

# SEESA Shares



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

OCTOBER 2024

## Board Update

Fall has been busy at SEESA with classes and clubs thriving. We have enjoyed the opportunity to share meals for Truth and Reconciliation and Thanksgiving.

SEESA would not be the welcoming, engaging place it is without our volunteers. We are so thankful that you choose to share your time and talents with us.

The Reuse and Book Sale volunteers have been spending many hours cleaning, sorting and getting ready for our upcoming Reuse sale on October 19 and 20th.

Home-made baked items will also be available.

The Accidental Drama troupe and Melody Singers have been rehearsing for their upcoming performances. This is a great opportunity for friends and family to experience the talents of our SEESA members.

If you are interested in hearing more about what the Board and staff have been doing, please join us at the Town Hall on October 24, from 2 – 3:30 pm.

Happy Fall!



# Reflecting on the National Day for Truth and Reconciliation

On Monday, September 30, SEESA closed its doors in observance of the National Day for Truth and Reconciliation. In the days leading up to this important occasion, we gathered as a community on Friday, September 27, to reflect, connect, and engage in dialogue about the significance of this day.

We were fortunate to welcome two staff members from the Edmonton Aboriginal Seniors Centre, River and Misty, who shared an informative presentation about the essential services offered by their center. Their insights provided a deeper understanding of the ongoing need for reconciliation, reminding us that this work extends beyond just one day and requires a long-term commitment from each of us.

The event was a meaningful opportunity for everyone to come together, share a meal, and reflect on how we can contribute to reconciliation as a community. A special thank you goes out to the volunteers whose efforts made this gathering possible.

In support of the Edmonton Aboriginal Seniors Centre's important work, SEESA donated \$300—raised from a portion of the event's ticket sales and topped up by SEESA. We are proud to contribute to their ongoing efforts and are committed to continuing down the path of reconciliation through future events and initiatives.

Thank you to all who participated, and we look forward to walking this journey together as a community.





SEESA's Book & Puzzle Sale is in full swing! It's your chance to grab some fantastic pre-loved books at unbeatable prices. Whether you're hunting for a bestseller or a hidden gem, you'll find something special while supporting SEESA's programs.

And get ready for our exciting Reuse Sale (formerly the Rummage Sale) and Bake Sale coming up soon! Discover unique, gently-used treasures at the Reuse Sale, and treat yourself to delicious homemade goodies from the Bake Sale. Every purchase helps support SEESA's community programs, so don't miss out on the fun and the deals!



## 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

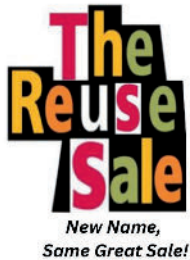
Donations of used books, puzzles, audio books, DVDs & CDs can be dropped off at SEESA's South Doors October 3 - 17

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



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



## JOIN US DURING THE REUSE SALE FOR OUR Bake Sale

Hosted by SEESA's Melody Singers

Saturday, October 19th  
beginning at 10:00am  
9350 - 82 Street NW

Donations of baked goods accepted on

October 18th (1:00pm-4:00pm)

Donated Items must adhere to the AHS Bake Sale Guidelines:

- Items must be wrapped in clear plastic and labelled with full ingredient list
- Items cannot require refrigeration
- No cream, egg or cheese fillings
- No icings made with eggs or dairy products
- Full AHS Bake Sale Guidelines available at [seesa.ca](http://seesa.ca)

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## Thanksgiving Lunch at SEESA: A Heartfelt Celebration

This Thanksgiving, the South East Edmonton Seniors Association (SEESA) community came together to celebrate the season of gratitude with a warm and joyful lunch.

The event was filled with smiles, laughter, and an array of delicious dishes shared among friends. The atmosphere was lively and filled with camaraderie as members reflected on the blessings of the year, embracing the spirit of togetherness that makes SEESA a truly special place.

Thanksgiving is a wonderful reminder of the connections we cherish and the support we provide one another. We are especially thankful for each member of our community, whose presence enriches our gatherings and creates lasting memories.

