



## Board Update

Spring has arrived and birders, cyclists, gardeners, golfers and walkers are excited to enjoy the great outdoors!

### Celebrating Our Volunteers

During Volunteer Week we extend a very heartfelt thank you to all the volunteers who make SEESA great. Your dedication, energy, knowledge and wisdom are exceptional.

### Re-use Sale and Book Sale

Formerly known as our Rummage Sale, our Re-use Sale is soon upon us. Our Book Sale has been up and running since April 4 and has expanded to include audible books, CDs, DVDs and vinyl. It is so gratifying to see the smiles on faces as items go to new homes.

Many thanks to the volunteers who have been working diligently sorting books and cleaning and sorting donations. The Book Sale and Re-use Sale contribute to agency revenues and would not be possible without your efforts.

### Board Members

Sandy McFadyen and Dan Acheson have completed their terms as Board members. We appreciate all that they have brought to the agency in this capacity and look forward to continuing to see them at SEESA.

We welcome two new Board members, Donna Pickens and Joe Norris who bring diverse board experience. More information about these two is available on the SEESA website in the Board bios.

Our Executive for this year remains Wendy Doughty (President), Della Paradis (Vice-President), Don Schick (Treasurer) and Brenda Johnston (Secretary). Anna Der, Birgitta Larsson, and Georgina Schurman will continue as Directors at Large.

We look forward to serving our membership and enjoying your company at various events.

### Indigenous Books

Thanks to Mary Kerber for setting up a section in the lending library that hold books about and by Indigenous peoples. As part of SEESA's commitment to Truth and Reconciliation, these resources will continue to expand.

### Treat Yourself!

Enjoy food, beverages and treats at Tillie's Café. Chat with fellow members. Work on the puzzle. Find a book or puzzle at the John Sandercock Library to engage your mind. There's something for everyone!

# The Rummage Sale



at **SEESA**

**Saturday April 20**

**10AM - 3PM**

**Sunday April 21**

**11AM - 3PM**

Donations accepted at SEESA's South Door starting **April 2 (8:30am - 3:00pm) until Noon April 18th.**

**9350 - 82 ST N.W.**

*Please ensure that all your items are clean and in good working condition.*

## **BAKE SALE Items accepted on April 19th**

### **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.

*Please consider donating these items to:*

- Edmonton Reuse Centre
- FIND
- AB Recycling Management (ARMA)
- Goodwill / Value Village

### **Donations accepted for:**



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



## Donations for the SEESA Rummage Sale

will be accepted at the South Doors, 9350 – 82 Street from  
**April 2 (8:30am – 3:00pm) to NOON April 18**

### ✔ We **DO** Accept ✔

- Antiques & Collectibles
- Artwork
- China & Crystal
- Craft Supplies
- Home Decor & Knick-Knacks
- Jewelry
- Kitchen Appliances (small only)
- Kitchen Housewares - pots, pans, cutlery, plates, bowls, cups
- Knitting, Crocheting, Sewing Supplies
- Linens (clean - no stains)
- Patio & Garden accessories
- Picture Frames
- Purses
- Scarves
- Sporting Goods (small, eg weights)

### ✘ We **DO NOT** Accept ✘

- Baby Supplies, Car Seats
- Encyclopedias, Religious Books, Reader's Digest, Magazines or Text Books
- Building Supplies
- Chipped, soiled or items with holes or missing parts
- Clothing
- Exercise equipment (large)
- Furniture (large), no fabric covered furniture
- Hazardous material(s)
- Jars
- Mattresses
- Office Supplies
- Paint
- Personal Care Items
- Pillows
- Plastic Food Containers
- Plastic Pipe
- Shoes
- Soft fabric toys
- Suitcases
- Tech (software, hardware, outdated technology)
- Automotive Parts
- Water Coolers
- Window blinds or curtain rods

### ***Please consider donating these items to:***

- Edmonton Reuse Center
- FIND
- AB Recycling Management (ARMA)
- Goodwill
- Value Village

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SEESA is a collection location for



Please consider dropping off a donation.

