA CLUBS

- Cribbage
- Floor Curling
- Guitar
- Hand & Foot Canasta
- Jam Session
- Melody Singers

- Pickleball
- Quilting & Crafting
- SEESA Golf
- Shuffleboard
- Soapstone
- Table Tennis
- Woodcarving

Volunteer Opportunities

- Front Desk Reception
- Garden
- Kitchen Support
- Special Events
- Tillie's Cafe





Outreach Program

Wed, Sept 17- 9-12 Mon, Sept 29 - 1-4 Wed, Oct 15- 9-12 Mon, Oct 27 - 1-4

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
3rd Wednesday (9 am to noon)
and the last 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 emergent needs: call 211-2

FOR MORE INFORMATION











CRIBBAGE Tournament



Saturday, September 20, 2025

Games start at 11:00am

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

\$20 per person

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

Door Prizes! 1st, 2nd & 3rd place cash prizes!

Highest hand cash prize!

Skunk Pot! \$1.00

Registration is now full. We are accepting a waitlist!

To add your name to the waitlist, contact Pam Ellenberger at 780-668-4815 or pam.ellenberger23@gmail.com

19 Pot! \$0.25

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



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





We will resume regular hours on Wednesday, Oct 1.

SEESA'S ACCIDENTAL DRAMA CLUB PRESENTS

Maid TO ORDER

By Matthew K. Begbie





SEESA's TOWN HALL

Join us for:

- An update on what's Happening at SEESA!
- A Strategic Planning discussion help shape the future of SEESA with your valuable insights and expertise!

Let's deal with opportunities and challenges together.



22 October 2025

2:00 - 3:30pm

Tillie's Cafe

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



Tickets on sale September 15!

A wealthy widow, who is expecting her beau for dinner, demands nothing less than perfection from the household staff in this laugh-out-loud comedy!

November 14: 7:00 pm | November 15 & 16: 2:00 pm Doors open 1/2 hour before show | Concession available Tix \$20 (general seating) | At SEESA or at 780-468-1985

SEESA You belong here 9350 82 Street NW

Edmonton, AB

Produced by special arrangement with Pioneer Drama Services Inc., Denver, Colorado



2025 Edmonton Election

An Age Friendly Guide



The <u>Edmonton Seniors Declaration</u> affirms City Council's commitment to an age-friendly city where people of all ages feel safe, empowered, supported and connected.

City Council first adopted this declaration on June 3, 2010 and recommitted to it on October 1, 2020. The declaration states that:



Individuals are respected regardless of age. All generations have much to teach and learn from each other.



People of all ages feel safe, empowered, and supported as individuals so that they can age well, reconnect with, and enrich the community.



Urban spaces are intentionally designed to be vibrant, inclusive and accessible to meet the interests and needs of older adults.



Older persons have access to information, programs and services that promote engagement.

Key election issues related to the **Edmonton Seniors Declaration** are:



Service changes that do not consider accessibility needs of the community.

Most importantly, the transition from physical transit tickets to ARC cards, and the removal of parking pay stations in favor of the E-Park app.

These changes not only create barriers for older individuals, but anyone who can't read English, does not have access to a smartphone or debit/credit card, or has trouble navigating digital platforms and QR codes. Additionally, needing support to access and navigate systems like transit is a top presenting issue seen in Hello Seniors and Social Prescribing programs. Fewer places to buy ARC cards mean accessibility has been reduced—75 sites compared to over 300 where transit tickets used to be sold.



Many seniors feel unsafe in their current housing situation and cannot afford to stay where they have lived for years.

Changes in urban planning are part of the challenge in many neighbourhoods. There are long waiting lists of up to two years for affordable supportive living and subsidized housing options. City Council's role in setting zoning policies, approval processes, and the delivery of social housing has direct impacts on the affordability and accessibility of housing.



Funding social connection and community engagement opportunities for seniors.

Social isolation is a major health issue in the seniors population. Often, financial barriers prevent older adults from being active.

Community-Based Seniors Serving (CBSS) organizations play an important role in addressing this by providing low-cost programs and services that support lifelong learning, life enrichment, health and wellness, but many CBSS organizations are worried about being able to keep their doors open.

Without these CBSS organizations, older persons have limited access to information, programs, and services that promote engagement.

What are you prepared to do to make City of Edmonton services more age-friendly?

How can City Council encourage more affordable housing options for seniors, in communities where they can feel safe?

What would you do to make sure there are adequate municipal resources—including funding—to support CBSS organizations to keep up with growth and diversity in the senior population?

Find more information about the 2025 Municipal Election on our website

seniorscouncil.net



- **780-423-5635**
- info@seniorscouncil.net
- 9 #101, 9426 51 Avenue NW Edmonton, AB T6E 5A6





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

TURN THOSE RECYCLABLES INTO A REAL CHANGE FOR SEESA



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







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



Real Estate Expertise for Seniors

Ready to move into a situation that will enable you to thrive?

