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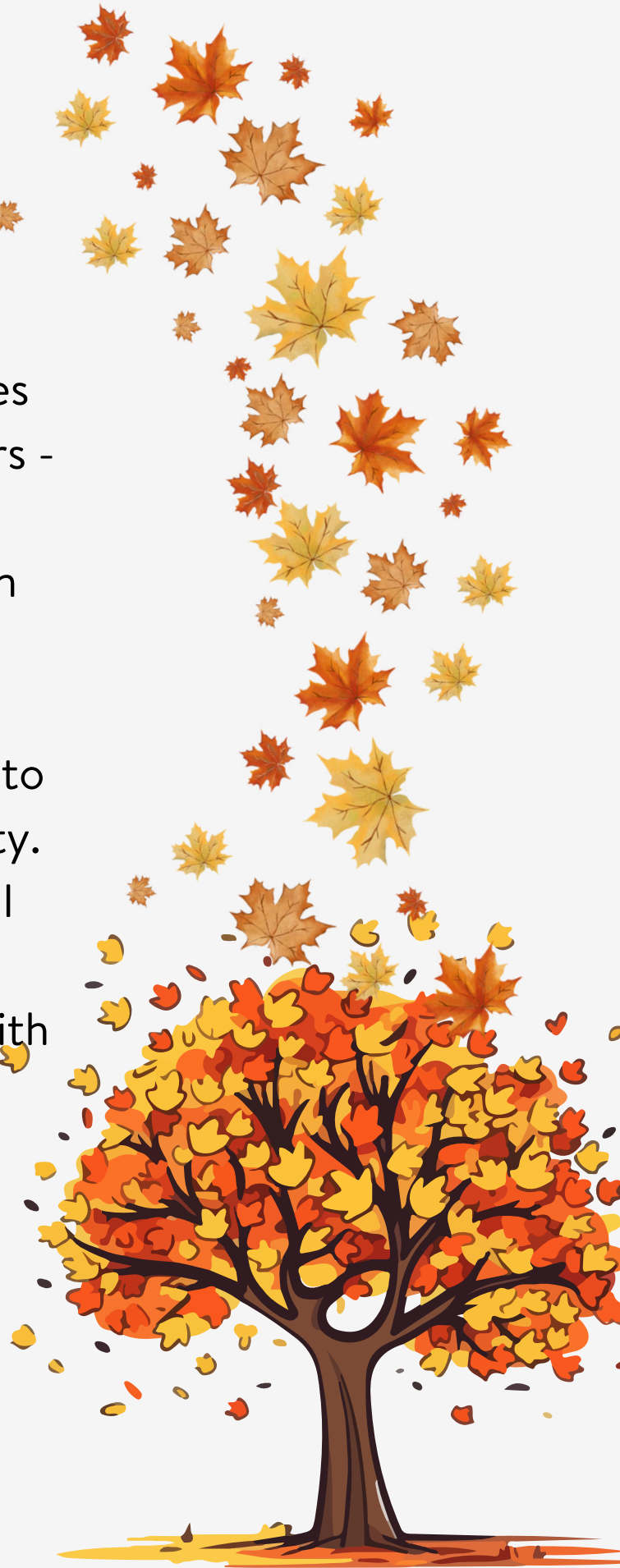
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MESSAGE FROM THE BOARD

With all that is going on in the world around us, it is sometimes challenging to see the glimmers - those small things in life that cheer us. SEESA is greater than the sum of its parts - classes, clubs, activities, socials, Tillie's Cafe all provide a space for us to engage with life and community. As we near the festive season, I hope that you will find cheer, comfort and companionship with our members.





SEESA FALL REUSE SALE RAISES \$24K WITH COMMUNITY SUPPORT!

On Saturday, October 19 and Sunday, October 20, hundreds of eager shoppers visited SEESA to find excellent deals, share in community, and enjoy the benefits of reuse at our annual Fall Reuse Sale. The sale was again a success, with over \$24,000 (gross) raised for SEESA!

