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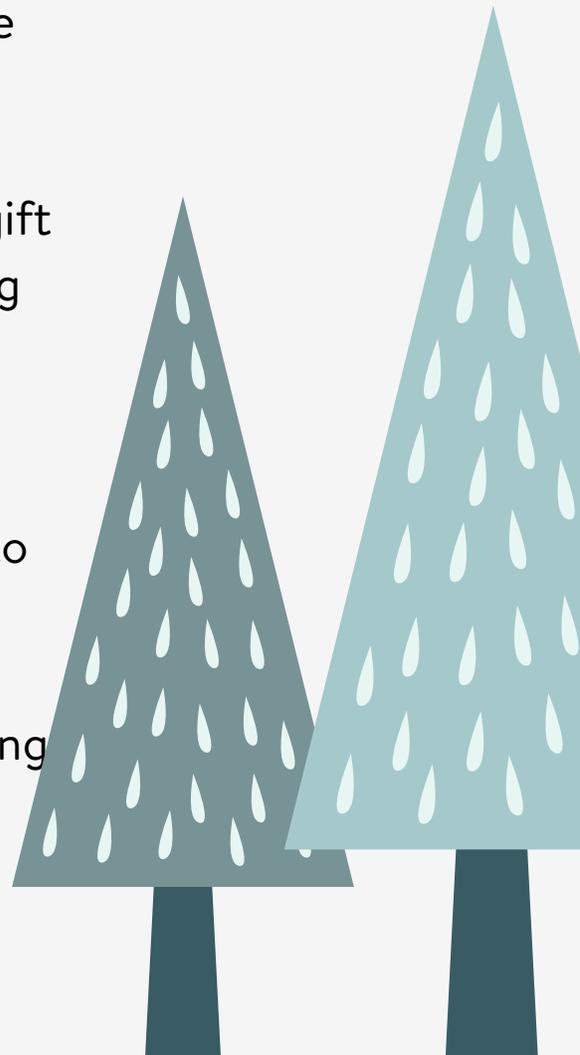
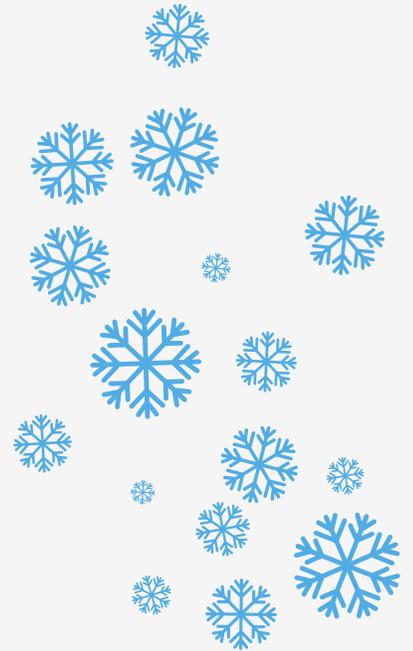
## MESSAGE FROM THE BOARD

2024 has been a busy year at SEESA. The members of the Board continue to work with our Executive Director, Shelley, to stabilize and diversify our funding. We are also working with other seniors centre and community partners to share the message of the vital role learning and social engagement play in the health of seniors.

Thanks to all who have donated to SEESA through various methods. Your donations are greatly appreciated.

Also, thanks to our many volunteers whose gift of time is priceless and is critical to sustaining SEESA and making it a warm and welcoming environment.

As we approach 2025, please take the time to reflect upon what SEESA brings to your life. Encourage a friend or family member to join SEESA - volunteer together, or enjoy spending time together in an activity, class or club. We wish you the best of the season and look forward to seeing in 2025!