NextHomeHub.ca



Michael Draper, REALTOR® and Senior Real Estate Specialist (SRES)®

P: 780-242-1774

E: michael@nexthomehub.ca

W: NextHomeHub.ca



2026 MEMBERSHIP SALE

2026 Membership Pricing Regular Member \$40 No increase! Associate Member \$55 - \$5 increase starting January 2026 Reciprocal Member \$10 No change

New Regular Member

2026 Membership Pre-sale Effective August 5, 2025. Buy your 2025 membership for \$20 if you buy your 2026 membership at the same time.

New Associate Member

2026 Membership Pre-sale Effective August 5, 2025. Buy your 2025 associate membership for \$25 if you buy your 2026 membership at the same time.

Regular Membership Incentive to Buy Early

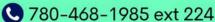
All returning 2025 regular members who buy their 2026 membership before December 31, 2025, will be entered into a draw to win (12 chances to win) their membership back.

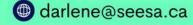
Refer a Friend Regular Member Discount

If you are a current 2025 regular member and bring in a new 2026 regular member (who hasn't been a SEESA member for 2023, 2024, or 2025), you will receive \$10 off your 2026 membership.

We ask that both memberships be purchased at the same time so your discount can be applied. In person only at SEESA. Not available online.









Introducing the SEESA Access Pass: Removing Financial Barriers for Seniors

At SEESA, we believe everyone deserves the opportunity to connect, learn, and thrive—regardless of financial circumstances. That's why we're proud to introduce the SEESA Access Pass (SAP), a program designed to reduce financial barriers for seniors who want to participate in SEESA's vibrant clubs, classes, and activities.

Whether it's a fitness class, a club, or a General Interest or For Your Information (FYI) session, staying active and connected is essential to healthy aging. The SEESA Access Pass makes it easier than ever for low-income seniors to engage with our community—and reap the benefits.

The SAP program is built around the Six Determinants of Healthy Aging and is designed to:

- ✓ Encourage Active Aging Stay mentally, physically, and socially active through engaging programs.
- ✓ Increase Participation Get support with class fees and even transportation, so finances aren't a barrier.
- Reduce Isolation Enjoy meaningful community connection to combat loneliness and inactivity.
- Engage Social Support Access information, referrals, and caregiver resources to help you thrive.

Because healthy aging should be accessible to all.

Who Is Eligible?

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

How to Apply

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).

What SAP Covers

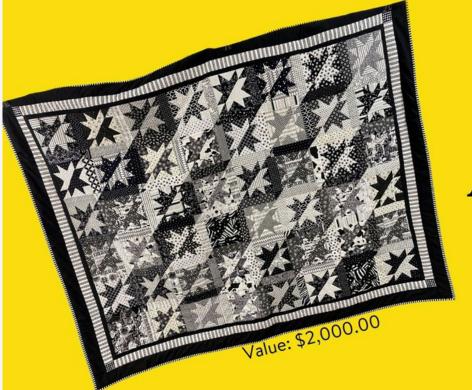
The Access Pass subsidizes or fully covers the cost of SEESA's:

- 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.





SEESA 45th Anniversary Fall Quilt Raffle

Quilt size: 68"x88" (King)

Handcrafted by the SEESA
Quilters & Crafters Club
& generously donated by a
SEESA member

TICKETS:

Series A - 1 for \$5

Series B - 5 for \$10

Series C - 80 for \$25

Raffle Details:

AGLC License: 746552

Tickets on sale: Sept 15 to December 13, 2025

Draw date: Dec 15, 2025

Prize: Handcrafted quilt by SEESA's Quilter and Crafters

Eligibility: Alberta residents, 18+

Buy tickets online: www.rafflebox.ca/raffle/seesa

Tickets are also available to purchase at the front desk

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





SEESA TURNS 45! JOIN OUR "45 FOR 45" FUNDRAISING CAMPAIGN

Help Us Reach Our Next Milestone - \$15,000

There's still time to be part of the \$45 for 45 Campaign as we push toward our next goal.

Your support will help us bring big improvements to our community spaces, including:

A keyboard for the Melody Singers

🞉 A new fridge and freezer showcase for Tillie's Cafe

Rew chairs for gym events and gatherings

Every dollar gets us closer—join us in making it happen!



How to Donate

- Online through CanadaHelps
- Inperson at the Front Desk
- By phone 780-468-1985
- By mail 9350 82 St, Edmonton,
 AB T6C 2X8

Donation Period:

June 17 to December 31, 2025

Donate \$45 for 45 years!

