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TEAM HARTWIG SHINES AT ALBERTA FLOOR CURLING PROVINCIAL CHAMPIONSHIP

Congratulations to Team Hartwig for finishing 3rd out of 24 teams at the Alberta Floor Curling Association Provincial Championship Tournament on May 29, 2024, in Fort Saskatchewan. Their outstanding performance, marked by exceptional skill and teamwork, distinguished them in a highly competitive field. This remarkable achievement is a testament to their hard work, dedication, and passion for the sport. We are proud of Team Hartwig and look forward to their continued success in future competitions. Well done, Team Hartwig!

Third Place Team from SEESA:

Presenter: Emil Schiller
Skip: Ann Hartwig
Third: Carl Kindred
Second: Elise Couture
Lead: Aubrey Geis



SEESA THANKS SUPPORTERS FOR GENEROUS CONTRIBUTIONS DURING THE GREAT CANADIAN GIVING CHALLENGE

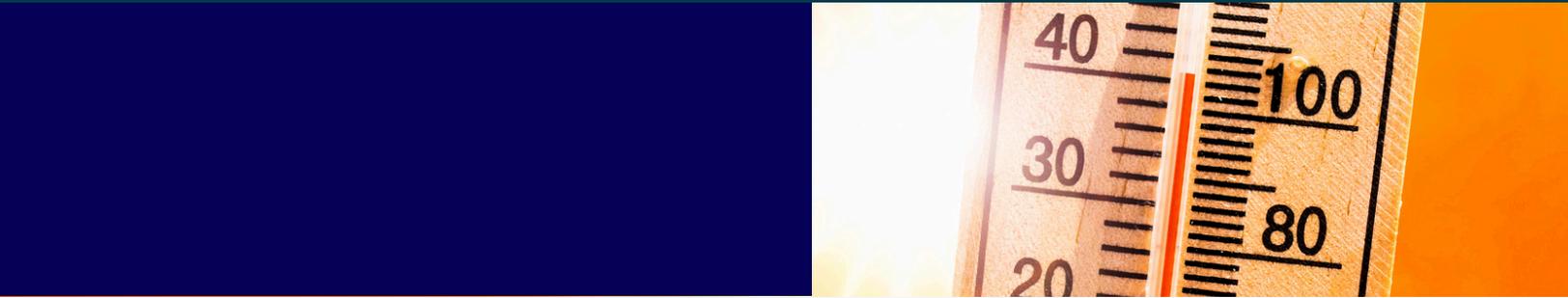
We are thrilled to announce that during the Great Canadian Giving Challenge, SEESA received an incredible total of \$3,280 in donations. This tremendous support from our community has been truly heartwarming and will significantly impact the programs and services we offer.

Your generous contributions enable us to continue providing valuable resources and activities for seniors in Southeast Edmonton. From our various summer clubs

to essential programs we offer, every dollar donated helps us enhance the lives of our members and foster a vibrant, supportive community.

We extend our deepest gratitude to everyone who donated and supported us during this challenge. Your kindness and generosity are deeply appreciated and play a crucial role in helping us achieve our mission.

Thank you once again for your unwavering support and commitment to SEESA. Together, we are making a difference!



EXTREME WEATHER RESPONSE ACTIVATED DUE TO HEAT

The City has activated its extreme weather response due to extreme heat, effective until Tuesday, July 23, 2024, at 7 a.m. This may be extended if necessary.

Cooling Locations and Resources:

- City Facilities: Open for those needing a break from the heat.
- SEESA Location: Our location at SEESA has air conditioning and is open for those seeking relief from the heat.
- Water Refill Stations: Available at many transit centres, LRT stations, and fire hydrant stations throughout the city.

Emergency and Support Services:

- Call 911 for anyone in serious distress.
- For non-emergency support (shelter, intoxication, mental health), call 211 and press 3 for 24/7 Crisis Diversion.

For more information, visit edmonton.ca/ExtremeWeather or [click here](#).



DID YOU KNOW? YOU CAN DONATE YOUR GLASSES AT SEESA!

Did you know you can make a big difference by donating your old or unused glasses at SEESA? We have a convenient donation box located at the main entrance, right under the check-in kiosk.

Your donated glasses will help those in need and are greatly appreciated. Next time you're at SEESA, consider bringing along any glasses you no longer use. Thank you for your generosity and support!