This could not have been done without the work of our dedicated volunteers—our Reuse Sale lead organizers, Eloise Cameron and Wendy Doughty, those who cleaned and sorted donated items, people throughout various departments of sales including their team leads, kitchen and café volunteers, plus kitchen staff, as well as community volunteers from both ATCO Gas and Vimy Ridge School. A heartfelt thank you to all of you for supporting SEESA in this important fundraising event.

The Book & Puzzle Sale was also a great success, running from October 7 onwards including during the sale weekend. Thank you to all of our hard-working book sale volunteers as well. Lastly, thank you to Shane Blakely from Global for doing a helicopter fly-over, Global News for helping to spread the word about our event, and both Safeway Bonnie Doon and Carol's No Frills for providing food donations to provide to all the volunteers. Looking forward to seeing you at our next sale, the Festive Market & Reuse Sale, on Saturday, November 30!

HONORING HEROES: SEESA'S REMEMBRANCE DAY TRIBUTE

On November 8, the South East Edmonton Seniors Association (SEESA) welcomed members and friends for a meaningful morning as we came together to honor the brave men and women who have served our country. Our Remembrance Day program was a thoughtful commemoration, dedicated to remembering the sacrifices made by those in uniform. The morning began with a series of moving poems, each capturing the strength, resilience, and sacrifice of our service members. These readings offered a moment for reflection, as participants connected with the words and emotions expressed. Following the poetry, we observed the traditional playing of the Last Post, a solemn piece

symbolizing final honors, which led into a collective moment of silence. During this time, we paused to remember, honoring the memory of those who served and acknowledging the freedom their sacrifices have provided. After the ceremony, SEESA members gathered for a warm meal together, sharing stories, companionship, and gratitude. The gathering allowed us to reconnect as a community, reflecting on the morning's tribute while deepening our bonds with each other. We are thankful for all who joined us, and we invite everyone to revisit the day through these captured moments, celebrating the enduring spirit of unity and remembrance. Let us continue to honor those who served and remember the importance of peace in our world.



SUPPORT SEESA THIS SEASON: POINSETTIA & CHOCOLATE SALES AND GIVING TUESDAY FUNDRAISERS

This holiday season, SEESA is excited to launch two fundraisers that offer opportunities for our community to support meaningful causes while celebrating the joy of giving. We're kicking off our Poinsettia and Chocolate Sales and preparing for Giving Tuesday—two ways to help SEESA continue making a difference for our members.

POINSETTIA & CHOCOLATE SALES (NOVEMBER 4-29)

Nothing says the holidays like poinsettias and delicious chocolates! Our annual Poinsettia and Chocolate Sales fundraiser offers beautiful plants and premium chocolates, perfect for gifting or adding festive cheer to your own home. Sales will run through November 29, and every purchase directly supports SEESA programs. Don't miss these final two weeks to make your purchase count.



SEESA
You belong here

Purdys

SEESA is Fundraising with Purdys Chocolatier!

SWEETEN YOUR SEASON WHILE SUPPORTING SEESA - EVERY CHOCOLATE HELPS!

How does it work?

- Order and Pay Online: Purchase your chocolates through our unique Purdys website link below.
- In-Person Orders: Don't have online access? Order at SEESA's Front Desk!
- 25% of all sales go directly to SEESA!