All donations are greatly appreciated and welcomed



FOR MORE INFORMATION

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

SEESA's September 15 - October 14 Birthdays

Bill Alexander Lucille Belzil Jacoba Benoit Alice Berard Jane Blair Elizabeth Bolstler Judie Bond Lois Bourbeau Roger Bouthillier Lorraine Brooks Margaret Burlingham Barbara Burns Colin Cavanagh Sharon Chadwick Ray Chow Jim Clifford Valerie Costigan Kevin Crandlemire Fredrick Delainey Marjorie Joan Delainey Joanne Dolan Victor Dolynchuk Irwin Drefs Michaleen Elabdi Audrey Ellis Glenn Ennis Don Evans Leigh Falkenberg Connie Fisher-Chessell Don Fleming **David Fraser** Linda Free Lucille Gans Margaret German Robert Gibson David Gledhow Leslee Greenaway Carrie Gronau Elisabeth Harris Elisa Hernandez Ruth Ingles Teresa lus F. Marlene Johnson Garth Johnston Dagmar Kurth Man Kwan Law Yun Lee Bernice Libich Prokop Lobkowicz Susan Lobkowicz Sheila MacKay Jim Mackey Ted Mageau Linda Mallett Martin McCabe Kath McKenzie Mary Rose Messier Donna Miller Alison Morin Joan Murchie Ian Nicol Teresa O'Keeffe Lois Pawl Cathy Pearson Lenora Pinkoski Merv Prediger Joselyn Proby Anne Rajotte Barbara Reid Bill Revell Michelle Richard Jim Russell Donna Salazar Janice Sawatski **Donald Schick** Esther Schmaltz Theresa Shih-Dodsworth Larry Jay Simpson Peggy Smith Ann Sobol Anthony Silvester Beverley Stich Janne Switzer **Barbara Sykes** Alton Thomas Joanne Thomson Adele Thurston Therese Vanden Broek Mary Anne Vanderham **Hilary Wynters** Albert Vickery Joanne Wenzel Darlene Werner Jean Yahodenko Lil Yakimishyn

YOU'RE INVITED TO

SEESA's October Birthday



Party



Are you a SEESA Member with a Birthday in October?

Join us as we celebrate your special day! There will be birthday cake, beverages, entertainment, and a door prize!

TUESDAY, OCTOBER

21



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!



You belong here

Featuring a performance by TCB (SEESA Band)

Please call SEESA's Front Desk (780-468-1985)
by Friday, October 17 to RSVP (along with the number of guests joining you)

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

September 15: Chicken Enchiladas......\$14



In celebration of Mexican Independence Day



September 25: Fish and Chips.......\$15

September 26: Chef's Choice.....as priced

September 29: Bison Burger with Saskatoon Aioli with side salad......\$15



In honour of Truth and Reconciliation Day

Beverages:

Tea/Coffee (1 refill)	\$2.00
Hot Chocolate, Bottled Water/Pop	
Baked Goods:	
As available and as priced	
Thursdays: Cinnamon buns Frozen Selections to take home:	\$4.00
Soups	\$4.00



Entrées as available and as priced





FULL DAY CLOSURE

September 24: Closed for private function

September 30: Closed for Truth &

Reconciliation Day

PARTIAL CLOSURE

September 16: Birthday Party - closed -1 pm to 4 pm



September 2025

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

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Labour Day SEESA Closed	SEESA Clubs Resume	3	SEESA Open House 1pm - 7pm	5	Strathearr Art Walk 12 to 7 pm (Art & Soapstone)
7 Strathearn Art Walk 12 to 5 pm (Quilters & Crafters)	8 Session 5 Classes Begin	9	10	11	12	13
14	15	16 Aug/Sept Birthday Party 1:30pm-3pm Tillie's Café	Outreach Worker On Site 9am-12pm	18	19	Fall Crib Tourney Pre-reg opens Sept 2
21	22	23	AB Floor Curling Tourney Tillie's Café Closed	25	26	27
28	Outreach Worker On Site 1pm-4pm	30 National Day for Truth & Reconciliation SEESA Closed				



September 4, 2025 1pm to 7pm



October 2025

This calendar primarily displays events.

For a full list of programs and clubs,
visit www.seesa.ca

				VISIC WY	ww.seesa.ca	
Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Reuse Sale	3 – 10am to 3 Donation Dr t 22 – 9 am to	opOff	National Senior Day	2	3	4
5	6 ECF Wills Week Tillie's Café	7 Session 6 Registration Day 9:15am	8	9	Thanksgiving Lunch Tillie's Café Tickets: \$25	11
12	13 Thanksgiving SEESA Closed	14	15	16	17	18
19	Municipal Election Day	21 October Birthday Party 1:30pm-3pm Tillie's Café	SEESA Town Hall 2 - 3:30pm Tillie's Café	23	Session 5 Classes End	Fall Reuse & Book Sale 10am – 3pm
Fall Reuse & Book Sale 11am – 2pm	Session 6 Classes Begin	28	29	30	Happy Halloween!	

