



Board Update

So Many Successful Events!

Thanks to the staff and many volunteers, SEESA members and the community have

- Found new treasures at our Rummage/ Reuse Sale
- Laughed at the Accidental Drama Group's *Melodies at the Manor* production
- Enjoyed the *Spring into Music* performance by the Melody Singers including a sing-along, and
- Dined on sandwiches and dainties while catching up with friends at our High Tea.

Sold out events and strong attendance numbers signal that SEESA is meeting a need for many.

Board Working to Support SEESA

Working with our Executive Director, Shelley Williams, the Board is continuing to put in place policies and procedures that support the operation of SEESA. Our ongoing focus is to stabilize and sustain the organization and working with stakeholders to increase support for seniors' serving organizations.

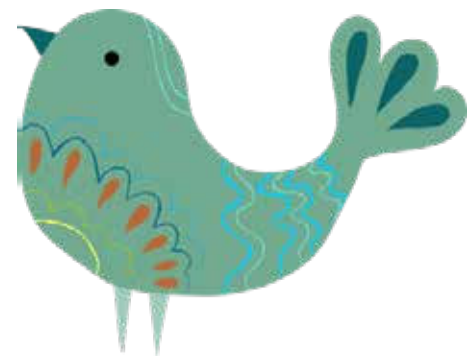
Our Board president, Wendy Doughty, has joined the Board of the Edmonton Seniors Coordinating Council. This will provide an opportunity for SEESA to be at the table with other key stakeholders to build collaborative approaches to services, supports and circumstances affecting older adults.

Lots of Opportunities for Fun!

Thanks to the work of staff and the commitment of our instructors and volunteers, SEESA will continue to offer opportunities this summer.

Membership Update

SEESA currently has 810 members (includes full, associate and reciprocal memberships). Lifetime members are not included in this number.



2023 Spring Rummage and Re-Use Sale



April 3rd was the first day donations began arriving at SEESA in anticipation of the sale. The volunteers who prepare the donations were ready to clean, sort and ensure items were in good condition. This team are a dedicated group who are ready to accept anything. As the weeks progressed many, many, items for the various departments were processed. We thought we had seen everything until one day, YES, the kitchen sink arrived, new, shiny, and still in the original box. And it did sell.

On April 11th the Book Sale began, it was busy every day with a tremendous turnover of books and puzzles. The room was displayed as if it was a bookstore. Congratulations to all the volunteers who made it look so inviting.

Friday saw over 130 volunteers including 12 from ATCO transform the gym and classrooms into a super space for bargain hunters. A delicious lunch was served to everyone.

On Saturday morning there was one gentleman seated outside the door at 8 am.,

soon to be joined by many in the queue that stretched around the front of the building. Approximately 2000 shoppers were counted attending the sale during both days. The halls were full of people as were their shopping bags. Volunteers kept rearranging the items for sale, as their products flew off the tables. The 50-50 and quilt tickets sold well. Hamburgers and hotdogs were on sale to the public in Tillie's, many shoppers expressed that they were very tasty.

Sunday was a little quieter but still had many shoppers. The bag sale one more time was a success. Once again, the Girl Guides arrived on Sunday afternoon to help with packing up, cleaning and putting away tables.

Left over items were boxed, the truck from FIND came on Monday and took everything.

A HUGE thank you to all the volunteers who once again made the sale a wonderful success and fundraiser for SEESA.

See you all in the Fall.



The ATCO team that helped with set up.

SEESA You belong here

HELLO
SUMMER!

2023 - Summer Session
(June 19 - August 18, 2023)

Registration - May 29th @ 9:15am

Program Guide available May 17th

Ways to Register

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

See the Program Guide for
Registration Option Details

A Valid 2023 Membership
required for member prices

"Not 55 yet? We'd love to have you too!"

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SEESA summer hours are 8:30 am to 4:30 pm, Monday to Friday. SEESA will be closed from August 21 to September 1 for building maintenance.



Gardeners needed

Interested in helping maintain and improve SEESA's outdoor flowerbeds and potted plants? Volunteer for Outdoor Gardening at SEESA! Please contact Gina-Marie at gina-marie@seesa.ca or stop by the front desk to update your Volunteer Opportunities form.





Table Tennis Club looking for a few more members

Are you ready to have some exercise,
fun, and excitement?
Come and join us!