Important Dates

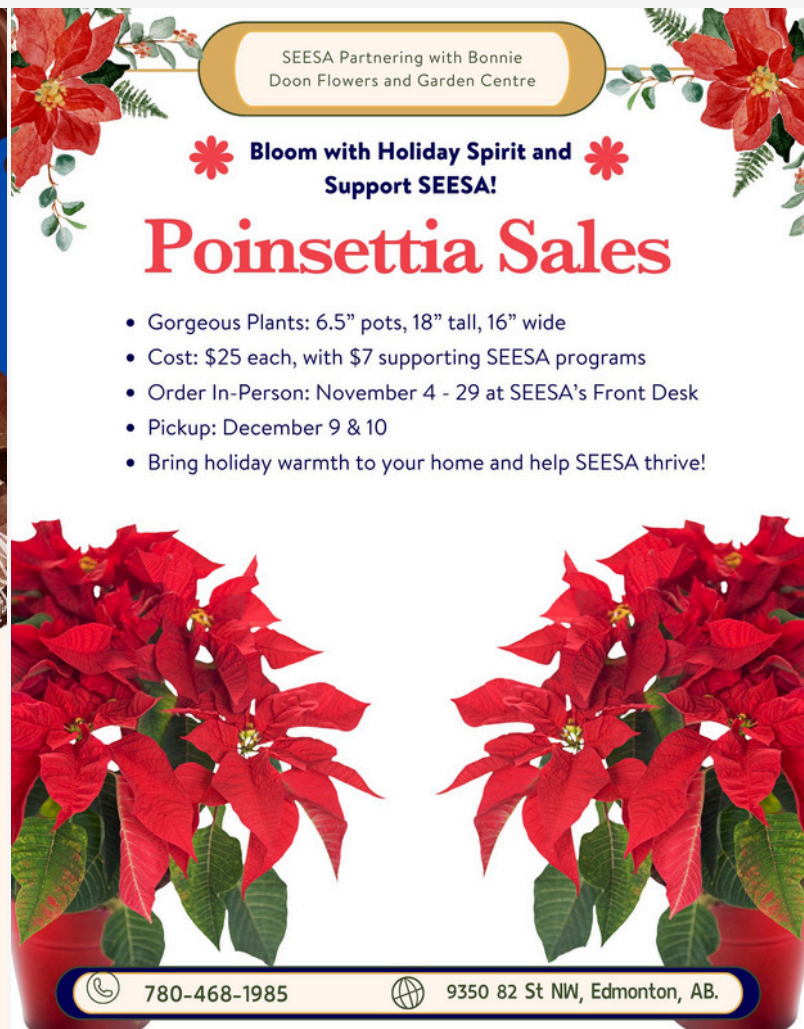
- Order between November 4 - 29 | Delivery to SEESA: December 2 - 6
- Pickup at SEESA: December 9 - 13
- Treat yourself, gift others, and support SEESA—every bite makes a difference!

www.fundraising.purdys.com/1999977-122439

SEESA Customer Number: 78364; email darlene@seesa.ca



Scan to order!



SEESA Partnering with Bonnie Doon Flowers and Garden Centre

Bloom with Holiday Spirit and Support SEESA!

Poinsettia Sales

- Gorgeous Plants: 6.5" pots, 18" tall, 16" wide
- Cost: \$25 each, with \$7 supporting SEESA programs
- Order In-Person: November 4 - 29 at SEESA's Front Desk
- Pickup: December 9 & 10
- Bring holiday warmth to your home and help SEESA thrive!

780-468-1985

9350 82 St NW, Edmonton, AB.

MAKE A LASTING IMPACT THIS GIVINGTUESDAY: HELP SEESA KEEP OUR COMMUNITY ACCESSIBLE

This GivingTuesday, your generosity can have an impact on our community. At SEESA, we've built something truly special—a warm, inclusive, and supportive network that makes a difference in the lives of all who walk through our doors. But to keep this vital work going, we need your help.

This year, we've set an ambitious goal: to raise \$5,000 which covers three months of snow clearing for our parking lots and sidewalks. It's more than just removing snow—it's about ensuring that everyone, regardless of ability, can navigate our spaces throughout the winter months.

Why Your Support Matters

Every winter, we hear about the challenges our members, volunteers, and guests face when navigating icy sidewalks and parking lots in the City of Edmonton. These conditions can make it difficult for some to fully participate in the activities and services they enjoy. By clearing the snow and ice, we can help ensure that everyone has easy access to our space all season long.

