



Board Update

Spring showers have brought beautiful blooms and many shades of green. Our members are out gardening, golfing, playing outdoor pickleball, tennis, walking and cycling.

Thanks to our volunteers

The Board would like to recognize the SEESA members and staff for their active engagement at several locations during Seniors Week. Sharing your time and talents provided enjoyment for many and resulted in several new SEESA memberships.

Thanks to all who helped make our BBQ lunch a success. It was great to see the friendly competition amongst those playing the games.

More events to come

Throughout the summer SEESA will continue to offer courses, activities and events. We look forward to engaging with you.

Remember to take time to relax!

Enjoy delicious food, refreshing beverages, and delightful treats at Tillie's Café. Connect with fellow members, or find a book or puzzle at the John Sandercock Library to stimulate your mind. There's something for everyone!



Celebrating Alberta Seniors Week at SEESA

Each year, the province of Alberta recognizes the first full week of June as Seniors Week. Here at SEESA, we had a week full of activities and celebrations to recognize our members and the meaningful impact they have on our community.

On Monday, June 3, several SEESA clubs and members presented at the “Seniors Week Kick-off” event at City Hall. On Tuesday, June 4 we served Liver & Onions for lunch during our Registration Day. Then on Thursday, June 6, we had the Riverdale Elementary School Choir come and sing for us and enjoy popsicles afterwards while visiting with SEESA members. Finally, on Friday, June 7 we had our “Picnic In The Park” event. Although we had to move indoors due to windy weather, everyone had a great time and the kitchen staff and volunteers provided us with delicious food and excellent service! We had our Seniors Week prize draw, as well as bean bag toss and giant jenga in the gym. We want to give a very special thank-you to Carol’s No Frills for providing us with hot dogs and hot dog buns for this event.

Throughout the week, we had several different SEESA clubs performing and presenting across GEF Seniors Housing sites to show off their skills and talents. Thank you to everyone who helped make these events happen. We hope you had a great Seniors Week!





Celebrating Pride Day

On Wednesday, June 12, SEESA held a “Pride Day” in celebration and support of the 2SLGBTQ+ community. Many members and staff wore rainbow colours to SEESA that day, and Eric Storey from the Edmonton Seniors Pride Group provided an excellent presentation on “Aging With Pride” held in Tillie’s Café. Afterwards, people enjoyed a

rainbow-themed pasta salad for lunch! Pride Day is another important step in making SEESA a welcoming and inclusive space for everyone, as well as promoting the importance of allyship to the 2SLGBTQ+ community. Thank you to everyone who joined us!





National

Indigenous People's Day

Special Lunch in Tillie's Cafe to Celebrate and Honour Indigenous Peoples

Friday, June 21st, 11:30am - 1:00pm

Blueberry bison burgers, side salad, coffee/tea

Sign up at the Front Desk for gluten-free or vegetarian options

Tickets on sale May 23 - June 14th

Purchase at SEESA front desk (9350 - 82 street NW)

or by calling 780-468-1985





Share your thoughts: helping 2SLGBTQI+ older adults age in place

Employment and Social Development Canada invites you to participate in a crucial consultation open from May 1, 2024, at 12 pm (EDT) until June 26, 2024, at 12 am (EDT). This initiative aims to gather valuable insights on the experiences of older adults who are Two-Spirit, lesbian, gay, bisexual, transgender, queer, and intersex (2SLGBTQI+) and living at home. Your input will help shape policies under the Government of Canada's first Federal 2SLGBTQI+ Action Plan, which is dedicated to promoting rights and equality for 2SLGBTQI+ individuals.

Who can participate:

- 2SLGBTQI+ individuals aged 55 and over
- Residing in Canada
- Living at home (excluding those in long-term or acute care facilities)

Your contributions will help fill research gaps and inform programs aimed at removing barriers to aging in place for the 2SLGBTQI+ community. A "What We Heard" report will be published at a later date to share the findings.

To participate or to learn more click [here](#).

*Do you have a birthday
in June or July?*

You're Invited

To SEESA's
Combined June/July
Birthday Party
Tuesday, June 18th
1:30 - 3:00pm
Tillie's Cafe

Please call SEESA's
Front Desk (780-468-1985)
by June 13th
to let us know if you (and a guest)
will be attending.

SEESA *You belong here*

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!*

Sold Out!