UKULELE PERFORMANCE

On Wednesday, June 19, we kicked off summer with a wonderful performance courtesy of SEESA's ukulele classes. Tillie's Cafe was packed with people of all ages—SEESA members, as well as friends and family of the performers, for this sold-out event. We'd like to give special thanks to our ukulele instructor, Elaine, for all her hard work in putting the event together, as well as to all our other volunteers, and, of course, the performers themselves! There was watermelon and lemonade served, sing-alongs, clapping, and even some dancing. It was a great start to summer here at SEESA!





NATIONAL INDIGENOUS PEOPLES DAY

Each year, June 21st marks National Indigenous Peoples Day here in so-called Canada. At SEESA, we marked this day with a special meal of blueberry bison burgers and bannock, as well as displays of cultural and educational materials to celebrate and honour Indigenous peoples of this land. There is great wisdom, strength, and diversity to Indigenous nations here for us to celebrate and recognize, and there is always much to learn about how this land has been cared for and lived on since time immemorial by Indigenous peoples. Thank you to everyone who was able to join us!



2024 - Session 5 - REGISTRATION

**Tuesday, August 6th at 9:15am
(On-line and In-Person)**

Session 5 runs Sept 3 - Oct 25, 2024

Ways to Register

- Online via MyActiveCenter
- In Person @ SEESA
- By Phone 780-468-1985

**See the Program Guide for
Session Dates, Fees and
Registration Option Details**

A Valid 2024 Membership
required for member prices

"Not 55 yet? We'd love to have you too!"

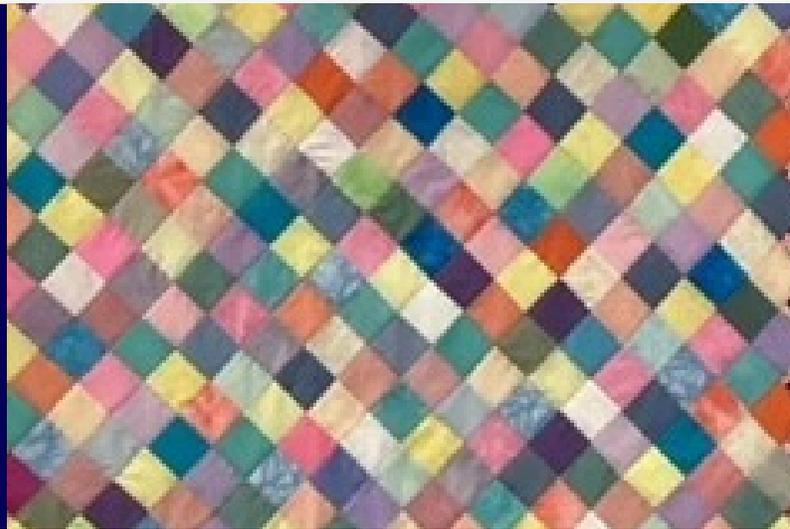
South East Edmonton Seniors Association

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

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



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.





**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:

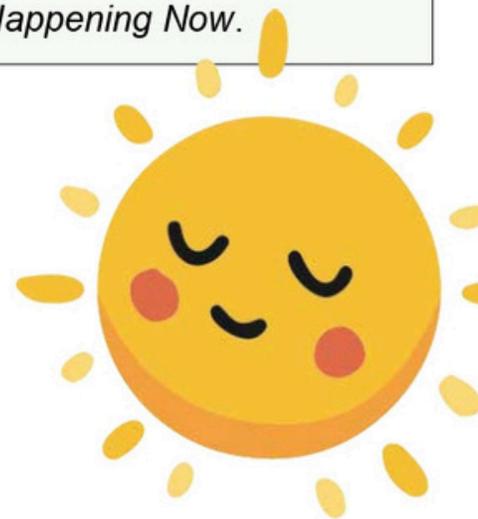
Card size:	3.5" w x 2" h	\$25.00
1/4 page:	4" w x 5" h	\$40.00
1/2 page:	8" w X 5" h	\$80.00
1/2 page:	4" w X 10" h	\$80.00
Full page		\$120.00

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

UPCOMING EVENTS AND NOTICES



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 #690522
600 TICKETS PRINTED

BANANA SPLIT

50'S & 60'S FUN
FUNDRAISER



Dig out your peddle pushers (capris), bobby socks,
saddle shoes, poodles skirts and get ready to **CELEBRATE**
the summers of our youth.