The Power of Your Donation

Here's the exciting part: thanks to a generous matching donor, every dollar you give will be DOUBLED, up to \$1,000! That means your donation will go twice as far, helping us reach our \$5,000 goal even faster and making a bigger impact for those who need it most. Whether it's \$10, \$50, or \$500, every gift matters. We believe that everybody has something to give, and together, we can make this winter more accessible, and more welcoming for all.

Donate today!

- Online - through our GivingTuesday Link: [2024 GivingTuesday Donation Page](#)
- In Person or by Mail - Donations can also be made at the Front Desk, by calling us at 780.468.1985, or by mailing in your donation. When donating, please be sure to note that your donation is for GivingTuesday.

Together, We Can Make This Winter More Accessible

This GivingTuesday, let's come together to make this winter one of inclusion, and community—where nobody is held back by snow and ice. Your support will help us continue offering programs and services that make SEESA such a vital part of our community.

Thank you for your consideration and generous support. Without you, we couldn't provide the programs and resources that empower so many in our community.



SEESA'S CRIBBAGE TOURNAMENT BRINGS COMMUNITY TOGETHER

SEESA hosted its second post-COVID Cribbage Tournament on November 2, with 92 participants. The event attracted players from various communities, including our oldest participant, Gordon Coderre (95), and youngest, Tyler Motkoski (21). SEESA member Cliff Brenneis won the 50/50 at \$250.00, and the top three prizes were claimed by players from other Senior Centres. Sharon Moffatt tied for the highest-scoring hand with 24 points! Chef Cherie's lunch, the concession, beverages, and door prizes made the event a memorable day filled with laughter and fun. A great time was had by all!



Coderre (95), and youngest, Tyler Motkoski (21).



WHAT'S COMING IN 2025: EXCITING NEW PROGRAMS AHEAD!

We want to take a moment to update you on some important changes for 2025 and share exciting new developments at SEESA. As always, we're committed to delivering the highest quality service and experience to our members, and with that comes the need to adapt to ever-changing costs.

Over the past few years, we've seen significant increases in operational expenses—everything from inflation to rising utility and material costs. To continue providing you with the exceptional services and programs you've come to expect, we must adjust our pricing structure. Starting in 2025, our hourly occupancy rate (which covers lights, heating, and other facility expenses) will increase by one dollar from \$9.00 to \$10.00 per hour for determining class prices. Additionally, some adjustments have been made to non-member pricing and the material costs for certain programs.

We understand that price changes can be frustrating, but please know that we've worked hard to minimize the impact on our members. Our goal is to continue offering great value while ensuring the sustainability of the programs, services, and resources you rely on. The decision to make these adjustments was necessary to maintain the level of quality and care you deserve.

Exciting New Programs for 2025!

While we're making some necessary adjustments, we're also thrilled to announce a brand-new lineup of creative classes and evening programs for 2025! Whether you're looking to try something completely new or dive deeper into a craft you love, there's something for everyone to explore.

✨ **New Creative Classes:** From crafting stunning stained-glass art to painting your own custom candles or creating personalized welcome signs, our hands-on classes are designed to ignite your creativity and inspire your next masterpiece. Whether you're a seasoned crafter or a complete beginner, there's a project waiting for you to dive into and make your own!

