



Board Update

As we transition into fall, SEESA members are back participating in classes and clubs and catching up over coffees and lunches at Tillie's Café. Meanwhile, staff and volunteers are busy with preparations for programs and events for the rest of 2023 and into 2024.

Membership numbers are rising

As of September 1, we have 898 full members, 3 associate members, and 46 reciprocal members. This does not include lifetime members.

Purchase your 2024 SEESA membership this fall and save

Membership fees for 2024 are increasing but you can save money by purchasing your 2024 SEESA membership between September and December 2023. For more information, see page 2 of this newsletter.

New staff

Patricia Yereniuk has joined SEESA as Operations Administrator and Darlene Kowalchuk has been hired on a 13-month contract as Policy Coordinator. Both of these women bring a wealth of experience.

Together with our Executive Director, Shelley, and the other members of the team, work will continue to stabilize, sustain and grow SEESA.

Bravo, accidental drama club!

Members of the Accidental Drama Club provided a variety show for the residents of Crystal Estates which resulted in a \$200 donation to SEESA. A big thank you to all who were involved.

SEESA gardens brightening up the neighbourhood!

Many positive comments have been received from SEESA members and locals walking by. Thanks to the Garden Volunteers who have planted, watered, weeded, trimmed, and painted to transform our outdoor space.

Quilters and crafters club sales on the rise!

Quilts, hats, bags and other hand-made goods are finding new homes in our community. The quality and reasonable

Board Update continues on page 2

price-point of these products cannot not be beat. Thank you to those who spend countless hours sharing their talents.

Need a card for a special occasion?

Thanks to the Card Club, hand-made cards are available for a variety of circumstances and occasions.

Partnership with CanadaHelps brings revenue to SEESA

One of our board members donated a car through CanadaHelps. It was an easy and effective process. The proceeds from the sale of the car or car parts are then donated directly to SEESA and the donor receives an income tax receipt from Canada Helps. Learn more about this partnership on the SEESA website.

Opening SEESA's doors to the community

The Board and Executive Director continue to find ways to stabilize our funding base. Facility rentals are increasing including some longer-term rentals. For a few weeks this summer our halls were filled with the chatter and laughter of Francophone youth campers. These children also had the opportunity to experience some SEESA activities and clubs.

We continue to find ways to build partnerships between SEESA and the community and generate revenue.

Catch up at Tillie's Café!

Rave reviews continue for Tillie's Café offerings. Breakfast and lunch are available daily. Check the SEESA website for the menu. Want soup for supper? Check out our frozen homemade single portion options.



Membership Fee Sale and 2024 Update

Until December 31, 2023, membership fees will be:

- 2023-2024 member fee - \$45 (includes remainder of 2023 and all of 2024).
- Current members can renew their 2024 memberships for \$30.
- Current Reciprocal members can become a 2024 SEESA member for \$30.
- Current Associate members can renew associate membership for \$40.

Effective January 1, 2024 Annual membership fees will be:

- Regular Member - \$40 (anyone aged 55 years or older).
- Reciprocal Member - \$5 (must provide proof of full membership at participating senior centre).
- Associate Member - \$50 (anyone aged 35-54 years).

Membership Benefits

- Receive Member Rates for Classes, Seminars, Special Events, Fitness Centre
- Attend free SEESA member programs
- Vote at SEESA member meetings





**CENTURY 21
All Stars Realty Ltd.**

**Call or Text Me
at 780 - 394 - 5686**

**For all your Real Estate
needs!**

READY TO DOWNSIZE? OR RELOCATE?

Or say 'Goodbye' to a lawn mower and move to a Condo?

Or maybe even thinking about a warmer place to retire?

My name is Natalia Bandola and I am a fitness instructor at Millwoods Seniors Association. Also, I have recently become a licensed residential REALTOR® and is ready to help you!

**Call or text 780 - 394 - 5686
email: bandolanatalia@gmail.com**

Also, please call for free market evaluation of your home!



2023 - November/December Session
(October 30 - December 22, 2023)

Registration - October 10th @ 9:15am
Program Guide available September 25th

Ways to Register

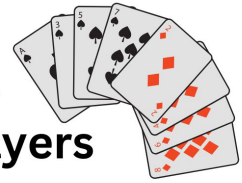
- Online via MyActiveCenter
- In Person @ SEESA
- Drop Off @ SEESA front desk
- By Phone 780-468-1985

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!"