Monday - 3:30 to 5:30 PM
Friday - 2:30 to 4:15 PM

Drop in fees
\$3.00 SEESA members
\$6.00 Non-members

We have players of all levels, so whether you're a
beginner or a seasoned player, you're welcome.
We would love to see you.

For more information contact: Jim Der (780) 217-0461



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Table tennis club

A great sport for exercise and hand-eye coordination. Did you know the game was invented in England in the early days of the 20th century and was originally called Ping-Pong, a trade name? Interesting, eh.

The club meets on Mondays and Fridays:

- Monday April 3 – June 26,
3:30 pm – 5:30 pm
(No session on May 22)
- Friday April 14 – June 23,
2:30 pm – 4:15 pm

Come out, meet your fellow table tennis players, work those carbs off, and enjoy yourselves. Contact Jim Der, Club Liaison, if you have questions (780-217-0461).

SEESA *You belong here*

Melody Singers

Seeking new members!
An inclusive, friendly, 4 part
harmony seniors choir.

**JOIN
US!**

WE ARE ALMOST 20 YEARS OLD AND WOULD LOVE
FOR YOU TO BE A PART OF OUR UNIQUE SEESA LEGACY.

"Singing in harmony
with the choir
makes my heart
sing" ... Maria

Singing is good for my
lungs and
breathing"....Dallas

It gives me a sense of
community. There's nothing
better for my physical and
mental health than
singing"..... Nancie

To set up an audition for the choir please contact
Maria Yakula at myakula@shaw.ca



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Celebrating May 15 to June 14 Birthdays

Happy Birthday to:

Barbara Bailey

Jennifer Bain

Dale Baker

Trudy Bartsch

Brian Bianchini

Eugenie Borejko

Penelope Bradt

Joan Brady

Donald Carter

Germaine Chau

Lorna Chaudhary

Sylvia Clair

Ilse Clausing

Jean Collins-Smith

Mary-Ellen Compton

Shelley Davies

Denyse Doran

Bob Drabiuk

Bruce Faunt

Gina-Marie Garon

Robert Gerow

Murray Golden

Denise Guilbault

Jill Hague

Robert Harris

Ethel Harrower

Ann Hartwig

Rita Hebert

Sylvia Hoffman

Linda Ironstone

Gerald Jenkins

Elizabeth Kelly

Colin Kinnell

Leon Klak

Hank Kotun

Linda Kruger

Wendy Kushinski

Ginette Lachance

Ron Law

Sharon Martin

Robert Maxwell

Agnes McIntyre

Cheryl McKay

David McKay

Linda McKay

Marjorie McLean

Darlene Monty

Mary Murphy

Iris Neufeld

Lise Nicholson

Jean Owen

Carol Parsons

Brent Pegg

Barbara Powers

Dorothy Prins

Cindy Pudrycki

Frances Purschke

Yvonne Rioux

Marie Sandford

Rosemarie Schatull

Marilyn Scott

Hazel Shekooley

Donna Sievers

Kathy Surgeson

Rhonda Taft

Allen Thompson

Grace Thomson

Deborah Turner

Paul Vanderham

Ginette Villett

Sharon Whillans

Lynette Willie

Pat Willis

Pamela Wilman

Wendy Wiltse-Norbom

Albert Woolley

Maria Yakula

Murray Yaschuk



**Do you have a birthday in June or July?
Your party is on Tuesday, June 20th at 1:30 pm.
Please RSVP by June 15th to the Front Desk
or call 780-468-1985.**



April birthday party participants.





SEE  You belong here

Tillie's Cafe

CLOSED

Friday, May 12th
&
Wednesday, May 17th
(For Private Events)



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 **Heather McPherson**
Member of Parliament
Edmonton Strathcona

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Visit my website at www.heathermcpherson.ndp.ca



Volunteers needed SEE  You belong here

No matter the task, every volunteer makes a big difference. If you've been thinking about contributing your time or just want to socialize with others and make new friends, this is your chance!

