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MESSAGE FROM THE BOARD

As fall approaches, SEESA is a-buzz! Classes and clubs are in full swing. Members are busy preparing for book sales, re-use sales, and drama and musical performances. Research tells us social connections and purpose are key to healthy aging, and SEESA offers many opportunities for both. The Board, together with our Executive Director, Shelley, has continued to pursue ways to diversify funding sources to sustain SEESA's operations. Over the years, there has been a decline in our operational grant. Shelley has been writing proposals, and her skill has resulted in several successes.

To support Shelley in this work, the Board approved the hiring of a Director of Fund Development and Services. We are delighted that Darlene Kowalchuk has accepted the position. Many of you have met Darlene when she was working on SEESA's operational policies. Darlene brings a wealth of knowledge and experience to this new role and is very committed to the work of SEESA.

We look forward to connecting with you this fall at various events, including our Town Hall on October 24.



UPCOMING FYI SESSIONS

- Edmonton Transit Services Overview

Learn about ETS, its services, accessibility, and safety features.

Presenter: Pallavi Kambo

Date/Time: Tuesday, Sept 17, 1:30pm - 3:00pm

Venue: Edmonton Room | Limit: 20

- Understanding Seniors Housing

Explore services in the seniors housing industry.

Presenter: Janet Halbesma

Date/Time: Wednesday, Sept 18, 1:30pm - 3:00pm

Venue: Edmonton Room | Limit: 20

- Healthcare Options for Aging Adults in Alberta

Learn about Alberta's healthcare services for seniors.

Presenter: Izabella Roth

Date/Time: Tuesday, Sept 24, 1:30pm - 3:00pm

Venue: Edmonton Room | Limit: 20

- Investment Management Fees

Understand your financial institution's fees.

Presenter: Wei Woo

Date/Time: Wednesday, Sept 25, 1:30pm - 3:00pm

Venue: Edmonton Room | Limit: 20

- Using ETS Trip Planning Tools

Learn to plan your trips safely using various tools.

Presenter: Pallavi Kambo

Date/Time: Tuesday, Oct 1, 1:30pm - 3:00pm

Venue: Edmonton Room | Limit: 20

- Personal Representative Role in Estate Planning

Learn about the responsibilities of an executor.

Presenter: Ms. Smith

Date/Time: Wednesday, Oct 2, 1:30pm - 3:00pm

Venue: Edmonton Room | Limit: 20

- Cantook Libraries: eBooks and eAudiobooks

Bring your device and learn to use Cantook Libraries.

Presenter: Wendy Gronnestad-Damur

Date/Time: Thursday, Oct 3, 10:00am - 11:30am

Venue: Edmonton Room | Limit: 20

- Living Well With Arthritis

Manage arthritis and maintain an active life.

Presenter: Dr. Joseph Tanti

Date/Time: Tuesday, Oct 8, 1:30pm - 3:00pm

Venue: Edmonton Room | Limit: 20

- Self Care for Care Partners

Learn about balancing care for others and self-care.

Presenter: Lee Cardwell

Date/Time: Tuesday, Oct 15, 1:30pm - 3:00pm

Venue: Edmonton Room | Limit: 20

- 2SLGBTQ+ Seniors: Past to Present

Explore issues faced by 2SLGBTQ+ seniors in Edmonton.

Presenter: Michael Phair

Date/Time: Wednesday, Oct 16, 1:30pm - 3:00pm

Venue: Edmonton Room | Limit: 20

- Successful Investing

Learn investment strategies and build a portfolio.

Presenter: Jonathan Lesyk

Date/Time: Wednesday, Oct 23, 1:30pm - 3:00pm

Venue: Edmonton Room | Limit: 20

MEMBERSHIP FEES 2025 AND SALE OCT 10-DEC 31, 2024

OCTOBER 10 TO DECEMBER 31, 2024, MEMBERSHIP FEES WILL BE:

New members 2024-2025 member fee (includes remainder of 2024 and all of 2025)	\$45
Current 2024 Members renew their 2025 membership for a fee of	\$35
Current 2024 Reciprocal members can become a 2025 SEESA member for	\$35
Current 2024 Associate members can renew associate membership for	\$45

EFFECTIVE JANUARY 1, 2025, ANNUAL MEMBERSHIP FEES WILL BE:

Regular Member (anyone 55 years or older)	\$40
Reciprocal Member (Proof of full, paid membership and expiry date at a participating senior centre is required)	\$10
Associate Member (anyone aged 35 – 54 years)	\$50

Membership Benefits

- Receive member rates for Classes, Seminars, Special Events, Fitness Centre, Club Tickets
- Attend free SEESA member programs
- Regular and Lifetime Members have voting privileges at the Annual General Meeting (AGM)

