



Board Update

This fall has been lovely — warm days, crisp mornings and colour abounds. SEESA is brimming with activity with classes, special events and Tillie’s Café — all places where we experience the warmth and comfort of connecting with each other.

Membership numbers are rising

As of October 10, we have 970 full members, 3 associate members, 62 reciprocal members and 22 active lifetime members.

Purchase your 2024 SEESA membership this fall and save

Membership fees for 2024 will be increasing. Purchase your 2024 membership now and save!

Welcome Elder Care Edmonton

We are pleased to welcome Elder Care Edmonton (ECE). They will be operating their daily program on site early in the new year. The program operates out of two other Senior Centres — Central Lions and Westend Seniors Activity Centre. ECE will

be contributing to our revenue through a monthly fee, using Tillie’s Café services, and some of the caregivers may become active members of SEESA.

What’s New? Attend our Town Hall

The Board of SEESA is hosting a town hall on Wednesday, October 18, 1:30 – 3:30 pm in Tillie’s Café. We will be provide updates and Natalie Joly, Executive Director of Elder Care Edmonton, will be joining us to talk about the program they will be providing at SEESA.

Bringing the community into SEESA

This fall, SEESA rentals include several public consultations or meetings that will bring together residents of Southeast Edmonton.

Working together with Alberta Health Services

In 2024, SEESA will be hosting two **free** workshops offered through Alberta Health Services.

Board Update continues on page 2

(Board Update continued from page 1)

Not Falling for You is a volunteer-led, 12-week physical activity program for adults age 50 and over aimed at reducing the risk of falling. One-hour sessions are offered one day per week for 12 weeks.

STEP Forward is a beginner to intermediate level functional activity program suitable for people with chronic health condition(s) that limits their ability to move.

SEESA's Winter Program Guide will provide further information.

Sharing their talents

Tickets are on sale for the ever-popular Accidental Drama Club production **Adventures of a Comic Book Artist**. Bring your family and friends. Buy your tickets now so that you can select your seating.

If you listen carefully on a Tuesday afternoon, you will hear the beautiful harmonies of the talented Melody Singers preparing for their December performance.

The Quilting and Craft Club have been busy and the Christmas Quilt is ready for the draw.

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.



Tillie's Cafe

CLOSURE NOTICE

Friday, October 20

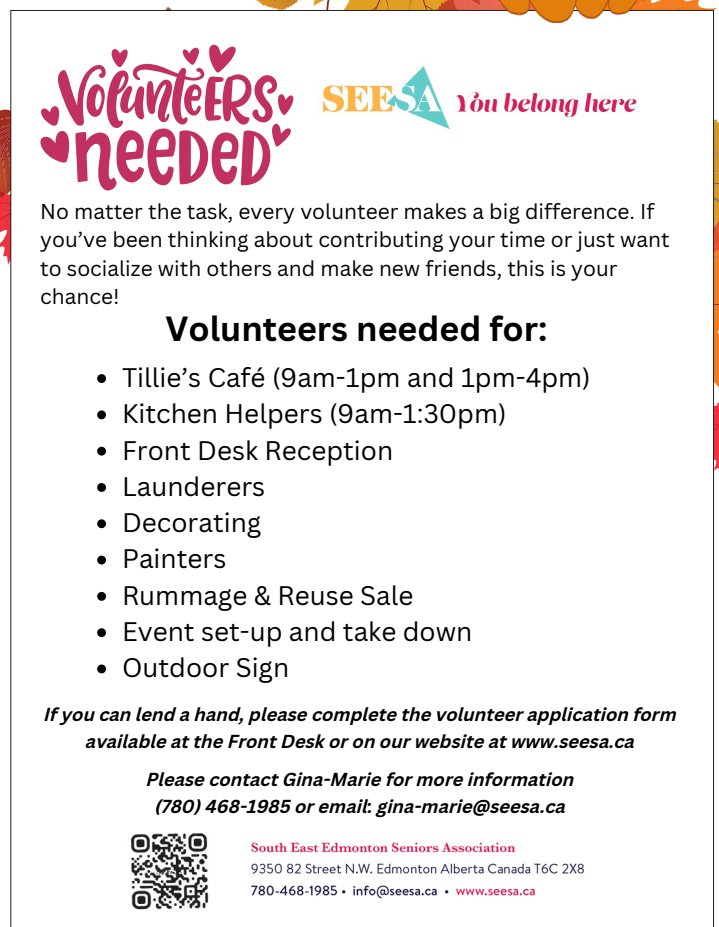
- No breakfast or lunch
- Closed for Private Event