A heartfelt thank you to everyone who joined us and contributed to making this day so memorable!

As we move forward into the season, let's carry this spirit of gratitude with us, celebrating friendship and community in every gathering. Here's to many more joyful moments together!





**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**  
**S E R V I C E S**

Give us your list; we'll get it done  
www.HOHS.ca | 780.940.2127 

**Reminder: No Classes, Clubs, or Cafe Service on Friday, October 18**

Thank you for your understanding as volunteers and staff set up for our October 19-20 Fall Reuse Sale




**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  
(general seating)

**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: Available at the SEESA Front Desk, or by phone at 780-468-1985, \$20 in advance, \$25 at door

**SEESA**  
*You belong here*  
9350 82 Street NW



**SEESA** **CRIBBAGE**   
**Tournament**

**Saturday, November 2, 2024**

**Games start at 11:00am**  
Check-in & Payment (cash only) 9:30 - 10:30am

**\$20 per person**  
\$40 per team of 2  
(includes a light lunch)

**Door Prizes!** **Skunk Pot! \$1.00**

**1st, 2nd & 3rd place cash prizes!**  
**Highest hand cash prize!**

**Pre-registration required by**  
**Wednesday, October 23**

To pre-register | more information, contact  
Pam Ellenberger at 780-668-4815  
or pam.ellenberger23@gmail.com

**50/50 Raffle** **19 Pot! \$0.25**

**South East Edmonton Seniors Association**  
9350 - 82 Street N.W. Edmonton



# CASINO VOLUNTEERS NEEDED!



VOLUNTEER for a shift that has big impacts on SEESA's budget! Casino Funds support our efforts to provide programming and activities for our SEESA members.

**November 30 & December 1, 2024**  
**Century Casino Edmonton**  
**13103 Fort Road NW Edmonton**

- No previous experience is necessary.
- Casino Volunteers must be a minimum of 18 years of age.
- Volunteer transportation costs to and from the gaming event are eligible for reimbursement. (Taxi, Uber, etc)

Shifts Available (times are approximate)

- Daytime shifts: 9:00 AM – 7:00 PM
- Evening Shifts: 6:00 PM – 3:45 AM
- Evening Count room shifts: 11:00 PM – 3:45 AM

If you're interested in volunteering,  
please contact Graham Witten  
Phone: 780-468-1985 (ext 260)  
Email: [graham@seesa.ca](mailto:graham@seesa.ca)





# 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)



# Remembrance Day Event

**Friday, November 8th**

**Program will begin promptly at 10:45am**

Brief program with Lunch to follow

Lunch Menu: roast beef, potatoes, side salad, yorkshire pudding, coffee/tea & dessert

For vegetarian or gluten-free options, please sign up with the Front Desk.

**Tickets: \$25**

**Purchase tickets at SEESA front desk (9350 - 82 St) or by phone 780-468-1985**



## Jewish Family Services Edmonton (JSFE) at SEESA

Jewish Family Services Edmonton (JSFE) provides support to older adults in Edmonton, regardless of background. Walk in and speak to the Outreach Worker for assistance with:

**When:**

- Every 1st Tuesday of the month | 9:30 AM – 12:30 PM
- Every Last Thursday of the month | 1:30 PM – 4:30 PM

Location: Capilano Room, SEESA

- Case Management & Referrals
- Help navigating Government & Health Services
- Home Support Options
- Assistance with Food Security & Affordable Housing
- Solutions for Social Isolation
- Support with Placement



## 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](mailto:mycleanersedmonton@gmail.com)



# Flu, COVID, Tetanus & Pneumonia Shot Clinic

Protect yourself this flu season with a free of charge flu or COVID vaccine!

Eligible participants can also receive Tetanus and Pneumonia vaccines.

### How to Sign Up:

Call or visit us in person to book your time slot. We will need:

- Your Name
- Date of Birth
- Alberta Health Care Card Info

### On the day of the clinic, please bring:

- Your Alberta Health Care Card
- Wear a short sleeve shirt for easy access.

