

SEESA Shares



Our Mission: To empower and enhance the quality of life of people in our community as we age.

MAY 2024

Board Update

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

Spring sales prove popular

On April 20, you could feel the excitement — shoppers were lined up at the front and back doors, Shane Blakely from Global News did a helicopter fly-over, and the local Girl Guides were selling cookies.

Approximately 2000 shoppers enjoyed this event. Gross revenue generated from sales was approximately \$26,000. One attendee said it was the best rummage sale they'd been to since 2019!

This event would not be possible without volunteers. Thanks to the volunteers from ATCO and students from Vimy Ridge High School for their assistance with set-up.

Thanks to the Team Leads and their volunteers for their energy and enthusiasm throughout the event. You made the shopping experience a pleasant one.

Thanks to Mary Toma and her volunteers for transforming boxes of books, audible books, CDs, DVDs and records into an organized display where shoppers could easily find their favourite authors and genres.

Thanks to the Melody Singers and SEESA members who contributed homemade treats.

Thank you to our chef, Cherie, and the volunteers who fed the volunteers and shoppers. We heard lots of positive comments about the food.

A big thank you to my co-lead for the sale, Eloise Cameron. Your boundless energy, enthusiasm and sense of humour are very much appreciated. Thanks for all the support received from SEESA staff members and volunteer Jo Lobb.

More events to come

Throughout the spring and summer SEESA will continue to offer classes, clubs and other activities.

Correction — Indigenous books

Mary Toma, not Mary Kerber, is responsible for the continued development of the portion of the lending library that holds books about and by Indigenous peoples.

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!

Pinkies up!

On May 10, SEESA members and guests donned their fascinators, hats and finery to enjoy a delicious selection of high tea favourites. Thanks to Avril Pike and her team for creating a lovely event and to our chef, Cherie, for her culinary talents.



SENIORS WEEK AT SEESA!

Mark your calendars! We're planning a week of fun to celebrate Seniors Week with you.

- **Mon. June 3, 10:00am – 3:00pm:** Seniors Week Kick-Off with SEESA display table and Ukulele Performance at City Hall
- **Tues. June 4:** Registration Day with Liver & Onions available for lunch
- **Thur. June 6 at 11:00am:** Riverdale School Choir Performance in Tillie's Cafe
- **Fri. June 7, 12:00pm – 2:00pm:** Picnic in the Park! Tickets are \$10 at the Front Desk. Limited capacity available. See separate event poster for more details.

Plus, stop by the Front Desk to enter for a prize draw anytime during the week!



As we celebrate
Seniors Week
Please Join Us
For a Riverdale School
Elementary Music Choir Performance



Thursday, June 6th at 11:00am
Tillie's Café, 9350 - 82 Street, NW
Admission is **FREE**.

Please consider bringing a donation
for the Edmonton Food Bank.

Mix & mingle with the students after their performance

Tillie's Café open for lunch
Hot special: TBD
Regular soups & sandwiches also available



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

Announcement Date: April 29, 2024

COMMUNICATIONS COORDINATOR

It is my pleasure to announce that Abdullokh Nazarov has accepted the 1-year contract position of Communications Coordinator. Abdullokh's first day was April 15, 2024. Many of you may have seen him busily recording and taking pictures at the Reuse Sale. A copy of the video has been posted on SEESA's Facebook page.

Abdullokh comes to us with a proven track record as an accomplished communications specialist with a BA Honors in Business Administration from the University of Westminster. Abdullokh excels in creating engaging multimedia content and strategic communication plans. We are excited about the potential of growing our community outreach and online presence.

Please welcome Abdullokh to SEESA.

Thanks
Shel

Shelley Williams (she/her)
Executive Director
780.468.1985x235
780.919.6410 cell



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



Presents: Not Falling for You

A FREE 12-week workshop with Exercises to improve your balance and strength and tips for fall prevention.

Next Class is Friday, May 17th

Participants in this workshop have improved their balance, strength, and confidence.

Activities will be modified based on an individual's abilities.