Wednesday, November 8

- No breakfast or lunch

Friday, November 10

- No lunch



Volunteers needed

SEESA *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
- Launderers
- 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



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



ANNOUNCEMENT

As mentioned in the Board Update of the newsletter, we continue to develop potential partnerships by opening SEESA's doors to the community.

We are pleased to announce that SEESA is working with Elder Care Edmonton (ECE) and the City of Edmonton to finalize a sublease agreement for ECE to occupy the Ottewell Room and the Ottewell storage area until the end of SEESA's current lease, December 31, 2026. We anticipate a starting date of January 1, 2024.

Elder Care Edmonton's mission is to strengthen seniors' and their caregivers' independence and quality of life through excellence in recreational programming. It provides weekday services to a maximum of 20 seniors supporting the social, physical, and cognitive health for all participants. Other ECE program locations include Central Lions and Westend Seniors.

As a result, program locations will be adjusted. Aleeza will be in contact with instructors/liasons regarding class and club locations. Further questions can be directed to the Executive Director, Shelley Williams, or the Board Chair, Wendy Doughty.

We are excited about this initiative because we are developing an important partnership that is compatible with SEESA's mandate and will help our financial revenue.

Please join the Board and Executive Director in welcoming Elder Care Edmonton to our facility.

Further information and opportunities will be posted as we move forward with this initiative.

Blue Cross Honours SEESA Board Member

Sandra McFadyen, SEESA's vice-president, was chosen

as a finalist in the 2022 Faces of Wellness program.



The program, an initiative of the Alberta Blue Cross, recognizes Albertans who are everyday champions for wellness in their own lives, workplaces and communities. Read more about the program and its honourees [here](#).



National Day of Truth and Reconciliation

September 30 has been designated by the Canadian Government as the National Day of Truth and Reconciliation and honours the children who never returned home and survivors of residential schools, as well as their families and communities. This is not a day to celebrate, but a day to learn, understand, and determine our individual paths to reconciliation. Each person will have their own journey of learning and reconciliation.

SEESA members, volunteers and staff joined together on September 29 for a Bison

Stew and Bannock lunch of discussions, learnings, and friendships. Each table was provided some information cards for discussion and sharing. Together, as a community, we can strive to embrace understanding and growth as we right so many wrongs from the past.

In my learning, I have embraced a couple of insights:

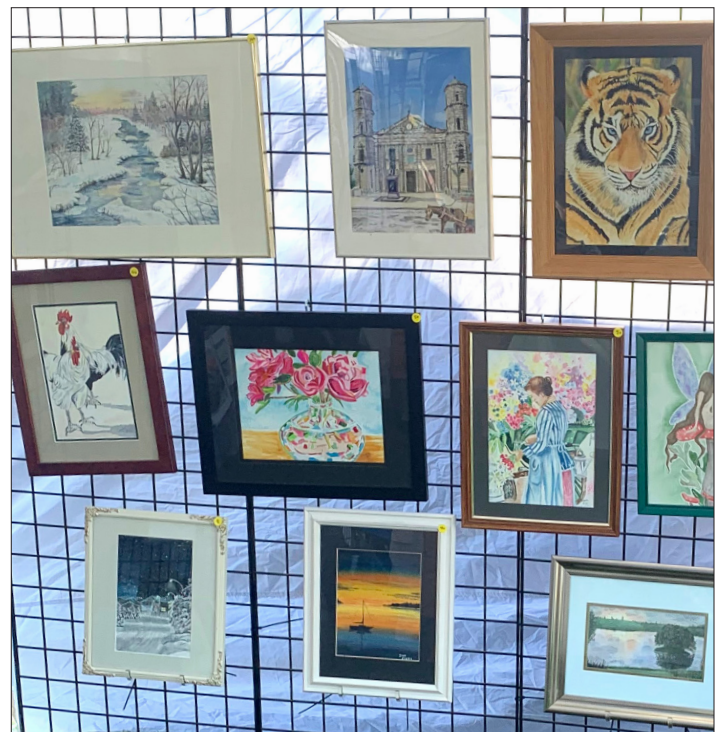
1. It is not for those who suffered through the 60's Scoop and Residential School or their families to continuously repeat their stories. These stories are traumatic for them. I need to be sensitive to that.