*Thank you for SUPPORTING SEESA*

# Celebrating Eid



On April 9th SEESA held a lunch to celebrate Eid. Eid, also known as Eid al-Fitr, is celebrated by Muslims worldwide. It marks

the end of the month-long, dawn-to-sunset fasting of Ramadan. Ramadan is a month of spiritual rejuvenation with a heightened focus on devotion, during which Muslims spend extra time reading the Qur'an and performing special prayers.

For the Eid Lunch, we were honored to have a guest Cook. Aleeza's Dad, Anoor, helped plan the menu and worked with Cherie, PK, and a team of volunteers to make chicken biryani, a rice and meat dish with spices, potato, and peas. A vegetarian dish of cauliflower curry



was also available. Tillie's Café was filled with many people enjoying the meal and learning about Eid and Ramadan. We thank Anoor for coming in and cooking a delicious meal. Eid Mubarak to everyone celebrating.

**SEESA** MELODY SINGERS PRESENT  
**THE EMBRACEABLE SOUNDS OF THE GERSHWIN BROTHERS**

**Sunday, May 5 @ 2:00pm**  
 Doors Open at 1:30pm  
 9350 - 82 Street  
**Tickets \$12.00**

Purchase at SEESA front desk  
 or by phone 780-468-1985

*Concession available with snacks & beverages for purchase at the after-show social*

## Picture Day at SEESA

**APRIL 23, 2024**

**9:00am-12:00pm**

**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.**



**VIEWPOINT**  
 PHOTOGRAPHY





## Need some help around the house?

At Mi Casa Cleaning we clean bathrooms, kitchens, flooring, windows, baseboards, and dusting. We can also help with laundry and other small household tasks.

We charge \$35 per hour. The cost includes cleaning supplies and equipment. Our team has lots of experience working in homes with pets.

**MORE INFORMATION,  
CONTACT DONNA**

PHONE  
780-803-0121

EMAIL  
mycleanersedmonton@gmail.com



*Do you have a birthday in May?*

## You're Invited

To SEESA's  
May  
Birthday Party  
Tuesday, May, 21st  
1:30 - 3:00pm  
Tillie's Cafe

Please call SEESA's  
Front Desk (780-468-1985)  
**by May 17th**  
to let us know if you (and a guest)  
will be attending.

**SEESA** *You belong here*



# Heather McPherson

Member of Parliament  
Edmonton Strathcona

**Contact my office for assistance with:**


- Employment Insurance
- Old Age Pensions
- Canada Revenue Agency
- Citizenship & Immigration
- Canada Student Loans
- Celebratory Messages

**780-495-8404**  
10045 81 Ave T6E1W7  
heather.mcpherson@parl.gc.ca




Follow on   

Visit my website at [www.heathermcpherson.ndp.ca](http://www.heathermcpherson.ndp.ca)







## BOOK & PUZZLE SALE

Audio Books, DVDs, CDs also available

April 4 - 18, 2024 - 10:00 a.m. - 3:00 p.m.  
*(closed Saturdays & Sundays during April 4-18)*  
April 20, 2024 - 10:00am - 3:00pm  
April 21, 2024 - 11:00am - 3:00pm

Donations of used books, puzzles, audio books, DVDs & CDs can be dropped off at SEESA's South Doors April 2 - 18

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

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## Spring High Tea

**Friday, May 10, 2024**  
**1:30 - 3:30pm - Tillie's Cafe**  
**9350 - 82 Street NW**  
**\$25.00/person**

*For gluten-free and vegetarian options,  
please sign up in advance with the Front Desk*

**Tickets on Sale April 8 - May 3**  
**Limited Seating Available**



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# Make It Monthly campaign a success

WOW and thank you! During March, SEESA joined the Make It Monthly program through CanadaHelps, and boy, were our expectations exceeded! We are happy to announce that the Make It Monthly Campaign brought in ten (10) new monthly donors. SEESA now has twelve (12) monthly donors. Thank you to everyone who participated and continue to donate monthly.