UPCOMING EVENTS AND NOTICES

Tillie's Cafe



Closures

September 27
September 30
October 11
October 14



Winter Quilt Raffle

TICKETS: \$5.00

On Sale: September 9, 2024

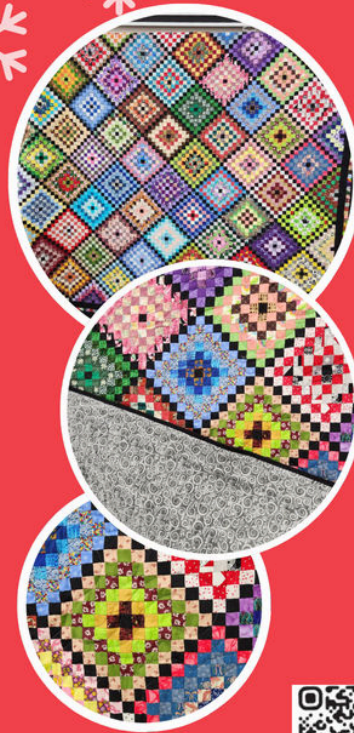
Value: \$2,000.00

Quilt size: 96" x 110" (XLKing)

Handcrafted by the SEESA
Quilters & Crafters Club
& generously donated by a SEESA member

Draw Date: December 16, 2024

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



Licence #700910
2000 Tickets Printed



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



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

Outreach & Home Support Information Session

Join us for an information session about the following
programs offered through the
Edmonton Seniors Coordinating Council

Seniors Coordinated Outreach Program
Home Supports Program
Jewish Family Services Programs & Services

- **What is the Outreach Program?**
- **What outreach services are provided?**
- **Who is eligible for outreach services?**
- **How can you access the services?**

Thursday, September 19th
9:00am

Edmonton Room at SEESA (9350 - 82 ST NW)



Outreach & Home Support Information Booth Thursday, September 26th 11:30 am to 1:00 pm

Want to learn more about the Outreach & Home
Support programs offered through the
Edmonton Seniors Coordinating Council (ESCC)?

- **What is the Outreach Program?**
- **What is the Home Supports Program**
- **What services are provided?**
- **Who is eligible for these services?**
- **How can you access the services?**

Staff from the Seniors Coordinated
Outreach Program, Home Supports
Program, and the Jewish Family Services
Program will be onsite to answer all your
questions.



SEESA'S ACCIDENTAL DRAMA CLUB PRESENTS

So! What Happened?

... when no good actors came to the audition for 'Romeo and Juliet'?
... when an old man had a ghost burst in, rattling his chains?

Tickets on Sale
Monday, September 16th

Bad Auditions by Bad Actors
Written by Ian McWethy
Scrooge Has Left the Building
Written by Pat Cook

To get the real story, join us!

November 15: 7:00 pm
November 16 & 17: 2:00 pm
Doors open: 1 hour before show
Concession available

Tickets: \$20 in advance, \$25 at door



Melody Singers Seeking new members!

Come Sing with Us!

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.

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



National Day for Truth & Reconciliation Event

**Friday, September 27, 11:30am -
1:00pm in Tillie's Cafe**

**WEAR YOUR ORANGE
SHIRT AND JOIN US FOR
A BRIEF PROGRAM WITH
LUNCH TO FOLLOW**

- Lunch Menu: Bison stew with bannock, choice of tea or coffee included. For vegetarian and gluten free options, please sign up with the Front Desk.
- Tickets are \$20 and on sale from September 3 until September 20 at noon. Partial proceeds from ticket sales will go to an Indigenous organization in Edmonton.



THANKS
GIVING
LUNCH

FRIDAY, OCTOBER 11

Two sittings: 11:00am and 12:30pm

Tillie's Cafe

\$25.00/PERSON

TICKETS ON SALE AT FRONT DESK

SEPTEMBER 3 - OCTOBER 7

LIMITED SEATING AVAILABLE

**Turkey, Potatoes, Roast Vegetables, Salad, and
Pumpkin Pie for Dessert | Coffee/Tea Included.**

(For Vegetarian Option Contact the Front Desk)



BOOK & PUZZLE SALE

Audio Books, DVDs, CDs also available

October 7 - 17, 2024 - 10:00 a.m. - 3:00 p.m.