JOIN us for a **BANANA SPLIT Social** like no other!
An afternoon filled with 50's & 60's music, laughter,
delicious flavors, and a sprinkle of joy!

Tillie's Cafe Ice Cream Parlour - 9350 - 82 St NW
Friday, August 9, 2024 Time: 1:30 pm



Tickets: \$12.00

Include Banana Split & Ice Tea
(Lactose free option available)
Purchase at SEESA Front desk
by August 5, 2024



Did you miss the Session 5 registration day? There's still time to register at the front desk

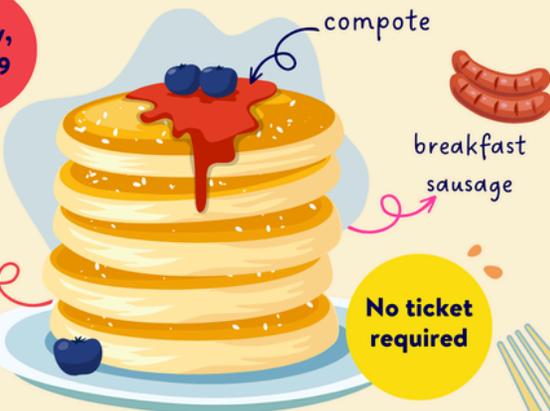
KDays Pancake Breakfast

Drop by Tillie's Cafe anytime between 9am and 11:30am.

Friday,
July 19



whipped
cream



No ticket
required

PANCAKES WITH OPTIONAL FRUIT COMPOTE AND
WHIPPED CREAM, SAUSAGE, AND COFFEE/TEA FOR
\$10 (OR PURCHASE WITHOUT SAUSAGES FOR \$8)



Got empties piling up? Don't let them go to waste!

With SkipTheDepot, you can turn those recyclables into real change for SEESA. Simply schedule a free pickup online, and choose to donate the proceeds to support SEESA programs, activities, and seniors in our community.

Did you know that 3,500 donated containers can avoid 505 Kgs of carbon emissions and spare 244 Kgs from the landfill!

It's easy, convenient, and makes a world of difference for SEESA programs and operations and our environment.

Let's make recycling count. Visit [SkipTheDepot](https://www.skipthedepot.com) and schedule your pickup today.

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 mealtimes.

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
July 15 – Beef Goulash on Egg Noodles	\$14.00
July 16 – Rouladen with Potato Dumplings.....	\$15.00
July 17 – Pork Schnitzel with Mashed Potatoes and Side Salad.....	\$14.00
July 18 – Cubano Sandwich	\$10.00
July 19 – Pancake Breakfast 9am-11:30am	

July 22 – Meatloaf with Hot Potato Salad.....	\$15.00
July 23 – Chicken Caesar Salad Wraps	\$14.00
July 24 – Ginger Beef and Stir Fry	\$15.00
July 25 – Reuben Sandwich with Side Salad	\$12.00

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	

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
July is Disability Pride Month	1 Canada Day SEESA Closed 	2 Summer 50/50 Raffle Tickets on Sale (\$5/ticket)	3	4	5 Edmonton International Street Performers Festival (July 5 – 14)	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 Taste of Edmonton (July 18-28)	19 KDays Breakfast at Tillie's Café 9:00 – 11:30am	20 KDays (July 19 – 28)
21	22 SEESA Information Table at Taste of Edmonton	23 SEESA Information Table at Taste of Edmonton	24	25	26  Olympic Games Paris (July 26 – Aug 11)	27
28	29	30	31			

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	Euclre

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Summer 50/50 Raffle Tickets on Sale (\$5/ticket)		 Olympic Games Paris (July 26 – Aug 11)		1	2	3
4	5  Heritage Day SEESA Closed	6 Session 5 Registration 9:15am (On-line & In-person)	7	8 Edmonton Folk Music Festival (Aug 8 – 11)	9 Banana Split Fun Fundraiser! 1:30pm in Tillie's	10 CARIWEST Caribbean Arts Festival (Aug 9 – 11)
11	12	13	14	15 Edmonton International FRINGE Festival (Aug 15-24)	16	17 National Non-Profit Day "It takes a Village"
18	19	20	21	22	23	24
Yearly Building Maintenance Aug 19 – 30 No Classes or Clubs Tillie's Café Closed →						
25	26	27	28  Paralympic Games Paris (Aug 29 – Sept 8)	29	30	31
Yearly Building Maintenance Aug 19 – 30 No Classes or Clubs Tillie's Café Closed →						

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