South East Edmonton Seniors Association
9350 82 Street N.W. Edmonton Alberta Canada T6C 2X8
780-468-1985 • info@seesa.ca • www.seesa.ca



Calling all
PINOCHLE Players

Are you interested in
playing PINOCHLE?

Please contact Aleeza at
780-468-1985 by October 15th

If we have enough interest, a
PINOCHLE Club may be set up.

You don't have to be on the golf course or at the gym to keep
your mind active. Card games are a great way to challenge
your brain and keep it active.

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Fall Quilt Raffle



TICKETS: \$3.00

Draw Date: October 6, 2023

Quilt size: 69"x 88"
Handcrafted & generously
donated by the SEESA
Quilters & Crafters Club



Value: \$400.00

On Sale August 8 - October 6

Purchase at SEESA Front Desk
or by phone 780-468-1985

Licence #651207
400 Tickets Printed



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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.mcperson@parl.gc.ca



Follow on



Visit my website at www.heathermcperson.ndp.ca



Town Hall

**Join the Board of Directors &
Executive Director to learn about
What's Happening at SEESA**

**Provide feedback to help us
BUILD A BETTER FUTURE**

October 18th / 1:30 - 3:30pm

Tillie's Cafe



Celebrating Birthdays



August 15 – September 14 Birthdays

Norma Alton

Bernice Armstrong

Linda Axley

Slinder Bal

Mary Baxter

Joyce Blacklock

Sylvia Brecknell

Gilles Cadrin

Margo Cahn

Janet Campbell

Donna Chaput

Maxine Charlton

Barbara Clark

Gail Clark

Patricia Clarke

Ronald Cutting

James Der

Cindy Dew

Rosemary Dinsdale

Lois Doig

Petrenella Doiron

Bill Donnelly

Murray Dopking

Tim Duskoch

John Eadie

Vernon English

D. Gordon Ewing

Lois Field

Arlene Fraser

Peter Gommerud

David Gordon

Julie Haley

Donald Hart

Debra Hathaway

Carol Hill

Karen Hobbs

Duane Horton

Trevor Hughes

Maryanne Huntingford

Robert Hyndman

Barbara Johnston

Ana Kante

Keith Kasha

Patricia Kelly

Bonnie Kerr

William Kerscher

Elizabeth Kingan

Adrienne Kisko

Shirley Kneller

Peter Kneubuhler

Chris Kocil

Robert Konojacki

Sandra Konrad

Dorothy Korbut

Kenny Kozak

Donna Kromm

Terri Labonte

Sharron Lee

Donna Lockwood

Ken Loo

Claire Lopeter

Ian Macintosh

John MacLeod

Norma Marion

Roger Martens

Athena McKenzie

Karen McNaughton

JoAnne McRae

Wade Miller

Henrietta Moes

Jean-Louis Moquin

Cynthia Murphy

Lillian Nichol

Diane Noel

Robert Noseworthy

Toni Owen

Mary-Ellen Perley

Elaine Petrosky

Dorothea Pfalz

Vivian Pich

Christine Place

Stanley Poon

Arlene Prokopczak

Barb Reidford

Brenda Remin
Michael Rezko
Linda Ritchie
Alain Rodrigue
David Rose
Marie Rose Royer
Judy Russ
Wrennie Ryley
Marianna Sanders
Irene Scarrett
Debra Scott
Karen Sheridan
Hanna Shmulevitz

Audrey Shonn
Jane Skinner
Shawne Smith
Melissa Stelter
Douglas Stevenson
Laura Stewart
Jim Swan
Sharon Swyrd
Jim Sylvester
Susan Taniguchi
Marjorie Tanner
Diane Thachuk
Lorri Tian

Andy Trachimowich
Marielle Turgeon
Diane Turner
Kevin Valpy
Phillip Vere
Susan Wegner
Ellen Wells
Monika Wichman
Christine Wigger
Noreen Willows
Deborah Wimpney
Brenda Winchester
Antonia Yarmon

September 15 – October 14 Birthdays

Barbara Ann Baker
Lucille Belzil
Jacoba Benoit
Alice Berard
Jane Blair
Judie Bond
Sharon Bond
Marcel Borle
Harold Borwick
Nellie Boyer
Lorraine Brooks
Margaret Burlingham
Carol Canuel
Sharon Chadwick
Jim Clifford