Open to Members & Non-Members
Please register on-line (via MyActiveCenter), by phone, or in-person



9350 - 82 Street N.W. / 780-468-1985

*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*



SEESA
PICNIC IN THE PARK

Friday, June 7, 12:00pm - 2:00pm
Between the playground and spray park

Tickets \$10, on sale May 17 - June 5.
Limited capacity.

Please bring a lawn chair if you are able!


Includes choice of hot dog, hamburger, or veggie burger, plus potato salad or coleslaw, chips, beverage, and a popsicle!



**Turn Scraps
into Crafts**

**Donate Your Unused
Wood and Tools Today!**

Our Wood Carvers group is actively seeking donations of clean wood scraps. We are specifically looking for pieces of 2"x4" and 2"x6", at least 10" long, and in good condition — free from concrete, paint, staples, or nails. Ready to repurpose your unused wood? We're here to blow the dust off and transform it into something special! If you have tools you're considering donating, please contact Noel at 780-465-3209 to confirm their necessity and arrange a suitable time for collection. Your contributions are greatly appreciated and help keep our crafts alive!




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 | 780.940.2127 

SEESA Shares Advertising Rates

SEESA accepts paid advertising in SEESA Shares.

Advertising rates per single issue:

Card size:	3.5" w x 2" h	\$25.00
1/4 page:	4" w x 5" h	\$40.00
1/2 page:	8" w X 5" h	\$80.00
1/2 page:	4" w X 10" h	\$80.00
Full page		\$120.00

1500 email circulation

Send submissions to: info@seesa.ca preferably by the 1st of each month, so that any amendments can be complete by the 8th of the month. Publication is around the 15th of the month.

A one-time set up fee of \$30.00 may apply if your ad is not print ready.

Note: paid advertisements may not reflect the views of SEESA. Buyer discretion is advised. There is NO advertising in *SEESA What's Happening Now*.


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




Celebrating May 15 to June 14 Birthdays

Donna Anders

Barbara Bailey

Jennifer Bain

Dale Baker

Patricia Baran

Trudy Bartsch

Marie Berry

Brian Bianchini

Penelope Bradt

Donald Carter

Germaine Chau

Lorna Chaudhary

Sudha Choldin

Sylvia Clair

Rosalind Cooper

Maxine Cowan

Cheryl Demorest

Denyse Doran

Bob Drabiuk

Bruce Faunt

Herman Felsch

Brian Fish

Marcelline Forestier

Margaret Frith

Mary Gallivan

Robert Gerow

Ann Gillespie

Robert Gizzie

Jill Hague

Gale Hanasyk

Robert Harris

Ann Hartwig

Sylvia Hoffman

Karen Huffman

Ruth Hunter-Moffatt

Gerald Jenkins

Priscilla Kachmar

Elizabeth Kelly

Colin Kinnell

Leon Klak

Hank Kotun

Roseann Kowalski

Linda Kruger

Ginette Lachance

Robert LaFontaine

Ron Law

Daniel Leclair

Doris Liebrecht

Patrick Lukasewich

Margaret Marean

Sharon Martin

Lavoine McCullagh

Barry McGuire

Linda McKay

Marjorie McLean

Darlene Monty

Susan Moore

Mary Murphy

Iris Neufeld

Michael O'Neill

Gayle Pederson

Brent Pegg

Barbara Powers

Tom Priestly

Dorothy Prins

Cindy Pudrycki

Frances Purschke

Yvonne Rioux

Rosemarie Schatull

Marilyn Scott

Hazel Shekooley

Darrel Slugoski

Richard St John

Roberta Stephens

Carol Sullivan

Rhonda Taft

Cheryl Thomas

Allan Thompson

Allen Thompson
Grace Thomson
Deborah Turner
Paul Vanderham

Sharon Whillans
Susan Wigeland
Pat Willis
Wendy Wiltse-Norbom

Albert Woolley
Maria Yakula
Murray Yaschuk



April birthday party participants.