2. My path to reconciliation is my own. There are many things we can do as a community, but ultimately, my actions are mine.

I started my journey of reconciliation on the [National Centre for Truth and Reconciliation \(NCTR\) website](#) and then expanded from there. I tried to look and learn from Indigenous led information. The NCTR is a wonderful resource of reports and educational information. At times, it has not been easy, but the learning has provided opportunities.

SEESA artists at Strathearn Art Walk

Members from SEESA's Art Club and Soapstone Club participated in the Strathearn Art Walk held September 9 – 10 in the parkland along Strathearn Drive.





Ready to downsize? Sell and relocate to a warmer place? Dreaming about quiet life away from a big city? I learnt early in life DREAMS ONLY WORK IF WE DO!



My name is Natalia Bandola and I am a licensed residential REALTOR®. I will be thrilled if you hire me! I will work very hard to sell your home at your price or higher!

Call 780 - 394 - 5686
bandolanatalia@gmail.com
Century 21 All Stars Realty

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 | \$5.00 |
| Salad Specials | \$10.00 |

ENTRÉES

| | |
|---|---------------------------|
| Oct 17 - Scalloped Potatoes and Ham | \$12.00 |
| Oct 18 - Fried Haddock and Mashed Potatoes | \$14.00 |
| Oct 19 - Chili and Garlic Toast | \$13.00 |
| Oct 20 - Closed for Private Event all day - No Breakfast and No Lunch | *** |
| Oct 24 - Porketta Sandwich on bun with slaw | \$10.00 |
| Oct 25 - Ukrainian Lunch Sausage and Pierogis with fried onions | \$12.00 |
| Oct 26 - Honey Garlic Chicken and Rice | \$14.00 |
| Oct 27 - Octoberfest Lunch Private Event – Open for Breakfast | *** |
| Oct 31 - Cabbage Rolls | \$13.00 |
| Nov 1 - Hot Turkey Sandwich | \$14.00 |
| Nov 2 - Meatloaf and Baked Potatoes | \$12.00 |
| Nov 8 - Closed for Private Event all day - No Breakfast and No Lunch | *** |
| Nov 10 - Roast Beef and Yorkshire Pudding | Purchase Tickets by Nov 3 |

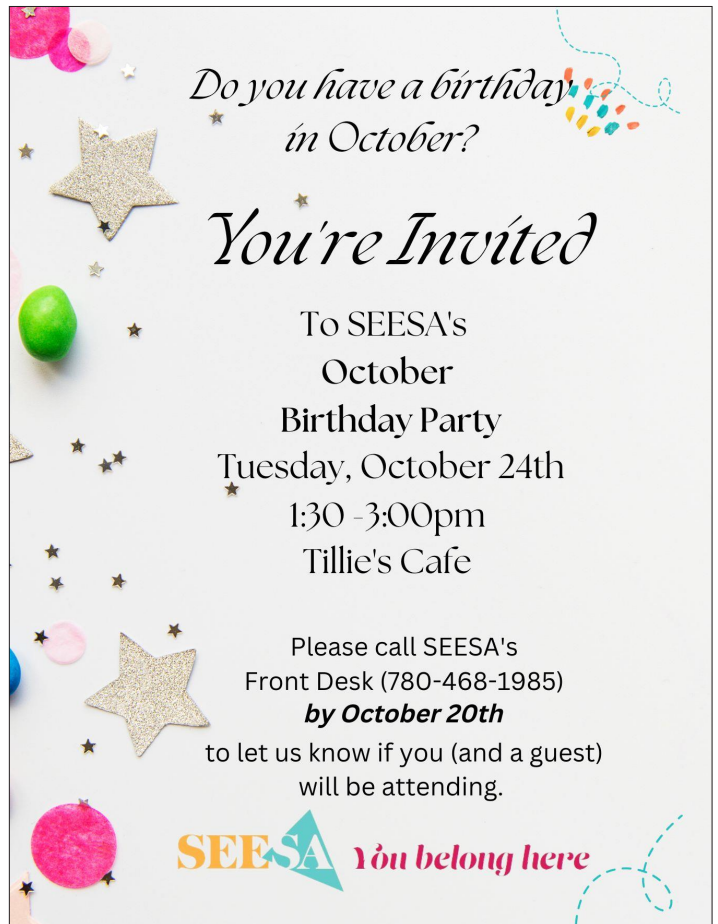
Beverages:

| | |
|--|--------|
| Coffee/Tea (1 refill), Hot Chocolate | \$2.00 |
| Bottled Water, Orange Juice, Pop, Chocolate Milk | \$2.00 |

Baked Goods:

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

Frozen Selections to take home as available and as priced.



Do you have a birthday
in October?

You're Invited

To SEESA's
October
Birthday Party
Tuesday, October 24th
1:30 - 3:00pm
Tillie's Cafe

Please call SEESA's
Front Desk (780-468-1985)
by October 20th
to let us know if you (and a guest)
will be attending.

SEESA You belong here

Malnutrition and Falls:

A Community Approach to Prevention

Date: November 21, 2023

Time: 9:00 - 10:00 AM (MST)

Speakers: Jennifer Sundberg, Registered Dietician, Alberta Health Services
Terri Anderson, Golden Circle Senior Resource Centre

- Understand what malnutrition is and how it relates to falls in older adults
- Discuss a case study that describes an actual client in the community who has fallen
- Gain knowledge about nutrition risk screening in the community
- Learn about a successful nutrition screening initiative at an Alberta seniors' resource centre
- Become aware of resources related to nutrition screening, malnutrition, and older adult nutrition for your community

Jennifer Sundberg, Registered Dietician

Jennifer Sundberg has been practising as a Registered Dietitian for 30 years (although it feels like a lot less!). She has worked in various areas, including acute care, long term care, home care / supportive living, and public health. Her most recent roles in nutrition have a focus on older adults.

In her spare time, she likes to walk her dog, cycle leisurely, listen to old time radio shows, and spend time with her family.

Terri Anderson

Terri Anderson is the Senior Outreach Coordinator and Elder Abuse Prevention Coordinator at the Golden Circle Senior Resource Centre in Red Deer, Alberta. Terri has been working at the Golden Circle Senior Resource Centre for 2.5 years. Terri has spent her career in the non-profit sector in the Community of Red Deer in various roles assisting vulnerable adults. Terri has 2 young children and enjoys spending time with her family.

This webinar is in support of falls prevention month and supports the *Improve Your Health* theme.

For more information, phone 780.492.6019 or email info@findingbalancealberta.ca

REGISTER NOW!



or visit:
bit.ly/FBNov23



It's webinar time!

Stay Independent. Prevent Falls.



Picture Day at SEESA

November 17, 2023
10:00am-2:00pm
Idylwyld 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.



SEESA Shares Advertising Rates

SEESA accepts paid advertising in *SEESA Shares*.

Advertising rates per single issue:

| | | |
|---------------|---------------|----------|
| Business 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*.



Christmas Quilt Raffle



TICKETS: \$5.00

Draw Date: December 19, 2023

Quilt size: Queen (72"x108")
 Handcrafted & generously donated by the SEESA Quilters & Crafters Club

Value: \$800.00

On Sale: October 18, 2023

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



Licence #659517
 400 Tickets Printed



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Start the New Year Free 2 Free Months (January & February 2024)

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. Our Parents' Home is where your journey continues.

Sign a lease by October 31, 2023 and you will get January and February 2024 **Free**.

Value up to \$10,882+ Two Bedroom \$7,416+ One Bedroom

Exclusive Offer to Our Parents' Home.