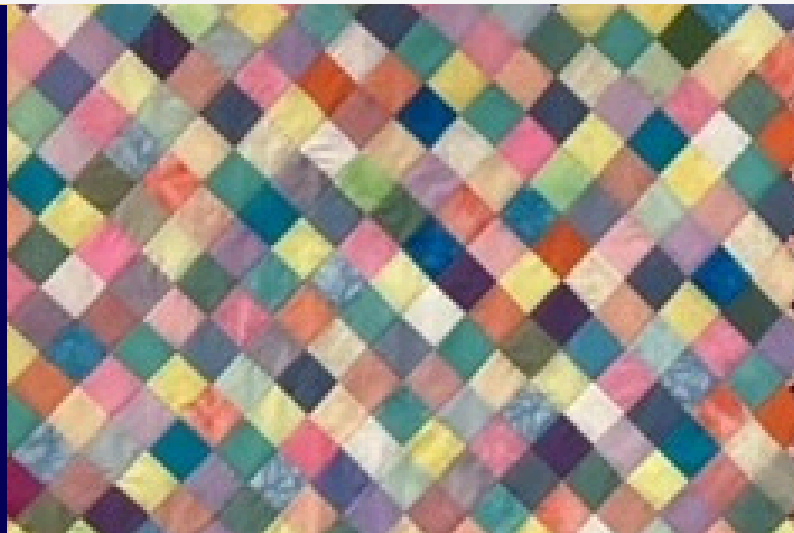
💪 **New Fitness Classes:** Get ready to move, groove, and strengthen with our exciting new fitness offerings! From the fun of hula hoop dancing to the power of core-focused workouts, there's something for every fitness level. Whether you're looking to shake things up or build strength, these classes are designed to keep you motivated, engaged, and feeling great. Come join us and get fit while having fun!

🌙 **Evening Programs:** We're also expanding our offerings with evening classes every Monday and Tuesday, making it easier for you to fit your passion projects and fitness routines into your schedule. Plus, these evening programs are an exciting way to attract new members to the SEESA community, so we can all grow and learn together!

We truly appreciate your continued support and loyalty to SEESA. While price adjustments are never easy, rest assured we are committed to keeping our programs accessible, engaging, and of the highest quality. If you have any questions or concerns, please don't hesitate to reach out—we're here to help make this transition as smooth as possible for you.


Thank you for being part of our community. We can't wait to see you in 2025 for a year of new classes, exciting experiences, and continued growth!

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
S E R V I C E S

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*.



HONOURABLE
MARLIN SCHMIDT
MLA EDMONTON-GOLD BAR



My staff and I are at your service. The Edmonton-Gold Bar office is here to:

- provide information about provincial government programs and services
- participate in local events
- share ideas
- provide a congratulatory scroll for significant birthdays, anniversaries, or other occasions

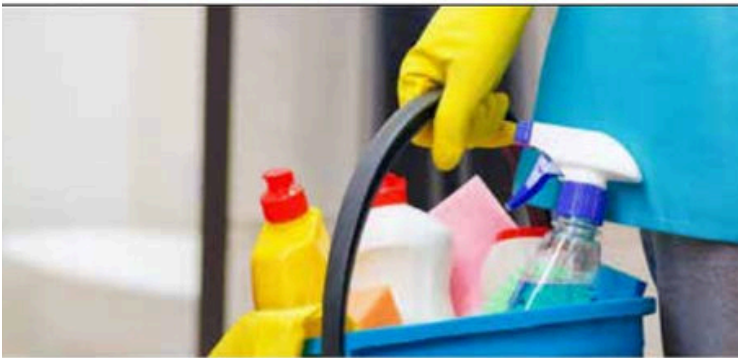
Email: edmonton.goldbar@assembly.ab.ca
Address: #100 8925 82 Avenue, T6C0Z2
Phone: 780-414-1015

TURN THOSE RECYCLABLES INTO A REAL CHANGE FOR SEESA

Visit SkipTheDepot at
www.app.skipthedepot.com/seesa
and schedule your pickup today



SEESA
You belong here



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

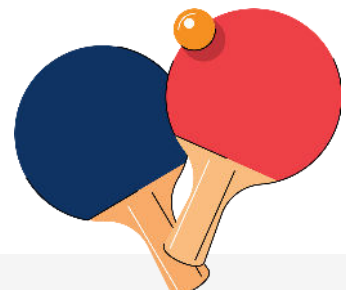
EMAIL
mycleanersedmonton@gmail.com



Table Tennis Club

Join the Table Tennis Club every Monday and Friday from 3:30 PM to 5:30 PM for fun, fitness, and friendly competition!

Whether you're a seasoned player or a beginner, come enjoy the fast-paced action and meet new friends. It's the perfect way to stay active and have a great time!