(closed Saturdays & Sundays during October 7-17)

October 19, 2024 - 10:00am - 3:00pm

October 20, 2024 - 11:00am - 2:00pm

Donations of used books, puzzles, audio books,
DVDs & CDs can be dropped off at
SEESA's South Doors October 3 - 17

See separate Reuse Sale poster for full donation hours

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



South East Edmonton Seniors Association

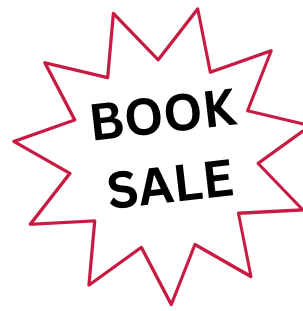
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*New Name,
Same Great Sale!*

at SEESA



Saturday October 19, 10AM - 3PM

Sunday October 20, 11AM - 2PM

Donation Hours

Monday to Friday, 9:00am - 4:30pm, starting October 3rd, ending on October 17th at Noon.

9350 - 82 ST N.W. at SEESA's South Door

Extended donation hours until 7:00pm on October 8th and 15th

Additional donation day on Saturday, October 5th from 10am - 3pm

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

BAKE SALE Items accepted on October 18th. Please follow AHS Bake Sale Guidelines.

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, auto parts.



***Donations accepted for the
Edmonton Food Bank***

780-468-1985

info@seesa.ca

www.seesa.ca



CELEBRATING BIRTHDAYS – SEPTEMBER 15, 2024 – OCTOBER 14, 2024

Barbara Baker	Sally Greenhill	Francis Sandul
Lucille Belzil	Gloria Griffiths	Janice Sawatski
Jacoba Benoit	Elisabeth Harris	Donald Schick
Alice Berard	Judy Herbachuk	Nancy Shea
Jane Blair	Ruth Ingles	Larry Silvester
Judie Bond	Teresa Ius	Kelly Smid Bray
Harold Borwick	F. Marlene Johnson	Peggy Smith
Lois Bourbeau	Garth Johnston	Ann Sobol
Dale Brackenbury	Wendy Kinsman	Diane Soch
Lorraine Brooks	Dagmar Kurth	Eric Solash
Cary Brown	David Langstone	Antonio Spanu
Margaret Burlingham	Claire Laverdiere	Emilie Stark
Colin Cavanagh	Bernice Libich	Beverley Stich
Sharon Chadwick	Susan Lobkowicz	John Struger
Jim Clifford	Jim Mackey	Janne Switzer
Valerie Costigan	Ted Mageau	Barbara Sykes
Kevin Crandlemire	Patrick McMann	Alton Thomas
Fredrick Delainey	Darlene McNabb	Adele Thurston
Marjorie Delainey	Mary Rose Messier	Carola Unsworth
Joanne Dolan	Joanne Mikula	Mary Anne Vanderham
Victor Dolynchuk	Donna Miller	Joanne Wenzel
Michaleen Elabdi	Lorelei Muma	Darlene Werner
Audrey Ellis	Joan Murchie	Lynette Wince
Glenn Ennis	Michael O'Donnell	Jeanette Wittkowski
Don Evans	Lois Pawl	Hilary Wynters
Leigh Falkenberg	Cathy Pearson	Jean Yahodenko
Connie Fisher-Chessell	Lenora Pinkoski	Lil Yakimishyn
Don Fleming	Joselyn Proby	
David Fraser	Anne Rajotte	
Linda Free	Barbara Reid	
Lucille Gans	Bill Revell	
Margaret German	Sonja Rhem	
David Gledhow	Robert Robinson	
Leslee Greenaway	Donna Salazar	

**Do you have
a birthday
in October?**



**Your party is on Tuesday, October 15th at 1:30 pm.
Please RSVP by October 10th to 780-468-1985.**

FRONT DESK RECEPTIONISTS NEEDED

Volunteer at SEESA's Front Desk and help keep our center running smoothly!



REQUIRED SKILLS

- Administrative and cash handling experience
- Excellent customer service skills
- Basic computer skills
- Friendly and positive attitude
- Must be patient and enjoy working with seniors

APPLY TODAY

Submit a volunteer application through the front desk, or via our website at seesa.ca/volunteering

9350 82 St. NW
780-468-1985



Café Cashiers Needed!

Join us in bringing smiles to our community by volunteering at Tillie's Café! Serve the public in a fun, welcoming environment and help keep our café running smoothly.



Come Join Us!
**APPLY
TODAY**

REQUIRED SKILLS:

- Experience with cash handling
- Excellent customer service and a positive attitude
- Long periods of standing
- Occasional fast paced work

Submit a volunteer application through the front desk, or via our website at seesa.ca/volunteering

9350 82 St. NW
780-468-1985

SEESA
You belong here


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 


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



SEESA Shares Advertising Rates
 SEESA accepts paid advertising in *SEESA Shares*.