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

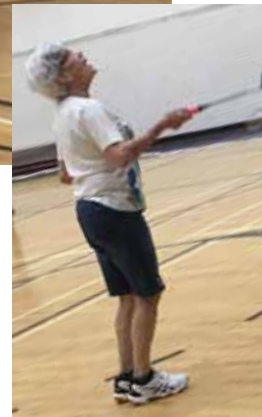
Badminton for the ages

On April 19, members of SEESA's Badminton Club, along with participants from the Mill Woods Seniors Association (MWSA), had the unique opportunity to engage in a friendly competition at McKernan School. They faced off against the school's junior (Grade 7) and senior (Grades 8 & 9) badminton teams in a series of spirited matches.

The event was remarkable not only for the gameplay but also for the wide age range of the players, who were between 12 and 91 years old. This diverse mix added a rich dimension to the games, showcasing an incredible span of experience and youth. Impressively, the older and wiser participants mostly emerged victorious. Their success on the court won them respect and admiration from both their peers and their younger counterparts.

The younger players, though less experienced, gained invaluable insights into the game's techniques and strategies. The interaction between the generations was a profound learning experience for them, enriching their understanding and appreciation of badminton.

The atmosphere throughout the day was filled with joy and enthusiasm, with frequent bursts of laughter and cheering accompanying each match. It wasn't just a day for playing badminton; it was a celebration of community, sport, and mutual respect across different ages. Such events reinforce the importance of staying active and engaged at any age, making them a cherished part of the community calendar.



Joyful sounds

The Melody Singers' recent performance of Gershwin tunes was enjoyed by more than 200 people. Under the direction of their director, the talented Brad Heinzman, the group mastered complex arrangements. A sing-along and brass and drums by Samuel Heinzman further enriched the experience. Members of the Melody Singers are also singing at SEESA gatherings and out in the community.



Handmade quilts available for purchase

You can purchase the quilts on display at SEESA on any weekday during regular hours of operation. Additional quilts are available to see and purchase on Mondays between 1:00pm and 3:00pm in the Forest Heights Room.





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

Entrées (Chef may substitute as required):

Fridays – Chef's Choice	as priced
May 15 – Denver Style Quiche	\$14.00
May 16 – Macaroni and Cheese	\$10.00

May 20 – CLOSED (Victoria Day)	
May 21 – Spaghetti Bolognese	\$14.00
May 22 – Mushroom Swiss Chicken Sandwich with Side Salad	\$14.00
May 23 – Battered Fish, Mashed Potatoes	1 piece \$13.00, 2 pieces \$15.00

May 27 – Donair's with tzatziki sauce	\$14.00
May 28 – Chicken Caesar salad	\$14.00
May 29 – Bulgogi Beef Skewers with rice and fried vegetables.....	\$15.00
May 30 – Coconut Salmon with side salad	\$15.00

June 3 – Chicken Pasta Florentine	\$13.00
June 4 – Registration Day: Liver and Onions with Mashed potatoes.....	\$12.00
June 5 – Cauliflower Masala served on Rice	\$10.00
June 6 – BBQ Teriyaki Chicken with Mountain Fried Vegetables	\$15.00
June 7 – Picnic in the park- Hamburgers, Hot Dogs, Potato Salad, Coleslaw, Ice cream	

desserts

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, May 10

- 12:00 – 4pm

**Monday, May 20,
Victoria Day**

Tuesday, May 21

- Birthday party





Welcome to Summer
with SEESA's Ukulele Students
 Performance in Tillie's Cafe
 9350 - 82 Street NW
 Wednesday, June 19, 1:30 - 3:00pm

TICKETS: \$10
 (includes lemonade & watermelon)
 Purchase at SEESA front desk or by phone 780-468-1985

*Please consider bringing a donation for Edmonton's
 Food Bank to the performance - Thank You!*




2024 is the 10th Anniversary of the Great Canadian Giving Challenge (GCGG) through CanadaHelps. The Great Canadian Giving Challenge is an opportunity for supporters to help SEESA win \$10,000. It's simple! Every dollar donated to SEESA through CanadaHelps, with a minimum of \$3 per donation, earns us one entry into the draw. The more funds we raise, the better our odds of winning.