Volunteers needed for:

- Tillie's Café (9am-1pm and 1pm-4pm)
- Kitchen Helpers (9am-1:30pm)
- Front Desk Reception
- Decorating
- Painters
- Rummage & Reuse Sale
- Event set-up and take down
- Outdoor Sign

If you can lend a hand, please complete the volunteer application form available at the Front Desk or on our website at www.seesa.ca

*Please contact Gina-Marie for more information
(780) 468-1985 or email: gina-marie@seesa.ca*



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EDMONTON

SENIORS' WEEK KICK-OFF

Through the Eyes of Experience

JUNE 5
2023
FREE event -
RSVP Preferred
- Walk-Ins
Welcome

**PROGRAM BEGINS
11:00 AM
CITY HALL
1 SIR WINSTON CHURCHILL
SQUARE, EDMONTON, AB**

FULTON PLACE COMMUNITY LEAGUE AND
THE SUNSHINE GARDEN PRESENTS:



GENERATIONS CELEBRATION

SATURDAY MAY 27, 11AM - 1PM

Surrounding St. Augustine Church
6110 Fulton Rd NW



Fun tattoos, photo booth and jumbo games

Light lunch, snacks and refreshing beverages

Music performance by Von Bieker

Variety Show performances from SEESA

Collecting donations for SEESA by cash or cheque

sponsored by @ecorenewcontracting and @danabradleyrealestate

Picture Day at SEESA

May 29, 2023
10:00am-2:00pm
Idylwyde Room

Receive a FREE photo session including one 5x7 professionally retouched printed portrait!

Additional portraits and packages available from \$79 and up, payable at viewing appointment by credit card, debit, cheque or cash.

Open to individuals and couples
Bring a small prop (optional)

Sign up sheet at the front desk, or call SEESA at 780-468-1985.



SEE You belong here

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RETIREMENT LIVING

Edmonton Seniors Coordinating Council Lunch 'n' Learn

Art Therapy & Therapeutic Music

May 17, 2023 | 12:00 pm

Registered Canadian Art Therapist, Cheryl Horn, will talk about how art therapy can help to improve mental health and overall well-being. Cheryl's training and life experiences enable her to work in a way that draws on psychological theories combined with creativity and simple artmaking. This process helps individuals to gain insight and make decisions for themselves in order to move towards living with more vitality, joy and hope.

Tammy Halun is a Certified Healthcare Musician. The purpose of Therapeutic Music is to provide a healing environment to promote physical, emotional, mental and spiritual well-being. Tammy will share the benefits of Therapeutic Music and will talk about some of her personal experiences through her work in this area.

[Register here](#)



SUMMER SING-ALONG

With SEESA's ukulele students

Tillie's Café

Wednesday, June 14th

1:30 - 3:00



Come early & purchase lunch
(UNTIL 1:00)

Coffee, Tea & baked goods
(AFTER 1:00)

Tickets \$5.00

Includes lemonade & watermelon



Melody Singers spring concert a success



Congratulations to the Melody Singers under the direction of new choir director, Brad Heintzman (upper right), for a most wonderful *Spring into Music* Spring concert performance.

The choice of songs and singing was exceptional with pieces being punctuated with Brad's amazing piano playing, and a lovely occasional trumpet solo by Anna, Brad's daughter. Come and see us in the fall if you missed, or better yet come and join the choir for a Melody Singers musical ride. Thank you Melody Singers and all SEESA volunteers for an outstanding performance.



Quilt Draw



Quilt draw winner Diane DeLongchamp with members of the Quilting and Crafting Club.

Year off to a good start for Accidental Drama Club

The Accidental Drama Club kicked off the year with *Melodies at the Manor* April 29 and 30, 2023. Once again, the thespians provided a lighthearted and enthusiastic show to appreciative audiences.



Accidental Drama Club ladies at the High Tea.



Melodies at the Manor cast members.

FYI Seminars, May 2023

Tuesday May 16 / 1:30 pm - 3:00 pm

Pelvic Health, Incontinence and Prolapse

Pelvic Health Physiotherapy involves the assessment and treatment of the pelvic floor as well as ALL of the pelvic girdle's contents. In this seminar, we will go over general education about the pelvic floor as well as general bowel and bladder habits. The primary focus will be on both POP and UI (stress, urge and mixed incontinence); specifically, what they are, the risk factors, self management options, treatment options and the physiotherapy treatment approach.