When you make a monthly gift, you don't have to worry about remembering to give every year, and it's a great way to make a big impact. Monthly giving is a wonderful option for both you and SEESA. Our monthly donor program allows you to spread your donations throughout the year, providing SEESA with a consistent base of support. Your monthly gift to SEESA is affordable, flexible, effective, and convenient.

It's not too late to join the Make It Monthly movement and watch your ongoing support create a ripple effect of growth for SEESA and the community we serve. You can Make It Monthly by [donating online today](#).



## CALLING ALL DOMINO PLAYERS

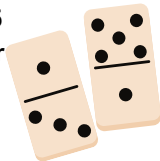
SEESA is hoping to set up a Dominos Club -- are you interested in joining?

Whether you're a beginner or a seasoned player -- we'd love to see you.

The Club will meet weekly on Tuesdays mornings  
(time to be determined)

Cost: \$3.00 Member / \$6.00 Non-Member

**Contact Aleeza at 780-468-1985**  
**if you are interested in joining or**  
**for further information.**



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# Fifteen, two, fifteen, four, if you know cribbage, there could be more!

It had been about three or four years since SEESA last hosted a Cribbage Tournament, and on Saturday, April 6 we were happy to welcome a triumphant return of this well-loved event! Almost 90 cribbage players joined us in the gymnasium for a full day of cribbage games, lunch, and conversation, with both cash prizes and door prizes to be won. A special thanks must go out to Pam Ellenberger who took on the lead organizing role in bringing this event back to life. Thank you as well to all the other volunteers who helped make this event happen — in set up and takedown, in the kitchen, and elsewhere. Congrats to all the winners, and we look forward to the next SEESA Cribbage tournament!





## Spring Quilt Raffle



TICKETS: \$5.00

**Draw Date: May 10, 2024**

Spring Quilt  
(size: 73" x 101")

Handcrafted & generously  
donated by the SEESA  
Quilters & Crafters Club

Value: \$800.00

**Tickets Now On Sale**

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

Licence #683533  
400 Tickets Printed



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## WANNA PLAY A ROUND?

**SEESA GOLF IS RETURNING FOR 2024  
ALL SKILL LEVELS WELCOME**

*Thursdays, Country Side Golf Course*

**Cost: \$25.00**



**Register in-person at SEESA  
beginning Tuesday, April 9th at 9:15 am**

**All Players must be 2024  
SEESA members**

*Additional Green Fees Apply*



**Need More information?**  
Contact Lucille at  
(lgans@telusplanet.net)

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# Celebrating April 15 to May 14 Birthdays