For this year's GCGG campaign, we'll be setting up a specialized donation page on CanadaHelps. However, contributions made through any channel on CanadaHelps still count towards our entries, including those from our ongoing monthly donors.

Stay tuned for updates starting June 1 on SEESA's website, social media, and our poster boards. Please help us spread the word to your family and friends!





Join lecturer David Goa as he leads our
"Philosophers Cafe"
in stimulating conversations on today's issues.

David Goa is the founding director and International Fellow of the
Chester Ronning Centre for the Study of Religion and Public Life,
University of Alberta (Augustana Campus).

"Star Spangled Christians": Evangelicals in Age of Extremism
Thursday May 30 (1:00pm - 2:30pm)

It is odd, troubling, and perhaps terrifying. How has it come about that the evangelical communities in the United States as well as Canada have been reconfigured? How has it come about that many who once rooted their faith in the Gospels and its call to "serve the Prince of Peace" and the kingdom in which "there is no slave nor free, no male or female, not Jew or Gentile" now read the scripture through the lens of fear and 'Christian nationalism' and see a political leader as the servant of God on a crusade to "save Christianity?"

" The Conservative Genius"
Thursday June 20 (1:00pm - 2:30pm)

"The central conservative truth is that it is culture, not politics that determines the health of a society," so said Senator Daniel Patrick Moynihan. What has been the gifts of the conservative political perspective since its inception in the 18th century? Has it lost its way? Where are conservatives to be found?



Register in person at 9350 - 82 street,
or by phone (780-468-1985)
SEESA Member: \$10 Non-Member \$13
Class Limit: 25



FYI Seminars, May – June, 2024

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.

- 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)



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.
<p>Melody Singers Tickets \$12 Spring High Tea Tickets SOLD OUT Summer 50/50 Raffle Tickets on sale May 3 Quilt Raffle Tickets \$5 Draw on May 10</p>			1	2	3 Jam Session 6:00 – 9:00pm 	4
5 <i>Melody Singers Spring Performance 2:00pm</i>	6 Holocaust Remembrance Day	7	8	9	10 <i>Spring High Tea 1:30 – 3:30pm Tillie's Café</i> 	11
12 	13	14	15	16	17 Jam Session 6:00 – 9:00pm 	18
19	20 VICTORIA DAY SEESA Closed	21 <i>Monthly Birthday Party 1:30 – 3:00pm</i> 	22	23	24	25
26	27	28	29	30	31	

FYI Sessions:

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

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<p><u>June is Pride Month!</u> Table display in Tillie's Café for all of June with information on Pride Month Wear colours from the rainbow to SEESA on Wed. June 12 to show your allyship with the LGBTQ2S+ Community!</p>						1
2 <i>Seniors Week</i> (June 3 – 9)	3 <i>Seniors Week Kick-Off at Edmonton City Hall</i> 10am - 3pm	4 <i>Session 4 Registration Day</i> <i>Tillie's Cafe Lunch Special Liver & Onions</i>	5	6 <i>Riverdale Elementary School Choir</i> <i>Tillie's Cafe</i> 11 :00am	7 <i>Picnic in the Park</i> 12:00 pm – 2:00pm <i>Jam Session</i> 6:00 – 9:00pm	8
9	10	11	12 <i>Show Your Colours!</i> Wear rainbow colours to celebrate Pride today!	13	14	15
16 <i>Happy Father's Day!</i>	17	18 <i>Monthly Birthday Party</i> 1:30 – 3:00pm <i>Tillie's Cafe</i> 	19 <i>Ukulele Group Performance</i> <i>Tillie's Café</i> 1:30pm Tickets: \$10 	20	21 <i>Jam Session</i> 6 :00 – 9:00pm 	22
23	24	25	26	27	28	29
30	<p>FYI Sessions: June 4: Is it Dementia or is it Old Age? June 5: Healthy Aging Presentation from the Elder Abuse Resources and 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</p>					