Sheila Clifford-MacKay
Bethany Connick
Rose Corrigan
Robert Costall
Valerie Costigan
Hilda Degenhardt
Marjorie Delainey
Marion deSeguin
Victor Dolynchuk
Maureen Elhatton
Audrey Ellis
Glenn Ennis
Volker Erban
Don Evans
Leigh Falkenberg

Connie Fisher-Chessell
Don Fleming
David Fraser
Linda Free
Lucille Gans
Dianne George
Margaret German
Sandra Gibbs
David Gledhow
Sally Greenhill
Gloria Griffiths
Roberta Hamblin
Melanie Hansen
Elisabeth Harris
Judy Herbachuk

Kay Hobden

Ruth Ingles

Theresa Ius

Garth Johnston

Bohdan Kadylo

Lesley Karpiak

Wendy Kinsman

Veronique Lavoie

Bernice Libich

Patrick Lukasewich

Jim Mackey

Ted Mageau

Linda Mallett

James McBride

Beverley Merritt

Mary Rose Messier

Donna Miller

Joan Murchie

Ian Nicol

Julia Noble

Lois Pawl

Cathy Pearson

Lenora Pinkoski

Joselyn Proby

Anne Rajotte

Bill Revell

Robert Robinson

Donna Salazar

Donald Schick

Audrey Shipka

Larry Silvester

Dannielle Sinnett

Peggy Smith

Ann Sobol

Diane Soch

Antonio Spanu

Beverley Stich

John Struger

Kim Tegart

Alton Thomas

Adele Thurston

Karen Todd-Larson

Carola Unsworth

Mary Anne Vanderham

Albert Vickery

Joanne Wenzel

Darlene Werner

Lynette Wince

Jeanette Wittkowski

Hilary Wynters

Jean Yahodenko

Lil Yakimishyn

Joanne Yaniw

Do you have a birthday in October?

Then your party is on Tuesday, October 17th at 1:30 pm.

Please RSVP by October 12th to 780-468-1985.



June and July birthday party guests.



MOVING & DOWNSIZING SERVICES

1 Decluttering

We offer hands-on help to purge unwanted items, so only the things you love move with you. The extra space this will create will be an immediate reward that will help spur you forward with your newly lightened load!

Our team will coordinate the “discard” items to be donated, discarded, or sold.

2 Packing

Full or partial packing services are available. We have a systemized way of packing that makes finding things easy and, more importantly, finding them all in one piece! We'll make sure everything is packed clearly and securely, which saves you time during the unpack! In addition, we are able to provide packing materials when needed.

3 Soft Staging

By decluttering and being intentional with the items that remain, we'll help prepare the home for showings! We are intentional to work with what you already own, rather than bring in unnecessary staging items.

You'll find that our experienced team not only has an eye for efficient organization, but design as well!

4 Unpacking

Allow us to fully unpack for you, or just do the essentials to help get you off to a great start! We can set up customised systems that reflect your living and make it start to feel like home.

Sick of looking at boxes? We remove all packing supplies so that you don't have to look at another one again!



ROOM TO
BREATHE
INC.



Donna Devloo
PROFESSIONAL HOME
ORGANIZER
780.984.5612



roomtobreatheorganizing.ca

| [@room.2.breathe](https://www.instagram.com/room.2.breathe)

| donna@roomtobreatheorganizing.ca



Fall 50/50 Raffle

TICKETS \$5 EACH

On Sale

September 12 - December 15, 2023

Purchase at SEESA Front Desk
or Call 780-468-1985

DRAW DATE DECEMBER 15, 2023



South East Edmonton Seniors Association
9350 82 Street N.W. Edmonton Alberta Canada T6C 2X8
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LICENCE #653786
400 TICKETS PRINTED



National Day for Truth and Reconciliation

Bison Stew and Bannock lunch

September 29th from 11:30-1:00

Tickets \$15.00

Please purchase by September 21 at the
Front Desk Reception or by calling 780-468-1985

Seating is limited



LADIES & CHILDRENS

\$7.00 EACH OR 2 FOR \$12.00.

SHOP NOW

Handmade by SEESA's Quilters & Crafters Group



Office Hours:
Monday - Friday / 8:30am - 4:30pm

South East Edmonton Seniors Association
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October 10 - 19, 2023 - 9:00 a.m. - 3:00 p.m.