SEESA
You belong here

SEESA supports Edmonton's Food Bank

SEESA is honoured to be an Edmonton Food Bank drop off location. Over the years, we have collected non-perishable food items during various events and activities at SEESA for those struggling in our community. SEESA's last donation to Edmonton's Food Bank was 48 kilograms of food. Thank you for your support in helping those in need in our community.

The Edmonton Food Bank is an affiliated member of Food Banks Canada where they are committed to relieving hunger today and preventing hunger tomorrow. Their

mission is to be stewards in the collection of surplus and donated food for the effective distribution, free of charge, to people in need in our community while seeking solutions to the causes of hunger. Did you know, that in January of 1981, Edmonton's Food Bank become Canada's first food bank! Today, they serve over 30,000 people each month of which 40% are children and have distributed almost 6M kg of food in one year.

You can make a difference in someone's life. Donate a non-perishable item the next time you are at SEESA.

May 28, 2024

RECEIVED
JUN 1 / 2024



P: 780.425.2133 | F: 780.426.1590
P.O. Box 62061 Edmonton, Alberta T5M 4B5

South East Edmonton Seniors Association
Attn: GM Garon
9350 82 St NW
Edmonton AB T6C 2X8

Dear Friends,

Thank you for your thoughtful donation of 63 kilograms of food. Your donation can be a kindness and a comfort to people who experience unexpected challenges, tragedy, and hardship - people like Keith.

Keith was grieving the sudden loss of his long-time partner. He had just started back at work, and unfortunately, while waiting at a bus stop to head home, he was assaulted. He required months of medical care, and because some necessities for his recovery were not covered by health benefits, Keith had to reduce his food budget. With his voice cracking, he told the Food Bank team how grateful he was: *"Knowing I could turn to the Food Bank was a huge relief. When I needed it most, The Food Bank was there. I just wanted you to know how much that means."*

Since 1981, the organization has responded to natural disasters, as well as those of a personal nature. Edmonton's Food Bank works hard to provide nutritious food to individuals and families facing difficult situations. Because of your generous and unwavering support of our work, we are able to continue to help those in need - thank you!

In friendship,



Marjorie Bencz, CM
Executive Director



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
- June 10 – Perogies, Kubasa, Sauerkraut, Cucumber Salad\$13.00
- June 11– Taco Salad\$13.00
- June 12 – Meatball Sub Sandwich.....\$12.00
- June 13 – BBQ Pork Ribs, Mashed Potatoes, Coleslaw\$15.00
- ***
- June 17 – All Dressed Pizza or Vegetarian Pizza\$12.00
- June 18 – Lasagna and Side Salad\$14.00
- June 19 – Chicken Caesar Wraps.....\$14.00
- June 20 – Reuben Sandwich with Side Salad\$12.00
- June 21 – National Indigenous Day..... Ticketed event
- ***
- June 24 – Tortellini with Tomato Sauce and Garlic Toast.....\$12.00
- June 25 – Chicken Parmesan with Side Salad.....\$15.00
- June 26 – Denver Style Quiche\$14.00
- June 27 – House-made Macaroni and Cheese\$10.00

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



SEE You belong here

Tillie's Café

POP-UP CAFÉ

June 18 (Tuesday) Idylwyld Room

- 1:00 – 4:00pm

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

South East Edmonton Seniors Association
9350 82 Street N.W. Edmonton Alberta Canada T5C 2K8
780-468-1985 info@seesa.ca www.seesa.ca

SEE You belong here

Summer

50/50 Raffle

TICKETS \$5.00
On Sale

Purchase at SEESA Front Desk 9350 - 82 ST NW
or Call 780-468-1985

DRAW DATE SEPTEMBER 20, 2024

LICENCE #R0022
800 TICKETS PRINTED

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.