SEESA 4th Annual

Festive Market & Reuse Sale

NOVEMBER 30, 2024
10:00AM - 3:00PM
9350 - 82 ST NW

Get a head start on your shopping.

- Baked Goods
- Unique gifts & items handcrafted by SEESA's Artists, Quilters & Crafters and Woodworkers & Soapstone Carvers

Reuse area - great selection of gently used items for the Festive Season

Donations for reuse area accepted
Monday -Friday

November 15 - November 28th (NOON)
9:00am - 4:30pm

Additional donation days

Saturday, November 16 & 23 10am - 3pm



Please Join Us

For a Riverdale
Elementary School
Handbell Performance

Thursday, December 5 at 10:30am
Tillie's Café at SEESA
9350 - 82 Street, NW
Admission is FREE.



Mix & mingle with the students after their performance



Please consider
bringing a donation for



UPCOMING EVENTS AND NOTICES

Kitchen Volunteers Needed!

Support our kitchen in running smoothly and help keep our community well-fed!



Skills Required

- Friendly, positive, and welcoming attitude
- Familiar with following food safe regulations
- Comfortable working in a fast-paced work environment
- Occasional long periods of standing

Apply Today!

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



SEESA MELODY SINGERS
PRESENT...

A Very Merry Christmas Concert

Sunday, December 8, 2024 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



FESTIVE LUNCHEON

FRIDAY, DECEMBER 13TH

Tillie's Cafe 9350 - 82 Street

Seatings at 11:00am and 12:30pm

Tickets: \$25.00

Purchase at SEESA front desk or by phone
780-468-1985 by December 9th

Menu: Ukrainian Feast

Ham, Cabbage Rolls, Perogies with fried onions,
Nachynka, Seasonal Vegetables,
Chocolate pudding cake, Coffee/Tea

Sign-up at front desk for Gluten-Free or Vegetarian options
when purchasing your ticket



UPCOMING EVENTS AND NOTICES

Festive Sing-a-Long with SEESA's Ukulele Students

Tillie's Cafe

9350 - 82 Street NW

Monday, December 16th 1:30 - 3:00pm

Tickets \$10

(includes beverage and baked good)