Terms and conditions apply.

Call today to learn more.

Our Parents' Home
10112 119 Street, Edmonton 780-935-5922
reveraliving.com



Share Your Thoughts!



Registered Dietitians in Alberta Health Services want to know how **older adults 65+** like to learn about **nutrition to stay strong and healthy**.



Scan for Survey

<https://redcap.link/StayingStrong>

Or go to: <https://redcap.link/StayingStrong>

Thank you for your participation!

© 2023 Alberta Health Services Nutrition Services

OTTEWELL PHARMACY



Did you know

Taking the flu
Vaccine

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

For information on Nutrition and Health for Older Adults, visit Alberta Health Services's webpage.



Fall Cardigan Raffle



TICKETS: \$4.00

Draw Date: December 19, 2023

Beautiful hand-knit Cardigan
(Lady's Size large)
100% Pure Canadian Virgin Wool
Timeless, Traditional Aran Pattern
Generously donated by a SEESA member.



On Sale: October 18, 2023

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



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Licence #659509
400 Tickets Printed



The Rummage Sale

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



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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Free Tours of SEESA for you and your friends

Please meet at the Change Rooms near the front desk

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



Volunteer Appreciation Day

We all gathered in Tillie's Café where there was a selection of treats served: delicious sandwiches, fruits, vegetables and an assortment of sweet cakes and coffee. It was a day of smiles and laughter as people caught up with their friends and made new ones.

Door prize draws were held for some beautiful gifts. The winners are as follows:

Popcorn Popper: Anne S; Body Shop Collection: Elise S; Chess Set: Ben L.

Congratulations!!

We want to thank all the volunteers and staff for their time, skills, talents and dedication they have given to making SEESA what it is today.

You bring the community closer!
You belong here!





Celebrating Birthdays

October 15 – November 14 Birthdays

Dale Anderson

Rebecca Andrews

Peggy Boss

Linda Boyd

Lorne Bradley

Donna Bradshaw

Robert Buchan

Robyn Buchan

Joyce Chapman

Richard Clarke

Jeff Daniels

Don Der

Cherry Dodd

Pat Donahue

Florence Ellis

Annette Evans

Bernhard Fuchs

Ruth Gleave

Patricia Goshko

Dave Heatley

Brian Heidecker

Trudy Hensel

Angelika Hoffmann

Mayumi Hoshi

Ann Howlett

Jyy Huang

Anne Hughes

Bev Ivity

Frances Elaine Jensen

Jeanne Jorgensen

Mary Anne King

Pauline Kneteman

Carolynn Kokotylo

Reginald Kostash

Claire Kotun

Karen Krein

Jean-Pierre Lebourgeois

Elizabeth Lepp

Tom Lobb

Leo Magnan

Janet McGovern

Judy McKenzie

Marion McKenzie

Sylvia Nelles

Lorna Nesdole

Margaret Nicholson

Ralph Osterwoldt

Anna Paquin

Melanie Pedersen

Vicki Pickard

Marilyn Pushalik

P Pytel

Laurel Rauf

Connie Robinson

Charlene Schneider

Beverly Sochatsky

Emilie Stark

Jeanette Stern

Mary Toma

Elizabeth Vanrootselaar

Ann Wager

Marilyn Wakaruk

Paula Whitman

Sylvia Whitson

Judy Wilson

Margaret Winkle

Carmen Wuensch

**The October birthday party is on
Tuesday, October 24th at 1:30 pm.
RSVP by October 20th.**



**Do you have a birthday in November?
Then your party is on Tuesday, November 21st at 1:30 pm.
Please RSVP by November 16th to 780-468-1985.**



Membership Fee Sale and 2024 Update

Until December 31, 2023, membership fees will be:

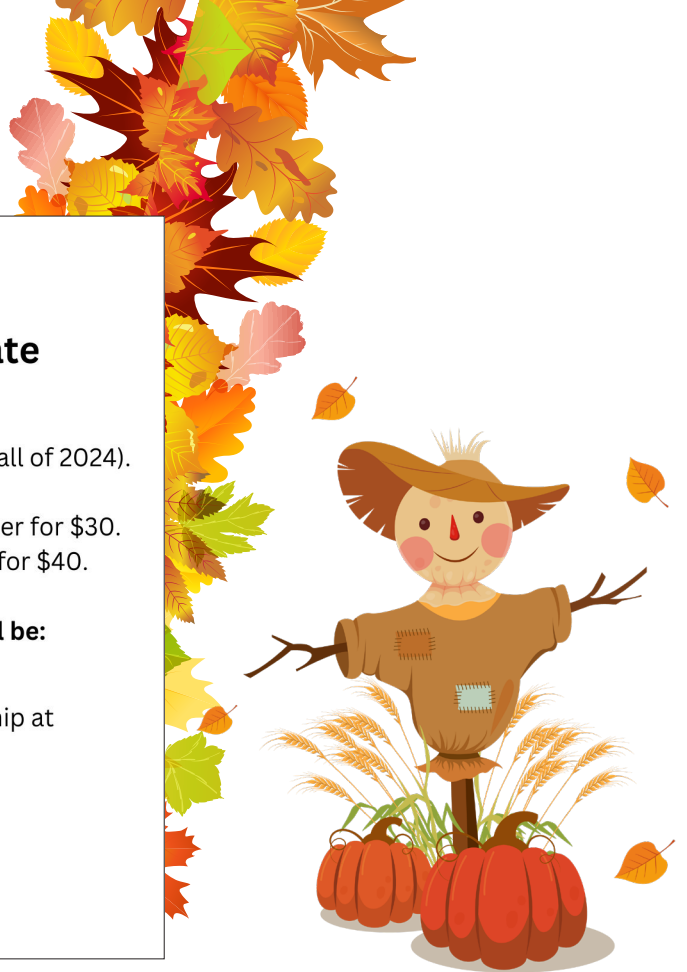
- 2023-2024 member fee - \$45 (includes remainder of 2023 and all of 2024).
- Current members can renew their 2024 memberships for \$30.
- Current Reciprocal members can become a 2024 SEESA member for \$30.
- Current Associate members can renew associate membership for \$40.

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



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
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LICENCE #653786
400 TICKETS PRINTED



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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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.

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1-877-929-9222

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



revera
RETIREMENT LIVING

SEESA BOOK SALE

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 encyclopedias, bibles/religious books, magazines, Readers Digest condensed versions, medical books, "How to" books, atlases, phonebooks, maps



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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.mcpherson@parl.gc.ca

NDP
Follow on

Visit my website at www.heathermcpherson.ndp.ca



The Accidental Drama Club presents

WOW!

Tickets on sale October 1, 2023

Adventures of a Comic Book Artist

Book and lyrics by Pat Lydersen
Music by Wendy Woolf

November 17 Evening 7pm November 18, 19 Matinee 2pm
Doors open: 1 hour before show Concession available
Tickets: \$20 in advance, \$25 at door

BOOM!

SEESA *You belong here* 9350 82 St Edmonton (780) 468 1985



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



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



Supporting Family Caregivers in Alberta - Monday October 30

Family caregivers are the shadow workforce of our society and the backbone of our healthcare system. We see caregivers all the time – and we ourselves fit that demographic. But we don't always understand how caregiving affects us and the care of our care-recipient. In this session, learn about the programs and services of Caregivers Alberta that help caregivers connect with others, navigate the system and look after themselves while providing care. Presenter: *Johnna Lowther*

Artful Talks - Monday Nov 6

Love art? Join us for Artful Talks where we go on a virtual gallery tour! This session of Artful Talks we'll look at some of the most expensive pieces of art ever sold. No need to have an Art History degree, as we look at the images, the Presenter will be asking questions to spark discussion and provide you with some fun facts about the artists and artworks. This is meant to be an open conversation; all opinions and observations are welcomed. Attendees will walk away with some new observations about some of the most classic pieces of art ever created, as well as a booklet of resources to do some of their own art exploration at home. Participants will also enjoy a special invitation to join us for a series of Artful Talks, virtually, through the winter. Presenter: *Jennifer Hilmer*