**FESTIVE MARKET & REUSE SALE BRINGS HOLIDAY CHEER AND RAISES OVER \$9,000!**

On Saturday, November 30 SEESA hosted another annual Festive Market & Reuse Sale to great success. Thanks to the hard work of our many volunteers, as well as the ongoing support of the community, we were able to bring in just over \$9,000 in gross sales! People enjoyed the festive cheer, the variety of quality items at great prices, and sharing in community together. "It was an awesome sale. I've worked all the Christmas sales and I think this was by far the best one yet" said one of the volunteers. We love to hear such great feedback! A special thank you to Safeway Capilano

as well as Jonathan Lesyk of Raymond James Financial for their generous donations of gift cards that helped us provide snacks for our many volunteers. And thank you again to all of the volunteers for helping to make this sale happen! Happy Holidays!



Jonathan Lesyk of Raymond James Financial providing SEESA with a \$100 Safeway gift card

# FRENCH CONVERSATION CLUB SAVORS LUNCH AT CAFÉ BICYCLETTE

At the end of November, the French Conversation Club ventured out to Café Bicyclette for a delightful lunch outing—the second such gathering this year. In preparation, the group dedicated time during the previous week's meeting to review restaurant vocabulary and practice conversational phrases, including exploring the café's menu in French. The effort paid off, as members confidently placed their orders and engaged

in lively discussions en français. Of course, the friendly servers were ready to assist in English when needed, adding to the warm and welcoming atmosphere.

The outing was a resounding success, offering not only an opportunity to practice language skills but also to share great food and camaraderie. These special off-site meetings continue to be a cherished highlight for club members.



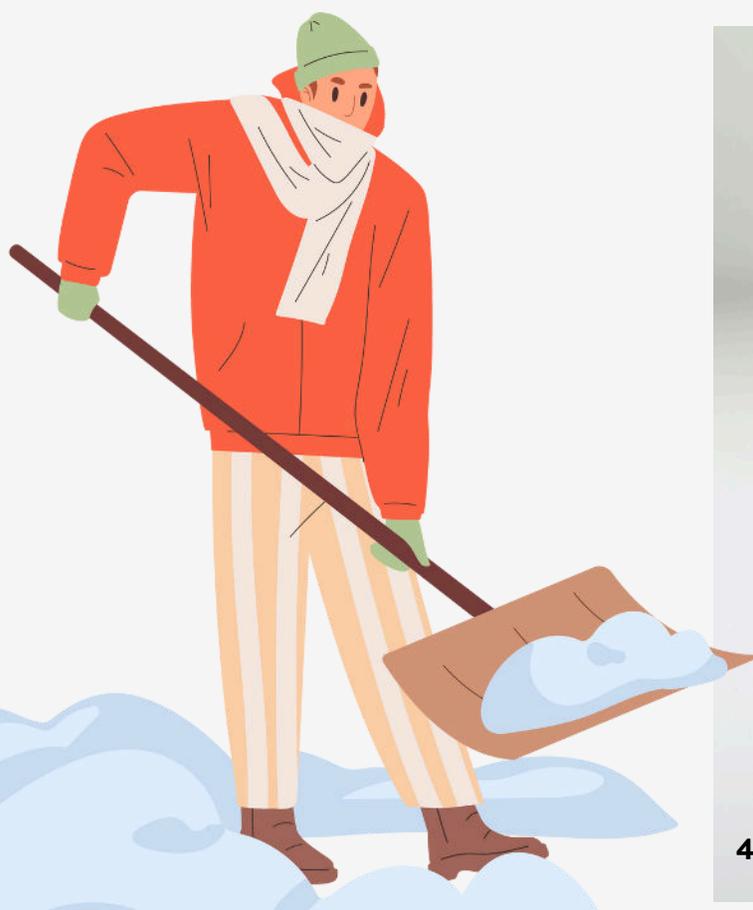
## WOW! AND WOW AGAIN! SEESA MEMBERS, YOU ARE ABSOLUTELY AMAZING! 🙌🌟

We set a bold challenge to raise \$5,000 during our GivingTuesday campaign, and YOU not only hit the goal – you smashed it! Your incredible spirit of giving and boundless enthusiasm for SEESA took us to new heights!