Ken Ambler

Ollie Antoniuk

George Bailey

Joanne Ballance

Helmut Baumert

Cathy Belanger

Dave Belyea

Robert Berube

Dolores Bissonnette

Dorothy Black

Lori Blyth

Roslyn Bohonos

Carol Borle

Merle Boulanger

Linda Breitreitz

Carleen Brenneis

Frieda Buchholtz

Cassie Ceilin

Patricia Chobater

Cynthia Clarke

Barry Clattenburg

Carol Constant

Elise Couture

Suzanne Cuncannon

Wendy Deckert

James Doty

Cathy Dubeau

Marilyn Duguid

Katherine Dyer

Colleen Ellis

Gloria Feagan

Phyllis Footz

Donna Fountain

Charles Gachnang

Ellen Gahr

Sheila Gaudreau

Rick Geisler

Daryl Gray

Heather Harper

Donna Harrison

Joyce Hartman

Cindy Hauck

Bill Hawryschuk

Karen Herzog

Ching Holmberg

Thanh Hua

Darlene Ireland

Wayne Jensen

Cheryl Kaminski

Nancy Kardash

John Keaveny

Louella Klyne

Bruce Kobialko

Cheryl Kobialko

Joyce Kozak

Liz Kristensen

Marlene Kurt

Maryanne Kuzio

Heather Langstone

Birgitta Larsson

Benjamin Lauber

Lorna Lee

Alice Levasseur

Steve Lilgedahl

Lillian Limberger

Kathy Logan de Chavez

Edward Lyka

Barbara Lyon

Faye MacDonald

Valerie MacDonald

William Manson

Tom McGovern

Martin Molzan

Sylvia Moore

John Norris

Mossie Pappé

Linda Peterson

Sandy Pywell



Alzina Scott-Morgan

Jeannette Smit

Daniel Smith

Noreen Soneff

Lois Sorgen

Bob Thompson

William Tkachuk

Carole Valens

Grace Waszkiewicz

Jennie Whiteman

Sherrie Wilson

Werner Wolf

Tessa Wroot

Nicole Yaschuk

Loranna Zatorski



March birthday party participants.

**Do you have a birthday in May?  
Your party is on Tuesday, May 21st at 1:30 pm.  
Please RSVP by May 17th to 780-468-1985.**

# Easter Lunch

Almost 80 attendees came down to SEESA on March 28 to enjoy a delicious meal of ham, scalloped potatoes, salad, and carrot cake in celebration of Easter. While the snowy Edmonton weather didn't feel like a sign of Spring, things were bright and festive inside of the building. The food was very well received, including

the plant-based and gluten-free options available. Our volunteers all did an excellent job in helping make the event happen, from helping in the kitchen, to serving the tables with a smile, to dressing and decorating the room to mark this special occasion. Thank you to everyone who was able to join us!



 Don't know how to fix your home?  
**Let us help!**

Get a \$10 coffee card when you book any free on-site quotation.

Our clients are like friends and sometimes we show up with coffee!

CONTACT THE EXPERIENCED PROFESSIONALS AT

**HOME & OFFICE HANDYMAN SERVICES**

Give us your list; we'll get it done  
[www.HOHS.ca](http://www.HOHS.ca) | 780.940.2127 

  
Royal Canadian International Circus 2024 under the Magnificent Big Top comes to West Edmonton Mall for 19 spectacular shows

**June 6 - 16, 2024**  
WEST EDMONTON MALL  
17310 - 90 Avenue NW.  
Overflow Parking Lot, Northside of 90 Ave.

**SEESA** Is Selling Advance "General Admission" Tickets at a **reduced price!**

**\$20.00/person**  
Regular Price - \$35.00

Purchase your tickets at  
SEESA FRONT DESK 9350 - 82 street



Tickets can be used for any performance date, and can be used by anyone (don't have to be a senior)





My name is Natalia Bandola and I am a licensed residential REALTOR® in Edmonton and area. I will work very hard to sell your home fast and at your price or higher! Please reach out if you have any questions, need advice, or would like to have a complementary market evaluation of your home.

Call 780 - 394 - 5686 Canada  
760-548-8639 USA  
natalia.bandola@century21.ca  
Century 21 All Stars Realty

**POP-UP CAFÉ in Idylwylde Room**

April 16 (Tuesday)  
• 1:00 – 4:00pm

May 10 (Friday)  
• 12:00 – 4:00pm

May 21 (Tuesday)  
• 1:00 – 4:00pm

Coffee, goodies, and snacks available for purchase; no meal service in pop-up café

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## 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](mailto: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*.