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



FYI Seminars, November 2023

Incontinence

Wednesday Nov 1 (1:30 - 3:00 pm) Presenter: Dr. Adrian Wagg

Elder Abuse Awareness and Prevention

Tuesday Nov 7 (1:30 - 3:00 pm) Presenter: Leaticia Loki-Ehizojie

Digital Services for Seniors

Wednesday Nov 8 (1:30 - 3:00 pm) Presenter: Caroline De Grave

The Most Common Types of Scams and How to Avoid Them

Thursday Nov 9 (1:30 - 3:00 pm) Presenter: Linda Mak

Total Foot Care

Tuesday Nov 14 (1:30 - 3:00 pm) Presenter: Shawna MacNeil

Introductory Class to Speech Reading

Tuesday Nov 14 (9:30 - 11:30am) Presenter: Linda Marshal

Drive Happiness

Wednesday Nov 15 (1:30 - 3:00 pm) Presenter: Tristen Runzer

Reflexology & Its Benefits for Better Health

Monday Nov 20 (10:00 - 11:30 am) Presenter: Louella Klyne

Osteoporosis, Osteoarthritis and Falls

Tuesday Nov 21 (1:30 - 3:00 pm) Presenter: Farah Saeb

FYI Seminars, November 2023 (continued)

Navigating Your Options, from Healthcare to Housing Supports

Wednesday Nov 22 (1:30 - 3:00 pm) Presenter: Izabella Roth

Bring Your Own Device: Mango Languages

Thursday Nov 23 (10:00 - 11:30 am) Presenter: Wendy Gronnestad- Damur

Preventing Falls in Older Adults

Tuesday Nov 28 (10:00 -11:30 am) Presenter: Cathy Gladwin and Naomi

How to Deal with Anxiety and Depression in the Holiday Season

Tuesday Dec 19 (1:30 - 3:00 pm) Presenter: Farah Saeb

Location: Edmonton Room (Class limit 20 unless otherwise noted)

Fee: \$3.00, members and non-members

See the November/December Program Guide for detailed information on these sessions and options for registration.



South East Edmonton Seniors Association

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

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

| 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 Winter Registration Drop Off Donations for Rummage Sale | 11 Drop Off Donations for Rummage Sale | 12 Drop Off Donations for Rummage Sale | 13 Jam Session (6:45 – 10:00pm) Drop Off Donations for Rummage Sale | 14 |
| 15 | 16 Drop Off Donations for Rummage Sale | 17 Drop Off Donations for Rummage Sale | 18 SEESA Town Hall 1:30 – 3:30pm Tillie's Café Donations for Rummage Sale | 19 FLU Vaccine Clinic 9:00 – Noon Edmonton Rm Donations for Rummage Sale | 20 Fall Rummage Sale Set-Up | 21 Fall Rummage Sale 10am – 3pm |
| 22 Fall Rummage Sale 11am – 3pm | 23 | 24 Monthly Birthday Party Tillie's Café 1:30 – 3:00pm  | 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 (Tillie's Café) | | | |

Book and Puzzle Sale October 10 – 19 (9am – 3pm)

Rummage Sale Donation Drop-off October 10 – 19 (9am – 3pm)

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

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

| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|--|--|--|---|------|--|--|
| Christmas Reuse Donations accepted Nov 21 - 30 Fall 50/50 Tickets on sale - \$5/ticket | | | 1 | 2 | 3 | 4 |
| 5  Daylight Savings Time Ends. Turn clocks back 1 hour | 6 | 7 | 8 AB Floor Curling Association Tournament | 9 | 10 Roast Beef & Yorkshire Pudding (Advanced Tickets) | 11 Remembrance Day  <i>Left No One Behind</i> |
| 12 | 13 SEESA Closed In lieu of Remembrance Day | 14 | 15 | 16 | 17 Accidental Drama Club Production 7pm | 18 Accidental Drama Club Production 2pm |
| 19 Accidental Drama Club Production 2pm | 20 | 21 <i>Monthly Birthday Party Tillie's Café 1:30 - 3:00pm</i>  | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 National Day of Giving | 29 | 30 | | |