 **Date: Thursday, October 24**

 **Time: 9:00 AM – 12:00 PM**

 **Location: Edmonton Room, SEESA**



### Tetanus Vaccine Eligibility:

Routine immunization is available free of charge for those eligible (if it's been 10 years since your last dose).



SEESA MELODY SINGERS  
PRESENT...

# A Very Merry Christmas Concert

Sunday, December 8 at 2:00pm  
Doors open at 1:30pm

Tickets are \$15 and include a baked good and beverage during the after-show social. Purchase at SEESA front desk or by phone at 780-468-1985. On sale starting October 19.

9350 - 82 Street

**SEESA**  
You belong here

## 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.

*Are you a SEESA member with a birthday in November?*

## You're Invited

To SEESA's  
November  
Birthday Party  
Tuesday, November 19th  
1:30 - 3:00pm  
Tillie's Cafe

Please call SEESA's  
Front Desk (780-468-1985)  
**by Friday, November 15th**  
to let us know if you (and a guest)  
will be attending.

**SEESA**  
You belong here

Door Prizes!

Free cake, tea and coffee!

Live music!



# Celebrating October 15 to November 14 Birthdays

Alan Abyan

Dale Anderson

Rebecca Andrews

Lorne Bradley

Donna Bradshaw

Connie Bright

Wendy Brown

Robert Buchan

Robyn Buchan

Catherine Burns

Mary Cameron

Sandra Carleton

Joyce Chapman

Suzanne Chauvet

Page Clarke

Richard Clarke

W. James Cottrell

Don Der

Robert Dixon

Cherry Dodd

Pat Donahue

Florence Ellis

Annette Evans

Howie Farrell

Bernhard Fuchs

Ruth Gleave

Patricia Goshko

Dianne Grabas

Dave Heatley

Brian Heidecker

Trudy Hensel

Angelika Hoffmann

Joy Horpyniuk

Mayumi Hoshi

Ann Howlett

Jyy Huang

Anne Hughes

Frances Elaine Jensen

Mary Anne King

Pauline Kneteman

Debbie Knight-Braams

Reginald Kostash

Claire Kotun

Annette Krumm

Klaus Kurth

Jean-Pierre Lebourgeois

Elizabeth Lepp

Tom Lobb

Colleen MacGregor

Mike Maruschuk

Janet McGovern

Christina McIntyre

Judy McKenzie

Marion McKenzie

Marlene Moleski

Lorna Nesdole

Margaret Nicholson

Ralph Osterwoldt

Anna Paquin

Melanie Pedersen

Laura Pehrson

Vicki Pickard

Marilyn Pushalik

P Pytel

Laurel Rauf

Ronald Reddekopp

Connie Robinson

Margaret Russell

Gillian Rutherford

Charlene Schneider

Andrew Shu

Bradley Smoliak

Beverly Sochatsky

Jeanette Stern

Velta Svarups-Smith

Michelle Tardif

Mary Toma

Kaoru Turnbull



(Celebrating birthdays, continued from page 10)

Elizabeth Vanrootselaar

Marilyn Wakaruk

Judy Wilson

Georges Vincent

Janice Wehrhahn

Carmen Wuensch

Ann Wager

Sylvia Whitson

Rhonda Wylie



September birthday party participants.

**Do you have a birthday in November?  
Your party is on Tuesday, November 19th at 1:30pm.  
Please RSVP by November 15th to 780-468-1985.**