# 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
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
Special – as posted and priced	

## Entrées (Chef may substitute as required):

Fridays – Chef's Choice.....	as priced
Apr. 15 – Gumbo and Corn Bread .....	\$15.00
Apr. 16 – Beef Stew and Dumplings.....	\$15.00
Apr. 17 – House made Macaroni and Cheese .....	\$8.00
Apr. 18 – All Dressed Pizza or Vegetarian Pizza .....	\$10.00
Apr. 19 – Closed for private event (No breakfast or lunch service)	
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Apr. 23 – Chicken Souvlaki with Greek Salad .....	\$15.00
Apr. 24 – Shepherd's Pie.....	\$13.00
Apr. 25 – Tourtière with Side Salad.....	\$14.00
Apr. 26 – Tortellini with Tomato Sauce and Garlic Toast.....	\$13.00
***	
Apr. 30 – Grilled Chicken with Rice Pilaf and Mushroom Sauce.....	\$14.00
May 1 – Club Sandwich .....	\$12.00
May 2 – Liver and Onions.....	\$12.00
May 3 – Donair with Side Salad.....	\$15.00

## Beverages:

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



## Closures

Friday, April 19

- No breakfast/lunch hot meal service available





# NATIONAL VOLUNTEER WEEK APRIL 14 - 20, 2024

There would be no **SEESA** without  
our **VOLUNTEERS!**

Volunteers not only contribute their time, they provide resources, comradery, fun, knowledge, ingenuity, oversight, passion and compassion.

## THANK YOU VOLUNTEERS!

In celebration of National Volunteer Week, check out our giant Thank You card in the main hallway. Add your own note of thanks to our hard-working volunteers.

Stop by Tillie's Cafe for a coffee and enjoy our volunteer appreciation picture slideshow displayed on our large screen TV.



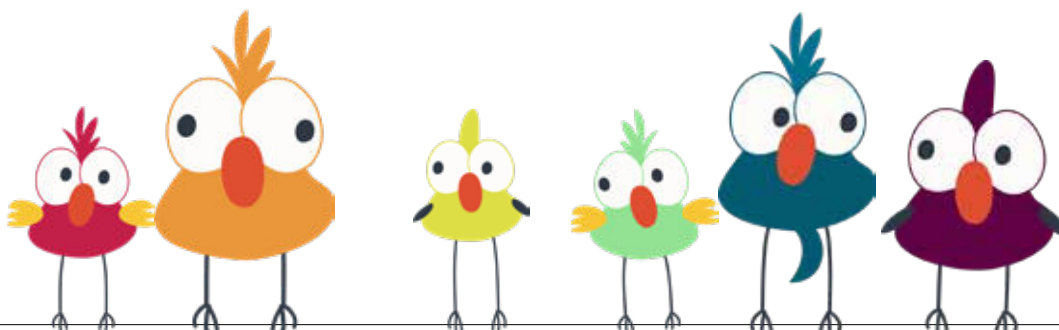
#NVW2024

#EveryMomentMatters



# Volunteers make SEESA great!

Following our Annual General Meeting on March 13, all were welcome to join us in Tillie's Café to celebrate our wonderful volunteers. There were door prizes, a fun photo booth with lots of goofy props, a balloon archway entrance, a slideshow playing on the TV showcasing the volunteers' hard work from the past year, and some delicious food and beverages to enjoy. Again, thank you so much to all of our volunteers for the meaningful work they do to help make SEESA a great place to be. We couldn't do it without you!





# FYI Seminars, May – June, 2024

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

**Fee:** \$3.00, members and non-members

See the 2024 Session 3 Program Guide for dates, times and detailed information on these sessions and options for registration.

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May 7: Developing Your Age in Place Plan

May 8: Retirement Income Planning

May 9: Bring Your Own Device: Freading

May 9: Cooking Up Calm – Make Your Mental Health Conversation More Palatable

May 14: Your Pharmacist Tips for a Healthy Summer

May 15: Health & Mobility for Active Seniors

May 21: Real Estate Selling and Buying - Explained and Simple

May 22: Benefits and Credits for All

May 27 Reflexology

May 28: What to Do When You're in a Property or Casualty Insurance Dispute



June 4: Is it Dementia or is it Old Age?