October 21, 2023 - 10:00 a.m. - 3:00 p.m.

October 22, 2023 - 11:00 a.m. - 3:00 p.m.

Donations of used books may be dropped off at
SEESA's Library (entrance to Tillie's) in the blue tubs:

October 2

*We do not accept encyclopedia, bibles/religious
books, magazines, Readers Digest condensed
versions, medical books, "How to" books, atlases,
phonebooks, maps*



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National Day
**for Truth and
Reconciliation**

September 30th



Each year, September 30 marks the National Day for Truth and Reconciliation.

This day acknowledges the children who never returned home and survivors of residential schools, as well as their families and communities.

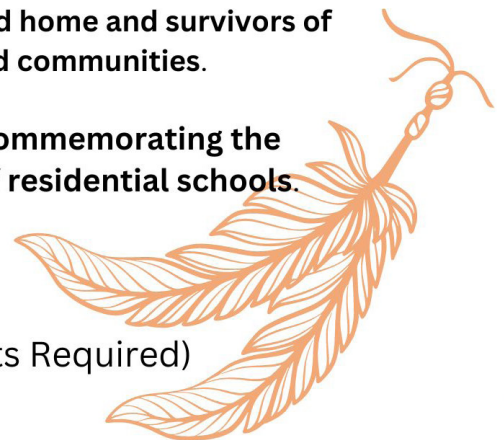
During the month of September, join SEESA in commemorating the tragic and painful history and ongoing impacts of residential schools.

Special Event

Friday, September 29th

Bannock & Stew Day (Advanced Tickets Required)

Wear your orange shirt



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CLOSURES

September 15 (Friday)

- Breakfast available 9:00 to 10:30
- Closed at 10:30 for Private Event

October 2 (Monday)

- National Day of Truth and Reconciliation

October 6 (Friday)

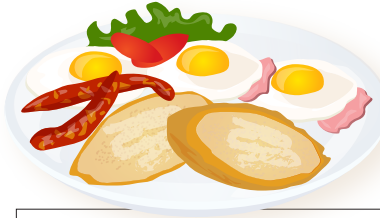
- No breakfast or lunch
- Closed for Ticketed Event (Thanksgiving Lunch)

October 9 (Monday)

- Thanksgiving

October 10 (Tuesday)

- Breakfast only 9:00 to 10:30
- Closed at 10:30 for Ticketed Event (Liver and Onions)



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 meal times.

Breakfast:

Big Breakfast - 2 eggs, 2 toast, bacon/sausages & hash browns	\$11.50
Small Breakfast - 1 egg, 1 toast, bacon/sausages & hash browns	\$8.00
Pancakes (2) - bacon/sausages	\$8.00
Oatmeal.....	\$2.50
Special - as posted and as priced	

Lunch:

Sandwiches (Egg Salad or Tuna Salad)	
Full sandwich	\$6.00
Half sandwich	\$3.50
Soup	
Soup & half sandwich	\$8.50
Salad Specials	\$10.00

ENTRÉES

September 5 - Porketta Sandwich (pasta salad)	\$11.00
September 6 - Pepperoni Calzone (Caesar salad)	\$12.00
September 7 - Ukrainian Lunch - perogies, kubasa, fried onions	\$14.00

September 11 - Shepherd's Pie.....	\$12.00
September 12 - Vegetarian Lasagna	\$14.00
September 13 - Hot Turkey Sandwich (mashed potatoes).....	\$14.00
September 14 - Pork Souvlaki (Greek salad)	\$14.00

September 18 - Vegetarian Quiche	\$10.00
September 19 - Pork Ribs (kraut side baked potatoes).....	\$14.00
September 20 - Chicken Fettuccini (side garden salad).....	\$12.00
September 21 - Beef Stew and Dumplings	\$13.00

Beverages:

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

Baked Goods:

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

Frozen Selections to take home:

Soups	\$4.00
Entrées as available and as priced	



Tillie's Special

Liver & Onions

Menu

Liver & Onions

Mashed Potatoes & Gravy

Coleslaw

October 10th
(Registration Day)

Tickets \$12.50

Sittings: 11:30 & 1:00

Cut off for tickets - September 30th



SEESA You belong here



SEESA You belong here

THANKS
GIVING
LUNCH

FRIDAY, OCTOBER 6
12:30 - 2:00 pm - Tillie's Cafe
\$20.00/PERSON

TICKETS ON SALE AT FRONT DESK
September 5th - 22nd
LIMITED SEATING AVAILABLE
Turkey, Mashed Potatoes, Vegetables
and all the Trimmings.
Dessert, Coffee/Tea

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SEESA JOIN US!