Celebrating June 15 to July 14 Birthdays

Linda Acheson

Heather Arndt

Helena Ball

Gerard Bissonnette

Ken Blyth

Valerie Carlson

Barbara Chapman

Linda Chernetski

Kimi Cheung

David Clare

Susan Crowe

Michael Dean

Anna Der

Emily Dolynchuk

Vicki Dowd

Alice Dusza

Mark Dyer

Janice Edgington

Judith Enarson

Jacqueline Esch

Jo-Anne Farley

Daniel Fearon

Myroslawa Fodchuk

June Gillespie

Sandra Golan

Robert Gonkwicz

Nancie Graves

Sylvianne Guenette

Sandra Hall

Janet Hedley-Smith

Gail Hunter

H. Douglas Hunter

Joan James

Pierre Jean-Louis

Brenda Johnston

Jacky Kapler

Christina Klein

Carol Kuzyk

Florence Lavigne

Annetta LeClerc

Leon Leclerc

Maxine Lemay

Annette Lemire

Marilyn Ligard

Louise Linarez

Fran Lusson

Lynne MacDonald

Ollie Machon

Dan Mah

Marlene Malyj

Donna McGuire

Diann McLeod

Robert Meredith

Graham Moore

Steven Nicol

Susan O'Brien

Premilla Ollivierre

Eva Osterwoldt

Karen Otteson

Christine Peleshok

Leora Poulin

Philip Riopel

Claudette Sabourin

Soonnam Sabulka

Marilyn Sandahl

Freda Sinn

Carolyn Skinner

Gail Spivak

Leslie Stewart

Mary Stewart

Frances Tash

Judith Van Bruggen

Pete Wilson

Shirley Yakimishyn



May birthday party participants.

**Do you have a birthday in June or July?
Your party is on Tuesday, June 18th at 1:30pm.
Please RSVP by June 13th to 780-468-1985.**

Support SEESA in the Great Canadian Giving Challenge!

The South East Edmonton Seniors Association (SEESA) is thrilled to announce our participation in the Great Canadian Giving Challenge this June. This exciting initiative, running throughout the month, offers us a fantastic opportunity to enhance our programs and services for seniors in our community.

The Great Canadian Giving Challenge, organized by CanadaHelps, encourages Canadians to donate to their favorite charities for a chance to win a grand prize of \$10,000. Each dollar donated to SEESA through CanadaHelps during June earns us one entry into the draw, increasing our chances of winning.

Why Support SEESA?

At SEESA, we are dedicated to providing a welcoming space where seniors can engage in social, educational, and recreational activities. Your donations help us continue offering vital programs such as fitness classes, arts and crafts, educational workshops, and community support services. With your support, we can further enrich the lives of seniors, promoting well-being and community connection.

Exciting Donor Incentives

By donating \$10 or more, you also get a chance to win one of these fantastic prizes:

- 10 gift cards to redtag.ca valued at \$500 each
- 20 CanadaHelps Charity Gift Cards valued at \$25 each
- 10 Parks Canada Discovery Passes valued at \$75.20 each

How You Can Help:

1. **Donate:** Every dollar counts! Visit our donation page on CanadaHelps and contribute to SEESA. Each donation increases our chances of winning the \$10,000 prize.
2. **Spread the Word:** Share our campaign with your friends, family, and social networks. The more people know about SEESA and our mission, the greater our support base will grow.
3. **Get Involved:** Follow us on social media for updates on our progress and ways you can help. Your involvement and advocacy make a significant difference.

Make a Difference Today

Your generous donations directly impact the lives of seniors in South East Edmonton. By supporting SEESA in the Great Canadian Giving Challenge, you not only help us continue our current programs but also empower us to explore new initiatives that benefit our community.

Click [here to visit our CanadaHelps donation page](#) and support SEESA today. Together, we can make this June a remarkable month of giving and winning!

Thank you for your continued support.





Philosophers Cafe



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).

"The Liberal Genius"

Thursday, July 11 (1:00 - 2:30pm)

"The central liberal truth is that politics can change a
culture and save it from itself.," so said Senator Daniel
Patrick Moynihan. What have been the gifts of the liberal
political perspective since its inception in the 17th century?
Has it lost its way? Where are liberals to be found?

"The Progressive Genius"

Thursday, Aug 8 (1:00 - 2:30pm)

"What is the central progressive truth? What have been the
gifts of the progressive political perspective since its
inception in the 19th and early 20th century? Has it lost its
way? Where are progressives 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



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

Discover your next passion this summer

Exciting classes from June 24 to August 16

Summer is here, and it's the perfect time to dive into new activities and hone your skills. From dancing to drawing, singing to fitness, our upcoming classes offer something for everyone. Whether you're looking to advance your existing talents or try something completely new, join us from June 24 to August 16 for an enriching experience.

Dance Your Heart Out

Clogging Intermediate/Experienced

Step into a vibrant world of rhythm with our Intermediate/Experienced Clogging class. Designed for those with at least one year of experience, this class builds on the basics with more challenging steps and patterns. Dance in specialized tap shoes that give clogging its unique sound and join us in perfecting your craft.