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





Winter Solstice 2024

50/50 Raffle

TICKETS \$5 EACH

**Purchase at SEESA Front Desk
or Call 780-468-1985**

**DRAW DATE
December 17, 2024**



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

LICENCE# 706555
500 TICKETS PRINTED



Winter Quilt Raffle

TICKETS: \$5.00

On Sale: September 9, 2024

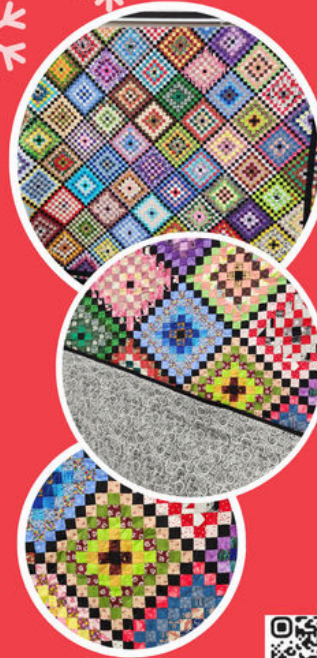
Value: \$2,000.00

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



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

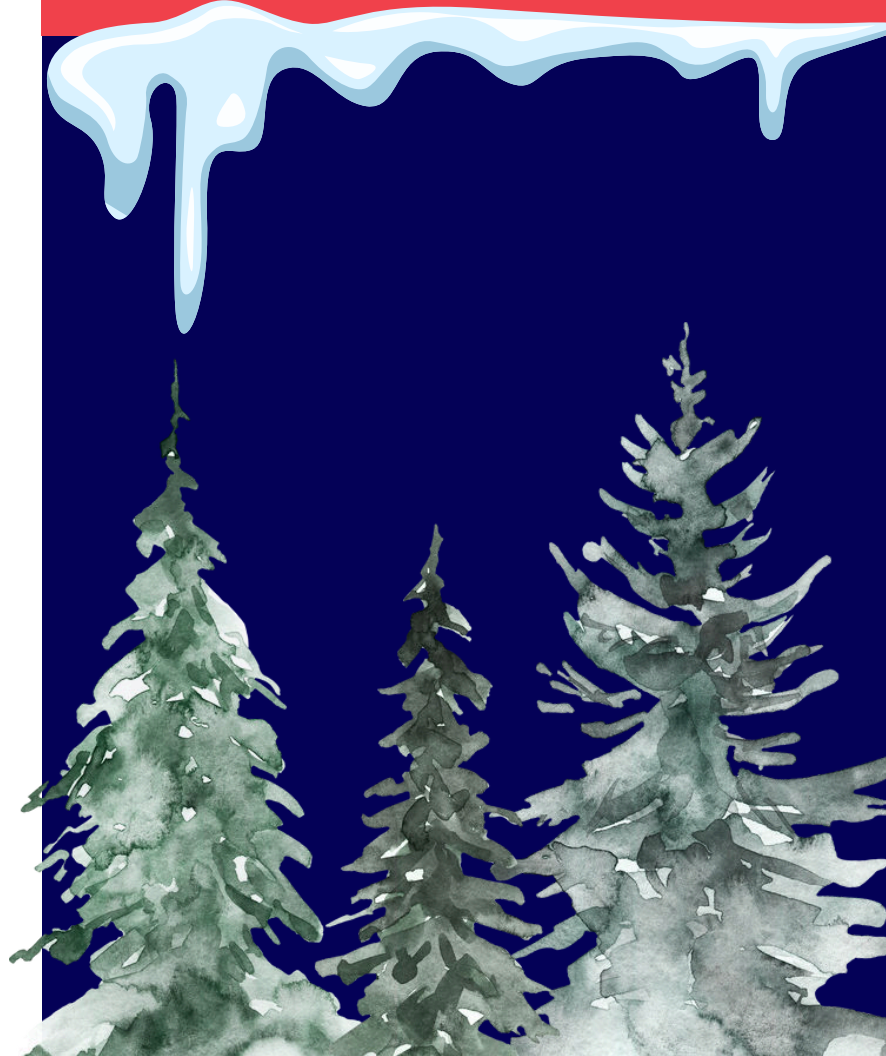
Licence #700910
2000 Tickets Printed

SEESA has been approved as a Federal Election site for the advance polls and on election day.

When the Federal Election is called, this will mean a closure to programs and clubs in the gymnasium for the advance polls and on election day.

All other programs, clubs, and Tillie's Cafe will operate as usual.

We will provide updates as we receive information.



Celebrating November 15 to December 14 Birthdays

Sylvia Adams	Sherryl Greensill	Susan Motiuk
Aurora Atienza	Paul Guloien	Barb Neil
Jo-Anne Balla	Ken Hadlington	Harvey Norstrom
Sharon Bauming	Carol Haisan	Judith Oliver
Doug Beaton	Nancy Heaton	Karin Penner
Michael Bilida	Irene Herrington	Loreen Riley
Rolande Borle	Brian Ireland	Bob Riopel
Gerard Braams	Evelyn Jerome	Stephen Riopel
Joan Brambley	Ronna Jevne	Dale Roberts
Cathy Brosseau	David Johnson	Sylvia Rodrigue
Kevin Brown	Lorraine Kellogg	Shelene Runzer
Karen Buchanan	Donna Kelly	Carol Ryll
Eloise Cameron	Mary Kerber	Denise Sabourin
Vivian Cannell	Talita Klingbeil	Patrick Shanahan
Susan Casey	Jim Klingle	Leo Shank
Penny Caster	Karin Lauderdale	Valerie Simon
Marty Chapman	Joan Laurie	Edith Skoropad
Amelia Chin	Marion Lavery	Kevin Swanson
Sheila Clark	Dianne Letrud	Tony Thai
Rose Marie Constantin	Gayle Lindberg	Laura Theriault
Mary Dean	Vivian Lundgren	Elizabeth Thomas
Randy Dorosh	Connie Lussier	Francois Trottier
Therese Doucet	Paulette MacKenzie-Dubuc	Derrick Van Troyen
Lynda Drew	Adele Mandryk	Nadine Verhun
Jiao Du	Daniel Maradyn	Sherr Wadson
Cathy Edwards	Lynda Matthews-Mackey	Irene Walker
Calvin Fraser	Patrick McCormack	Randall Walsh
Sherry Gibson	Fern McKean	Emily Westwood
Doris Giroux	Brenda McKenzie	Brian Wiest
Gayle Graham	Eunice Miller	Zetta Willis
Linda Graves	Laurette Morris	Shannon Winitoy
		Helmut Zanger