Melody Singers
Seeking new members!

An inclusive, friendly, 4 part harmony seniors choir.
The choir meets on Tuesdays from 1-3 p.m.
(September -December)

Come and check us out -- No Auditions Required

“Research shows that seniors who participate in music activities such as singing experience improved memory, attention, and concentration.”

Please contact Maria Yakula at
myakula@shaw.ca for more information.



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Healthy Aging — Alberta Summit 2023

Reimagining Aging: Leading the Way for an Integrated Approach

October 10 – 12, 2023

Deerfoot Inn and Casino
11500 35 Street SE #1000
Calgary, AB T2Z 3W4

Healthy Aging Alberta (HAA) and the Alberta Association on Gerontology (AAG) is hosting the first ever Healthy Aging — Alberta Summit.

Attend three days of integrated learning and sessions to bring together community organizations and systems partners to co-create a collaborative environment toward an integrated approach to healthy aging for older Albertans.

The Healthy Aging — Alberta Summit 2023 will be hosted both in-person and virtually.

[Register here.](#)





Free Tours of SEESA for you and your friends

September Tours

Please meet at the Change Rooms near the front desk

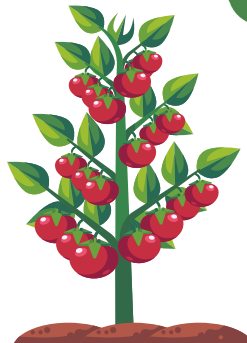
Thursday 11:30 am	Friday 11:00 am
September 7	September 8
September 14	September 15
September 21	September 22
September 28	September 29

October Tours

Please meet at the West Doors near the Ottewell Room

Thursday 11:30 am	Friday 11:00 am
October 5	October 6
October 12	October 13
October 19	October 20
October 26	October 27

Stay afterwards to enjoy one of our fantastic lunches, available until 1:00



OTTEWELL PHARMACY



Taking the flu Vaccine

Did you know

Can keep you from getting sick 40-60% of the time & less likely to catch the FLU

If you do catch the FLU it will reduce the severity of the illness

OTTEWELL PHARMACY We are bringing the flu vaccine clinic to you



Thursday
Oct 19, 2023

9:00AM to 1:00PM

SIGN UP
TODAY



To Participate

- A) Sign up - so we know your are coming
- B) Wear a short sleeve shirt or easy to take off jacket or sweater
- C) We aim to get you on your way within 30 min
- D) Bring your Alberta Health Card with you

Flu Vaccine Clinic

Just so you know
both vaccines are **FREE!** to you

Don't Forget
To ask for
your pneumonia vaccine
as well



SEE

Sign up at the Front Desk or
Call SEESA at 780 468 1985 to reserve your spot!

OTTEWELL Pharmacy 9245-50St, 780-465-0371, sta@ottewellpharmacy.ca

The Accidental Drama Club presents

WOW!

Adventures
of a
Comic Book
Artist

Book and lyrics
by Pat Lydersen

Music by
Wendy Woolf

Save the date - November 17, 18, 19, 2023

SEE SA You belong here 9350 82 St Edmonton
(780) 468 1985

BOOM!

Can she save the city?

