

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Clubs Begin Dec 30			1 New Year's Day SEESA Closed	2	3 SEESA Closed City of Edmonton Maintenance	4
5	6 Session 1 Classes begin	7	8	9	10	11
12	13	14	15	16	17 Jam Session 6:00 – 9:00pm 	18
19	20	21 Monthly Birthday Party Tillie's Café 1:30 – 3:00pm 	22	23 SEESA Fundraiser w/ Bob Layton & Shane Blakely Doors 1:30pm, Show 2pm. Tix \$15	24	25
26	27	28	29 Lunar New Year Year of the Snake 	30	31	

**FYI Sessions:**

Jan 14: Foot Care: How it can affect your overall health  
 Jan 15: Estate Planning  
 Jan 21: Adult 65+ (Income Benefits, Credits, etc)

Jan 22: Annual 2024 Financial Review & 2025 Outlook  
 Jan 28: Strategies for Lifelong Cognitive Health  
 Jan 29: Exercise for Health: Importance & How to Start