October birthday party participants.

Do you have a birthday in December? Your party is on
Tuesday, December 17th at 1:30pm.
Please RSVP by December 12th 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
November 18 - Chicken Souvlaki with Greek Salad.....	\$15.00
November 19 - Grilled Chicken and Swiss Mushroom Burger with Side Salad.....	\$15.00
November 20 - Shepherd's Pie	\$15.00
November 21 - Cheese Tortellini with Tomato Sauce and Garlic Toast	\$12.00

November 25 - Reuben Sandwich with Side Salad	\$12.00
November 26 - Duck with Sauerkraut, Mashed Potatoes, and Mushroom Sauce..	\$16.00
November 27 – Cheeseburgers.....	\$6.00
November 28 - Chicken Pot Pie with Side Salad.....	\$15.00

December 2 - Eggs Benedict with Fruit Salad.....	\$14.00
December 3 - White Fish with Dill Sauce, Mashed Potatoes, and Salad	\$15.00
December 4 - Lasagna with Garlic Toast and Side Salad.....	\$15.00
December 5 - Macaroni and Cheese	\$10.00

December 9 - Coconut Salmon with Rice and Stir-Fried Vegetables	\$15.00
December 10 - Liver and Onions	\$12.00
December 11 - Bulgogi Beef with Stir-Fried Vegetables	\$15.00
December 12 - Gumbo 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
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Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
ESCC Outreach Worker On-Site (Capilano Room) Nov 5th 9:30am-12:30pm Nov 27 th 1:30 – 4:30pm					1	2 Fall Cribbage Tournament 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  <i>Left us forget-</i> SEESA Closed	12	13	14	15 Accidental Drama Club Performance Tickets: \$20.00	16 Accidental Drama Club Performance Tickets: \$20.00
17 Accidental Drama Club Performance 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 Festive Market & Reuse Sale

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

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2	3	4	5 Riverdale School Handbells Show (Free, in café) 10:30am	6	7
8 Melody Singers: A Very Merry Christmas Tix \$15	9	10 Human Rights Day	11	12	13 Festive Holiday Luncheon 11am & 12:30pm seatings. Tix \$25	14
15	16 Ukulele Festive Sing-a-Long 1:30pm-3:00pm in Tillie's. Tix \$10	17 Monthly Birthday Party Tillie's Café 1:30 – 3:00pm	18	19	20 Session 6 Classes End	21
22	23 SEESA Closed	24 SEESA Closed	25 Christmas Day (SEESA Closed)	26 Boxing Day (SEESA Closed)	27 SEESA Closed	28
29	30 SEESA is open (closing at 12pm on Jan 31st)	31 New Years Eve (Final day to donate to receive a 2024 Tax Receipt)	ESCC Outreach Worker On-Site (Capilano Room) Dec 3 rd 9:30am-12:30pm Dec 18 th 1:30 – 4:30pm			

FYI Sessions:

Dec. 3: Scams

Dec. 4: Wills

Dec. 5: Bring your Own Device: Consumer Reports