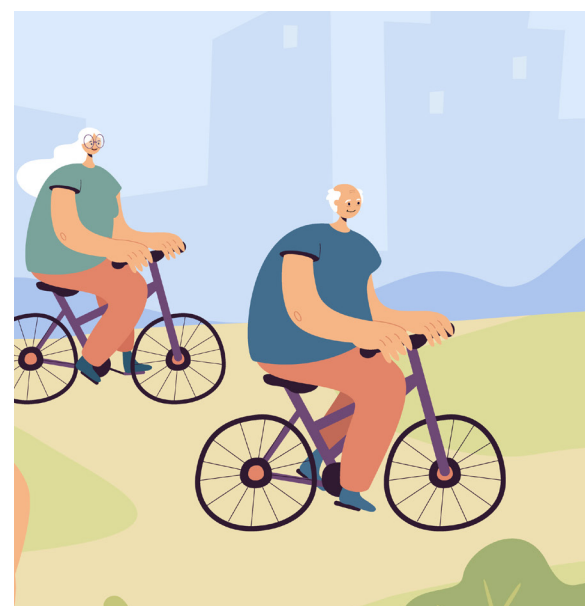
Stephanie Leonardo Sappovitz wants to be a comic book artist. She wants her superheroes to come alive on the printed page. And they do — but not on the printed page! When magical pens guaranteed to bring any character drawn to life are used to unwittingly create the dreaded super-villain Doctor Shock Clock, it is up to Stephanie to save the day with her own superheroes. How does she do it?

Welcome to our NESAs neighbours

With the temporary closure of the North Edmonton Seniors Association, many of their members are coming to SEESA to participate in our programs and activities.

It's exciting to have some new faces around the building and joining in. In some cases, we have created additional activities to accommodate what NESAs would have provided so that familiar activities can continue. We look forward to getting to know each of you.

Please make our NESAs friends welcome at SEESA while they await the reopening of their facility in 2024.



The Rummage Sale

SEESA

Bake Sale

SATURDAY Oct 21
10AM-3 PM
SUNDAY Oct 22
11AM-3 PM

Donations accepted at the South Door
starting Oct 10, 9-3
Please ensure that all your
items are clean
Donations will be accepted
until Noon Oct 19
Bake Sale Items accepted October 20

Book Sale
During the Event



DO NOT BRING: Furniture (upholstered, baby, large, TV's,) **Books** (encyclopedias, religious, Reader's Digest, text & magazines), **Tech** (software, hardware and out of date technology, VHS tapes, cassettes), **Office Supplies** (binders, folders, photo albums, paper etc.) **Household Items** (mattresses, pillows, baby supplies, soft toys, clothing, shoes, suitcases, plastic food containers, personal care items)

Save Christmas items for our Dec 2nd Re-Use Sale. Donations accepted Nov 27



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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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Small change
leads to big things

DONATE A CAR

SEESA is partnered with Donate a Car Canada to accept your vehicle donation! You will be provided free towing, or you can drop off your vehicle to maximize your donation. When you donate your car, truck, RV, boat, or motorcycle to SEESA through Donate A Car Canada, it will either be recycled or re-sold (depending on its condition, age and location). Donate a Car Canada will look after all the details to make it easy for SEESA to benefit. You will receive a tax receipt after your vehicle donation has been processed! Donate Now: [Donate | Charity Car Removal \(donateacar.ca\)](https://donateacar.ca)

Discover More Living

Make the most of every moment with personalized service and meaningful experiences curated to your lifestyle. A place where you get to decide what every day looks like. That's more living.
Revera is where your journey continues.



BOOK A TOUR TODAY

Talk to us about our exclusive move-in offers

reveraliving.com/lifecontinued
1-877-929-9222

Our Parents' Home
10112 119 Street, Edmonton 780-935-922



FYI Seminars, September 2023

Biomarkers for Alzheimer's Disease - Tuesday Sept 19 1:30 pm - 3:00 pm

In this talk, Dr. Steve will review current and emerging biomarkers for Alzheimer's disease including those being investigated at the University of Alberta. *Presenter: Dr. Trevor Steve*

Edmonton's Waste Management System - Wednesday Sept 20 1:30 pm - 3:00pm

Explore Edmonton's waste management system! We will cover recycling, foods scraps and yard waste, Eco Stations and proper waste set outs for houses and apartments. Participants will be challenged to apply what they've learned in a hands-on waste sorting game.

Presenter: Vanessa Ostapchuk

Alternative Investing: Strategies to Reduce Risk and Enhance Retirement Portfolio Returns - Tuesday Sept 26 1:30 pm - 3:00 pm

Come join Wei Woo as we discuss the possibilities given the uncertain financial markets and economy we are currently in. *Presenter: Wei Woo*

Cold, Flu and COVID. How to Boost Your Immunization, Recognize Symptoms and Get Fast Recovery - Wednesday Sept 27 1:30 pm - 3:00 pm

In this info session, we will discuss the following subjects: What's the difference between COVID-19 and the common cold? What's the difference between COVID-19 and seasonal allergies? What's the difference between COVID-19 and the flu? How can you avoid getting COVID-19, a cold and the flu? How can you prevent flu, COVID and allergies? How can you treat flu, Covid and allergies?