Thanks to your generosity and the awesome \$1,000 matching donation, we raised an astounding \$9,543! 🎉

This is a game-changer, and it's all thanks to YOU! Your support is going to make a real difference, helping us cover the costs of snow clearing this winter. Because let's face it - Mother Nature has kicked off the season with a bang and we're ready to tackle whatever she throws our way!

Thank you for making this such a monumental success! Let's keep this momentum rolling and continue to make great things happen at SEESA!



**GIVING**  **TUESDAY** **Dec 3**

**SEESA**  
You belong here



## **"SO WHAT HAPPENED?" – AN ENGAGING PERFORMANCE BY ACCIDENTAL DRAMA CLUB**

The Accidental Drama Club's latest production, *So What Happened?*, captivated audiences with its unique blend of humor, drama, and thought-provoking moments. The performance explored the unpredictable twists and turns of everyday life, using a mix of improvisation and scripted scenes to keep the audience on the edge of their seats.

Each character brought a fresh perspective, reflecting the unexpected events and decisions that shape our lives. The performances were full of energy, with moments of laughter, tension, and reflection, highlighting the club's diverse talents and creativity. The cast's chemistry and commitment to the material made the show truly unforgettable.

The SEESA Accidental Drama Club would like to sincerely thank all of you for the enthusiastic and positive attendance and response to our most recent production "*So What Happened!*", Nov.15th-17, 2024. In particular we wish to acknowledge the technical expertise of Kevin Huenison for our sound system, Merrill Sandahl for our stage lighting, Bill Tkachuk, for the sound effects and music and Barry Headrick, our photographer/videographer. You made us look and sound the best we could.

To the SEESA staff and board- Shelly, (great cameo!), Graham, who organized the volunteers, Wendy, (our makeup artiste), Brenda and Pam- and all those wonderful volunteers who looked after "front of the house"- tickets 50/50, concession, setup and take down in addition to all the myriad of jobs necessary to facilitate the success of our production.

Thank You From The Entire Cast and Crew - Remember, we're a Club and we would like to encourage anyone interested in becoming a part of the Club to please join us when we reconvene in the New Year.

## SEESA's 45th Anniversary

It all started back in 1980 with a small, yet mighty group of passionate seniors in Holyrood, who took the first steps toward creating something truly special – a welcoming space where seniors could connect, share ideas, and build a vibrant community. Their vision blossomed into what we now know as SEESA, a beloved and inclusive place where everyone is welcomed.

On June 17, 1980, SEESA was officially registered as a society under the Societies Act of Alberta, marking the beginning of an incredible journey. And as we approach our 45th Anniversary in 2025, we take a moment to reflect on the legacy of those early pioneers, whose dedication and spirit continue to guide and inspire us today.

With our sights set on the monumental milestone of our 50th Anniversary in 2030, we are filled with excitement about the future – and the memories yet to be made! But to make that future even brighter, we need YOUR help. Many of you hold precious memories, stories, and milestones from SEESA's rich history, and we want to hear them! Whether you have stories or photos to share, we would love to preserve these pieces of our collective history.

Our goal for 2025 is to start gathering these stories – hopefully at least 45 stories - building towards our 50th anniversary celebration and documenting the incredible journey of SEESA. If you have a story or a milestone to share, or if you have any memorabilia that you're willing to contribute, please reach out to, Darlene Kowalchuk, at [darlene@seesa.ca](mailto:darlene@seesa.ca), drop by the front desk, or call 780-468-1985, extension 224. If you are bringing documentation or pictures, we recommend you keep your originals and just bring us copies (we can also copy here at SEESA).

And don't worry – we're going to make sure our 45th anniversary is a year to remember! Keep an eye out for exciting events, celebrations, and plenty of ways to get involved in 2025 as we celebrate the past, present, and bright future of SEESA.

Here's to the community that thrives, the friendships that grow, and the seniors who continue to shine!