Line Dance Intermediate/Experienced

Ready for a line dance challenge? This class takes you beyond the basics with intricate routines that will enhance your skills. Ideal for those who have completed the beginner class, it's time to put on your leather-soled shoes and dance your way to new levels of expertise.



Images by freepik.com

Unleash Your Creativity

Drawing Still Life Unlock your artistic potential in our Drawing Still Life course. Led by the talented Muhammed, you'll learn to create expressive still life drawings and explore techniques applicable to other media like paints and pastels. Whether you're a beginner or experienced artist, this class will open doors to exciting creative possibilities.



Sing with Joy

Broadway Sings! Sing the iconic hits of Broadway in a fun and supportive group setting. Each week, we explore a different decade of Broadway music, making it a delightful journey through time. No experience is necessary—just bring your enthusiasm and love for musical theatre.

Group Vocal Whether you're a complete beginner or an experienced singer, our Group Vocal class offers a perfect blend of technical learning and fun. Hone your vocal skills in a supportive environment and enjoy the camaraderie of fellow singers as you improve together.

(Summer Classes continues on page 17)

(Summer Classes continued from page 16)

Enhance Your Performance

Performance Skills Gain valuable experience in music performance with our Performance Skills workshop. Open to instrumentalists and vocalists at all skill levels, this class provides a supportive environment to develop and refine your performance abilities. Step into the spotlight and showcase your talent!

Embrace Fitness and Well-being

Essentrics® – Age Reversing

(Thursday) Revitalize your body with our Age Reversing Essentrics® class. This full-body workout focuses on restoring joint movement, improving flexibility and strength, and boosting your energy. Including both standing and floor exercises, this gentle to moderate fitness class will leave you feeling rejuvenated. Don't forget to bring your yoga mat!



This summer, take the opportunity to explore new passions and improve your skills. Our diverse range of classes, running from June 24 to August 16, is designed to inspire and challenge you. Sign up today and make this summer unforgettable!

Enhancing accessibility with hearing loop technology at SEESA

At SEESA, we are committed to making our center accessible to everyone. We have had our hearing loop systems in the gym and at the front desk serviced and they are fully operational. This means that those with hearing aids can once again enjoy clear, crisp sound using their T-coil.



Telecoil, or T-coil, technology is a common feature in hearing aids designed to improve hearing in challenging listening environments. If you use a hearing aid, familiarize yourself with the T-coil option and its functionality. Utilizing the T-coil can significantly enhance your ability to hear and understand conversations with our staff at the front desk or during events in the gym.

Experience the difference T-coil technology can make and enjoy improved communication at SEESA.

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 Seniors Week (June 3 – 9)	3 Seniors Week Kick-Off at Edmonton City Hall 10am - 3pm	4 Session 4 Registration Day Tillie's Cafe Lunch Special Liver & Onions	5	6 Riverdale Elementary School Choir Tillie's Cafe 11 :00am	7 Picnic in the Park 12:00 pm – 2:00pm Jam Session 6:00 – 9:00pm	8
9	10	11	12 Show Your Colours! Wear rainbow colours to celebrate Pride today!	13	14	15
16 Happy Father's Day!	17	18 Monthly Birthday Party 1:30 – 3:00pm Tillie's Cafe 	19 Ukulele Group Performance Tillie's Café 1:30pm Tickets: \$10 	20	21 Jam Session 6 :00 – 9:00pm 	22
23	24	25	26	27	28	29
30	<p>FYI Sessons: 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>					

Updated: May 13, 2024

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Canada Day SEESA Closed 	2	3	4	5	6
7	8	9	10	11	12	13
14 Call Graham at 780-468-1985 to volunteer to help out with SEESA's garden!	15	16	17	18	19 K-Days Breakfast Tillie's Cafe	20
21	22	23	24	25	26	27
28	29	30	31	27	28	29 Session 5 Program Guide Available

Clubs Running over the Summer (See Website for days/times/cost: www.seesa.ca)

Badminton	Contract Bridge	Quilting & Crafting	Pickleball
Table Tennis	Woodcarving	Guitar	Pole Walking
French Conversation	SEESATones Band	Hand & Foot Canasta	Soapstone Carving
Cribbage	Jam Sessions	Jigsaw Meet Up	

Updated: June 11, 2024