Presenters: Farah Saeb and Hend Mohammadi

See the Fall Program Guide for more information on these sessions.

Register in person or by phone
Fee: \$3.00 Member & Non-Member



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Chartwell FYI Series



SEESA is pleased to present the Chartwell FYI Series
1:30 – 3:00pm - Edmonton Room - Class Limit: 20
Fee: \$3.00 Member & Non-Member



Emptying the Nest - Monday Sept 18

Join us for a thoughtful conversation that will inspire you to evaluate your existing home and all the things in it.
Presenter: Michael Draper

The History of Pride & a Quick Guide to Inclusive Language - Monday Sept 25

Join us for a short presentation on the History of Pride and a candid conversation about how to speak with gender and sexually diverse individuals. *Presenter: Becca Firlotte and Jennifer Hillmer*

Parkinson 101 - Monday Oct 2

Join us for a conversation about Parkinson Disease and learn more about this disease; risk factors; diagnosis and treatment; and how you can better support someone living with the disease. *Presenter: Declan Beddow*

General Estate Planning and Preparedness - Monday Oct 16

Join us for a conversation about general estate planning – the importance of ensuring that you have an up to date will; what is the difference between Power of Attorney and Personal Directive; what is the role of an Executor. You will leave this presentation empowered with a checklist of things to discuss and set into place while you are healthy enough to make those decisions.

Presenters: Stephanie Tsui and Dave Madan

Planning & Stretching Your Grocery Budget - Monday Oct 23

Explore some best practices to create a nutritious and delicious menu for the week for 1 or 2 of you that won't break the bank. Learn tricks for menu planning that will help your grocery budget go the distance without sacrificing quality. Guests will enjoy some treats prepared by Chef Audie and go home with some of our treasured recipes. *Presenter: Audie Carandang*

More information about these sessions is
available at www.seesa.ca
Register in person or by phone



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Fall Quilt Raffle Tickets on Sale \$3.00 (Draw Date October 6 th) Bison Stew & Bannock Tickets on Sale \$15.00 SEESA Tours Thursdays 11:30am or Fridays 11:00am Fall 50/50 Raffle Tickets on Sale \$5.00 (Draw Date December 15 th)					1	2
3	Labour Day SEESA Closed	Fall (Session4) Classes Start	6	7	8 Jam Session 6:45 -10:00pm 	9
10	11	12	13	14	15 Volunteer Appreciation Event 2-4pm Tillie's Cafe	16
17	18	19 <i>August/September</i> <i>Birthday Party</i> <i>Tillie's Cafe</i> 1:30 – 3:00pm 	20	21	22 Jam Session 6:45 -10:00pm 	23
24	25 Winter (Session 5) Program Guide Available	26	27	28	29 Bannock & Stew Day (Advanced Tickets)	30 Truth & Reconciliation Day

October 10th - Tillie's Liver & Onions Special (Tickets on Sale until Sept 29th)

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 International Day of Older Persons	2 SEESA Closed in Lieu of Truth & Reconciliation Day	3	4	5	6 Fall Quilt Raffle Draw Thanksgiving Lunch	7
8	9 Thanksgiving SEESA Closed 	10 Registration Winter (Session 5) Tillie's Liver & Onions Special	11	12	13 Jam Session (6:45 – 10:00pm) 	14
15	16	17 Monthly Birthday Party Tillie's Café 1:30 – 3:30pm 	18 SEESA Town Hall 1:30 – 3:30pm Tillie's Cafe	19 FLU Vaccine Clinic 9:00 – Noon Edmonton Rm	20 Fall Rummage Sale Set-Up	21 Fall Rummage Sale 10am – 3pm
22 Fall Rummage Sale 11am – 3pm	23	24	25	26	27 Fall Session Classes End Jam Session (6:45 – 10:00pm)	28
29	30 Winter (Session 5) Classes Begin	31	Book Sale October 10 - 19			

Fall 50/50 Raffle Tickets on Sale \$5.00 (Draw Date December 15th)

SEESA Tours Thursdays 11:30am or Fridays 11:00am

Thanksgiving Lunch Tickets on Sale \$20/person