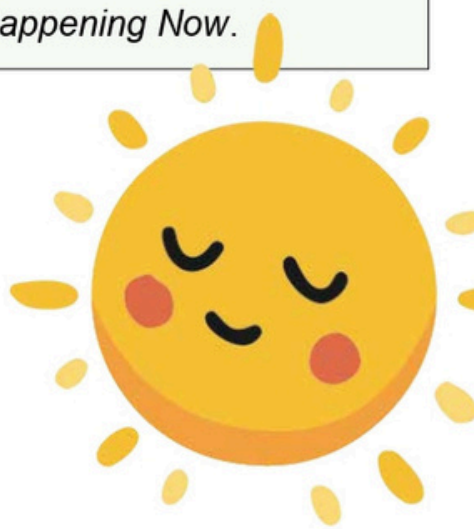
Advertising rates per single issue:

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*.



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
September 3 - Pork and Kraut with Mashed Potatoes and a Side Salad	\$15.00
September 4 - Beef Stroganoff on Egg Noodles	\$15.00
September 5 - Pork Schnitzel with Potato Dumplings and Steamed Vegetables....	\$15.00

September 9 - Beef Stew with Dumplings	\$15.00
September 10 - Curry Vegetable Bundles with a Side Salad (Vegan)	\$15.00
September 11 - Vegetarian Quiche with Fruit Salad	\$13.00
September 12 - Porchetta Sandwich with a Side Pasta Salad	\$15.00

September 16 - Chicken Pot Pie with a Side Salad	\$15.00
September 17 - House Macaroni and Cheese	\$10.00
September 18 - Cabbage Rolls.....	\$15.00
September 19 - Chili with a Side Salad	\$15.00

September 23 - Chicken Souvlaki with Greek Salad	\$15.00
September 24 - Ginger Beef with Rice and Stir Fry	\$15.00
Sep 25 - Hot Turkey Sandwich with Mashed Potatoes and Steamed Vegetables....	\$15.00
September 26 - Chicken Caesar Salad with Garlic Toast	\$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	

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2 Labour Day SEESA Closed	3 SEESA Clubs Resume	4	5	6 Jam Session 6:00 - 9:00pm 	7
8 <i>Happy Grandparent's Day!</i>	9 SEESA Classes Begin	10	11	12	13	14 <i>External Event</i> <i>Community Day at Holyrood Community League</i>
15	16	17 <i>August/September Birthday Party</i> <i>Tillie's Café</i> <i>1:30 – 3:00pm</i> 	18	19	20 Jam Session 6:00 - 9:00pm 	21
22	23	24	25	26	27 National Day for Truth & Reconciliation Event 11:30am-1pm Tickets \$20	28
\29	30 National Day for Truth & Reconciliation SEESA CLOSED					



FYI Sessions

Sept. 17: ETS Services Overview

Sept. 25: Investment Management Fees

Sept. 18: Understanding Seniors Housing

Sept. 24: Healthcare Options for Aging Adults in Alberta

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<p>ESCC Outreach Worker On-Site (Capilano Room) Oct 1st 9:30am-12:30pm Oct 30th 1:30 – 4:30pm</p>		<p>1 National Seniors Day</p>	<p>2</p>	<p>3 Reuse Donations accepted Oct 3 -17 9am -430pm South Doors</p>	<p>4 Jam Session (6:00 – 9:00pm)</p>	<p>5 Extra Reuse Sale Donation Day Today! 10am-3pm</p>
<p>6</p>	<p>7 Book & Puzzle Sale Oct 7 – 17 10am – 3pm (plus during Reuse Sale weekend)</p>	<p>8 Extended Reuse Sale Donation Hours Today! 9am – 7pm</p>	<p>9</p>	<p>10 <u>Session 6 Registration</u> <u>9:15am</u></p>	<p>11 Thanksgiving Lunch Tickets \$25.00 Two Seatings 11am & 1230pm</p>	<p>12</p>
<p>13</p>	<p>14 Thanksgiving SEESA Closed </p>	<p>15 <i>Monthly Birthday Party</i> <i>1:30pm-3pm</i> Reuse Sale Donation Hours til 7pm</p>	<p>16</p>	<p>17</p>	<p>18 Fall Reuse Sale Set Up <i>No classes, clubs, or café service</i></p>	<p>19 Fall Reuse Sale 10am – 3pm</p>
<p>20 <u>Fall Reuse Sale</u> 11am – 2pm</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24 SEESA Townhall 2:00pm Tillie's Cafe</p>	<p>25 Session 5 Classes End</p>	<p>26</p>
<p>27</p>	<p>28 Session 6 Classes Begin</p>	<p>29</p>	<p>30</p>	<p>31 Halloween </p>		

FYI Sessions

Oct. 1: Using ETS Trip Planning Tools
 Oct. 2: Estate Planning
 Oct. 3: eBooks and eAudiobooks

Oct. 8: Living Well with Arthritis
 Oct. 15: Self Care for Care Partners
 Oct. 16: 2SLGBTQ+ Seniors – Past to Present

Oct. 23: Successful Investing