June 5: Healthy Aging Presentation from the Elder Abuse Resources & Support Program

June 11: Transitioning into Care with Dementia- it doesn't have to be scary

June 12: Posture and Balance

June 13 Bring Your Own Device: US Major Dalies

June 18: Semi - Annual 2024 Global Financial Market Review and Outlook

June 19: Mediumship 101 (Connection to the Spirit Word)








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Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<p><b>Apr 2-18 Book &amp; Re-Use Sale Collection 8:30-3:00 Except weekends</b></p>	<p>1 <b>Easter Monday SEESA CLOSED</b></p>	<p>2 <b>Re-Use/Book Sale Collection starts 8:30-3:00</b> Tax Clinic 11:00-12:30</p>	<p>3</p>	<p>4 <b>Book Sale 10:00-3:00</b></p>	<p>5 <b>Book Sale 10:00-3:00</b></p>	<p>6 Cribbage Tournament</p>
<p>7</p>	<p>8 <b>Book Sale 10:00-3:00</b></p>	<p>9 <b>Registration Day 9:15</b> <b>Book Sale 10:00-3:00</b> <b>Eid Lunch Tillie's Café</b></p>	<p>10 <b>Ramadan Ends</b> <b>Book Sale 10:00-3:00</b></p>	<p>11 <b>Book Sale 10:00-3:00</b></p>	<p>12 <b>Book Sale 10:00-3:00</b>  Jam Session SEESA Dance Club</p>	<p>13</p>
<p>14 <b>National Volunteer Week April 14-20 Every Moment Matters</b></p>	<p>15 <b>Book Sale 10:00-3:00</b></p>	<p>16 <b>Monthly Birthday Party Tillie's Cafe 1:30 – 3:00pm</b> <b>Book Sale 10:00-1:00</b></p>	<p>17 <b>Book Sale 10:00-3:00</b></p>	<p>18 <b>Book Sale 10:00-3:00</b>  <b>Re-Use Sale Collection ends at 12:00 NOON</b></p>	<p>19 <b>Tillie's Café CLOSED</b> No in-person classes or clubs (SEESA Spring Rummage Sale Set-up)</p>	<p>20 <b>SEESA Spring Re-Use &amp; Book Sale 10:00-3:00</b></p>
<p>21 <b>SEESA Spring Re-Use &amp; Book Sale 11:00-3:00</b></p>	<p>22 <b>Earth Day</b> </p>	<p>23 <b>Picture Day At SEESA 9:00am-12:00pm</b></p>	<p>24</p>	<p>25</p>	<p>26 <b>Winter 50/50 Draw</b>  Jam Session SEESA Dance Club</p>	<p>27</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p><b>Winter 50/50 Tickets (\$5/ticket) – Draw Date: April 26, 2024</b> Donation Drop-off April 2-17 8:30-3:00 &amp; April 18 8:30-12:00 <b>Mobile Tax Clinic Drop-Off</b> April 2 11:00am-12:30pm Edmonton Room <i>Sign up required</i> <b>Book Sale</b> April 4-18 excluding weekends 10:00-3:00 <b>SEESA Spring Re-Use and Book Sale</b> April 20 10:00-3:00 and April 21 11:00-3:00</p>			

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<p>Melody Singers Tickets \$12 Spring High Tea Tickets \$25 Summer 50/50 Raffle Tickets on sale May 3</p>			1	2	<p>3 Jam Session 6:00 – 9:00pm</p> 	4
<p>5 Melody Singers Spring Performance 2:00pm</p>	<p>6 Holocaust Remembrance Day</p>	7	<p>8 SEESA Shares submission cutoff date</p>	9	<p>10 Spring High Tea 1:30 – 3:30pm Tillie's Café</p> 	11
<p>12 Happy Mother's Day</p> 	13	14	<p>15 SEESA Shares publication target</p>	16	<p>17 Jam Session 6:00 – 9:00pm</p> 	18
19	<p>20 VICTORIA DAY SEESA Closed</p>	<p>21 Monthly Birthday Party 1:30 – 3:00pm</p> 	22	23	24	25
26	27	28	29	30	31	

**FYI Sessions:**

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