# 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 .....	\$13.00
Small Breakfast - 1 egg, 1 toast, bacon/sausages & hash browns .....	\$10.00
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
October 1 - Liver and Onions.....	\$12.00
October 2 - Fish and Chips.....	\$15.00
October 3 - Meatloaf with Hot Potato Salad.....	\$15.00
***	
October 7 - Reuben Sandwich .....	\$12.00
October 8 - Beef Roulade with Potato Dumplings.....	\$15.00
October 9 - Roast Vegetable Sandwich topped with Swiss, Aioli, and Side Salad ..	\$15.00
October 10 - Donair with Tzatziki and Side Salad .....	\$15.00
October 11 – Ticketed Thanksgiving Lunch – purchase tickets at the Front Desk by Oct 7	
***	
October 15 - Dragon Eye Rolls (Deep-Fried Sushi Rolls) .....	\$15.00
October 16 - Vegetarian Lasagna .....	\$15.00
October 17 - Tourtière with Side Salad .....	\$15.00
***	
October 21 - Chicken Teriyaki Skewers with Fried Rice .....	\$15.00
October 22 - Cheeseburgers .....	\$6.00
October 23 - Baked Tomato Pasta topped with Mozzarella.....	\$10.00
October 24 - Gumbo served on Red Rice .....	\$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.
ESCC Outreach Worker On-Site (Capilano Room) Oct 1 <sup>st</sup> 9:30am-12:30pm Oct 31 <sup>st</sup> 1:30 – 4:30pm		1 <b>National Seniors Day</b> <i>Liver &amp; Onions lunch for purchase</i>	2	3 Reuse Donations accepted Oct 3 -17 9am -430pm South Doors	4 <b>Jam Session</b> (6:00 – 9:00pm)	5 Extra Reuse Sale Donation Day Today! 10am-3pm
6	7 <b>Book &amp; Puzzle Sale</b> Oct 7 – 17 10am – 3pm (plus during Reuse Sale weekend)	8 Extended Reuse Sale Donation Hours Today! 9am – 7pm	9	10 <a href="#">Session 6 Registration</a> 9:15am	11 <b>Thanksgiving Lunch</b> Tickets \$25.00 Two Seatings 11am & 1230pm	12
13	14 Thanksgiving SEESA Closed 	15 <i>Monthly Birthday Party</i> 1:30pm-3pm Reuse Sale Donation Hours til 7pm	16	17	18 Fall Reuse Sale Set Up <i>No classes, clubs, or café service</i>	19 <b>Fall Reuse Sale</b> 10am – 3pm
20 <b>Fall Reuse Sale</b> 11am – 2pm	21	22	23	24 <b>SEESA Townhall</b> 2:00pm Tillie's Cafe	25 Session 5 Classes End	26
27	28 <b>Session 6 Classes Begin</b>	29	30	31 Halloween 		





**FYI Sessions (\$3 per session)**

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

Updated September 27, 2024

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<b>ESCC Outreach Worker On-Site (Capilano Room)</b> Nov 5th 9:30am-12:30pm Nov 27 <sup>th</sup> 1:30 – 4:30pm					1	2 <a href="#">Fall Cribbage Tournament</a> See poster for details
3  Daylight Savings Time Ends. Turn clocks back 1 hour	4	5	6 <i>Alberta Floor Curling Assoc. Tournament</i>	7	8 Remembrance Day Event 10:45AM Sharp Lunch to Follow Tickets: \$25.00	9
10	11 Remembrance Day  SEESA Closed	12	13	14	15 <a href="#">Accidental Drama Club Performance</a> Tickets: \$20.00	16 <a href="#">Accidental Drama Club Performance</a> Tickets: \$20.00
17 <a href="#">Accidental Drama Club Performance</a> Tickets: \$20.00	18	19 Monthly Birthday Party Tillie's Café 1:30 – 3:00pm 	20 Transgender Day of Remembrance 	21	22	23
24	25	26	27	28	29 No classes, clubs, or café service (Reuse Sale set up day)	30 <b>Festive Market &amp; Reuse Sale</b>

**FYI Sessions:**

Nov. 5: Benefits and Credit for Seniors  
 Nov. 6: Helping Hands  
 Nov. 12: Executors and their Responsibilities  
 Nov. 13: Solve Your Sciatica

Nov. 19: Get Private Home Care for as Little as \$5.05/month  
 Nov. 20: The Art & Science of Chronic Pain.  
 Nov. 27: Understanding Your Fixed Income