## SEESA HOSTS ALBERTA FLOOR CURLING ASSOCIATION TOURNAMENT

Last month, SEESA had the privilege of hosting the Alberta Floor Curling Association Tournament, bringing together teams from across the province for a day of camaraderie and competition. The event filled our facility with energy, as participants showcased their skills and passion for the game in a friendly yet spirited atmosphere.

Spectators enjoyed watching the precise shots and strategic plays that define this engaging sport. The tournament also provided an excellent opportunity for our community to connect, celebrate active living, and support one another.



SEESA extends its gratitude to all players, organizers, and volunteers who made the event a success. Your enthusiasm and dedication highlight the vibrant spirit of our community. We look forward to hosting more events like this in the future!



## **SEESA MELODY SINGERS PRESENT: A VERY MERRY CHRISTMAS CONCERT**

The SEESA Melody Singers' annual Christmas concert is always a special treat at SEESA, and this year was no exception. Our excellent choir of about 40 members offered up 15 excellent renditions of familiar favourites, including some lovely sing along songs with the crowd as well. Afterwards, the choir and attendees enjoyed baked goods and warm beverages in a packed Tillie's Cafe to celebrate a job well done! Thank you to our many volunteers who supported this sold out show and helped everything run smoothly. We look forward to the next concert in Spring 2025!



# The Importance of Year-End Giving: How Your Donation Can Make a Difference

As the year draws to a close and we reflect on our achievements and the challenges we have faced, it's also a time to think about how we can give back to our communities and make a positive impact in the world. Year-end giving can also have significant benefits, both for the donor and the recipient organization.

## Tax Benefits for Donors

One of the practical benefits of year-end charitable donations is the opportunity for tax deductions. These deductions can help reduce your taxable income, which may lead to lower taxes for the year. It's important to note that charitable donations must be made by December 31st to qualify for a 2024 tax return. By donating before the year ends, you can maximize your potential tax savings while supporting a cause you believe in.

## Ways to Make a Charitable Donation to SEESA

You can donate:

- Online through CanadaHelps - [south-east-edmonton-seniors-association | CharityProfile | Donate Online](#) and receive an immediate tax receipt (credit card donations only).
- At the Front Desk during SEESA hours of operation (cash, debit and credit cards, wallet credits).
- By calling the Front Desk at 798-468-1985 (credit cards and wallet credits).

If you have wallet credits and don't know what to do with them. Donate them to SEESA!

Please note, with the Canada Post strike, tax receipts can not be mailed out at this time. Tax receipt may not be able to be mailed until the new year. If you have an email, tax receipts can be emailed to you. You can also request to pick up your tax receipt. Please let the Front Desk know your preference – wait till the strike is over; email your tax receipt; will pick up tax receipt.

SEESA is a registered charitable organization (CRA Registration Number – 119157246 RR0001). Your generous donations are vital to keeping our doors open and our lights on, covering everyday essentials like utilities—heat, water, and electricity. Grants help us bring special projects and initiatives to life, making a lasting impact on our community. Membership fees, along with class and club fees, ensure we can offer top-quality programs and services. Member events not only promote social connection but also generate crucial funds to support our ongoing activities. Whether through financial support or active participation, every contribution directly helps us further our mission and enrich the lives of those we serve.

## The Impact of Your Donation

While it's easy to focus on the personal benefits of year-end giving, it's important to remember the positive effects your donation will have on SEESA and our community. Giving encourages a culture of compassion and generosity. When others see you giving back, it can inspire them to do the same, creating a ripple effect of kindness in our community and beyond.

Whether you're motivated by the tax benefits or simply want to spread some holiday cheer, your contribution does have a lasting impact. So, as you reflect on the year and plan for the next, consider donating to SEESA. It's a meaningful way to close the year on a note of generosity and compassion.