Thursday May 18 / 10:00 am - 11:00 am

Bring Your Own Device: CreativeBug

Classes, daily practice, and downloadable patterns for sewing, knitting, crocheting, paper crafts, quilting, cake decorating, and many other creative pursuits. Please bring your own iPad, laptop or tablet. In addition, please bring your Edmonton Public Library card or know your barcode number and PIN to be able to fully participate. If you don't have an EPL card, you can apply online or visit any EPL branch, or bring a piece of ID with your current address to this session and arrive between 9:30 and 9:50 to get your free card. *Presenter: Wendy Gronnestad-Damur*

Tuesday May 23 / 1:30 pm - 3:00 pm

Change Begins With Me

Join Betty for a Health and Wellness Class on "Change Begins With Me". Change is a Choice. Change is Possible. Nothing is more powerful than sharing our truth and some of our experiences. This dialogue is about creating awareness and change. It is about connecting from the inside out and supporting one another. This class helps one realize that we all have challenges in our life and that we all have the ability to overcome them. Free yourself by sharing, listening, and supporting one another.

Presenter: Betty Wedman

Wednesday May 31 / 1:30 pm - 3:00 pm

Staying Active in the Presence of Painful Joint Conditions

Stiffness, swelling, and pain in your joints from osteoarthritis (OA) should not keep you from your favourite activities. There is a common myth that being active could make your joint pain symptoms worse, but the opposite is true. Come learn more about common painful joint conditions such as osteoarthritis, rheumatoid arthritis and joint replacements. Learn strategies on how to manage these painful conditions and tools on how you improve overall function or increase physical activity. *Presenter: Nick Pahud*

Register in person or by phone



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FYI Seminars, June 2023

Semi-Annual Global Financial Market Review and Outlook

Tuesday Jun 13 / 1:30 pm - 3:00 pm

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened so far in 2023, and look at forward guidance on what to expect for the second half of the year. Of importance this year is the fundamental long term shift in how retirement portfolios should be managed, as we are shifting away from the investment environment of 1980 to 2020, and back towards the past investment environment of what worked in the years 1939 to 1979. *Presenter: Wei Woo*

Dizziness and Vertigo

Wednesday Jun 14 / 1:30 pm - 3:00 pm

Are you suffering from dizziness and vertigo? Come and join us as we learn more about the causes and treatment available to you. *Presenter: Dr. Raj Dhaliwala*

Strike Out Stroke

Wednesday Jun 14 / 1:30 pm - 3:00pm

Come learn how to reduce your risk of stroke, recognize the signs and symptoms, and how to react. Plus you will learn about the risk factors you can control and the simple changes you can make that could save your life. *Presenter: Gail Elton-Smith*

Bring Your Own Device: New York Times and NYTimes Cooking

Thursday Jun 15 / 10:00 am - 11:00 am

Free access to the daily newspaper and archives, as well as books, food, travel, Wordle, and more. Please bring your own iPad, laptop or tablet. In addition, please bring your Edmonton Public Library card or know your barcode number and PIN to be able to fully participate. If you don't have an EPL card, you can apply online or visit any EPL branch, or bring a piece of ID with your current address to this session and arrive between 9:30 and 9:50 to get your free card. *Presenter: Wendy Gronnestad-Damur*

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Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1	2	3	4	5 Jam Session 6:45 – 10:00pm 	6
7 <i>Melody Singers</i> <i>Spring Concert</i> (2:00pm) Gymnasium	8	9	10	11	12 High Tea <i>Tillie's Café</i> (1:30 – 3:30pm) Spring Quilt Raffle Draw	13
14  Happy Mother's Day	15 Spring 50/50 Raffle Draw	16 Monthly Birthday Party 1:30 – 3:00pm 	17	18	19 Jam Session 6:45 – 10:00pm 	20
21	22 VICTORIA DAY SEESA Closed	23	24	25	26	27
28	29	30	31	Tickets on Sale: Spring High Tea - \$25.00 each Melody Singers Spring Concert - \$10.00 each Quilt Raffle - \$3.00/each 50/50 Raffle - \$5.00/each		

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<i>Alberta Seniors Week (June 5 – 11)</i>				1	2 Jam Session 6:45 – 10:00pm	3
4	5	6	7	8	9	10
11	12	13	14 Ukelele Performance Tillie's Café (1:15 – 2:15pm)	15	16 Session 2 Classes End Jam Session 6:45 – 10:00pm	17
18 Happy Father's Day! 🎂🍷🍷	19 Session 3 Classes Begin	20 Monthly June/July Combined Birthday Party 1:30 – 3:00pm 	21	22	23	24
25	26	27	28	29	30	

FYI Sessions (see Program Guide for details):

- June 13 – Semi-Annual Global Financial Market Review & Outlook
- June 14 – Dizziness and Vertigo
- June 14 – Strike out Stroke
- June 15 – Bring Your Own Device: New York Times & NYTimes Cooking