## RIVERDALE ELEMENTARY SCHOOL HANDBELL PERFORMANCE

On Thursday, December 5, students from grades 4-6 of Riverdale Elementary School provided SEESA with a beautiful, festive handbell performance in Tillie's Cafe. The students and their music teacher have clearly been hard at work this school year practicing, as they demonstrated excellent coordination through each song. Members enjoyed the peaceful sounds of the bells, and also enjoyed visiting with the students afterwards—including receiving holiday cards that the students had put together. Thank you to the volunteers who supported this event, and thanks again to Riverdale Elementary School for joining us!



## EXCITING NEW CLASSES AT SEESA FOR 2025!

We're thrilled to announce an exciting lineup of new classes at SEESA for 2025! From art and dance to music, there's something for everyone to enjoy. Don't miss out—the registration deadline is December 30, 2024.

Please note that a valid 2025 SEESA membership is required to register online and take advantage of member rates for classes. Make sure your membership is up to date so you can secure your spot in these fantastic programs!

### Art:

- **Beginner Pottery Workshop:** Friday January 10-January 31 | 9:00am-12:00pm Member \$140 Non-Member \$150
- **Beginner Clay Sculpting Monday:** Monday January 6-January 27 | 4:30pm-7:30pm Members \$140 Non-Members \$150
- **Drawing Botanics Wednesday:** Wednesday January 8-January 26 | 1:00pm-3:00pm Member \$200 Non-Member \$260
- **Glass Art Tri Project Sampler Series:** Monday January 13-January 27 | 10:00am-12:30pm Member \$400 Non-Member \$410
- **Learn How to Paint Candles:** Friday January 21 | 1:30pm-3:30pm Member \$55 Non-Member \$65
- **Stained Glass Snowflake Project:** Friday January 21 | 6:00pm-8:00pm Member \$100 Non-Member \$110
- **Watercolor and Pen Feathered Friends:** Tuesday January 7-January 28 | 1:00pm-4:00pm Member \$120 Non-Member \$156

### Dance:

- **Line Dance Beginner Monday:** Monday January 20-February 10 | 6:15pm-7:15pm Member \$40 Non-Member \$52
- **Setting Healthy Boundaries: How to Say No Without Guilt:** Monday January 27 | 1:30pm-3:00pm Member \$25 Non-Member \$30

### Music:

- **Guitar Level 2:** Tuesday January 21-February 25 | 10:00am-11:00am Member \$90 Non-Member \$156
- **Movietown Hits:** Thursday January 9-February 27 | 11:00am-12:30pm Member \$120 Non-Member \$156

### Physical Fitness:

- **Hula Hoop Dance:** Tuesday January 14-February 28 No January 28 and February 2 | 9:00am-10:00am Member \$40 Non-Member \$52
- **Move Groove Sit be Fit:** Tuesday January 7-February 28 | 2:15pm-3:15pm Member \$40 Non-Member \$52
- **Strong and Stable Core:** Thursday January 9-January 30 | 9:00am-10:00am Member \$40 Non-Member \$52
- **Strong and Steady:** Monday January 6-January 27 | 8:45am-9:45am Member \$40 Non-Member \$52
- **Tabata Tuesday:** Tuesday January 21-February 11 | 6:15pm-7:15pm Member \$40 Non-Member \$52
- **Yoga Hatha with Barb:** Monday January 6-January 27 | 5:30pm-6:30pm Member \$40 Non-Member \$52

# New and Returning Evening Classes

## **Beginner Clay Sculpting**

Jan 6 to Jan 27 | 4:30-7:30pm

## **Stained Glass Snowflake Project**

Jan 21 6:00-8:00pm

## **Line Dance Beginner Monday**

Jan 20-Feb 10 | 6:15-7:15pm

## **Tabata Tuesday**

Jan 20-Feb 10 | 6:15-7:15

## **Yoga Hatha with Barb**

Jan 6-Jan 27 5:30-6:30

Join us for a variety of fun and engaging evening classes! Whether you're trying something new or picking up where you left off, there's something for everyone. Don't miss out!

## **Pickleball Introduction**

Jan 13-Jan 27 | 5:30-7:00

## **Pickleball Player Development**

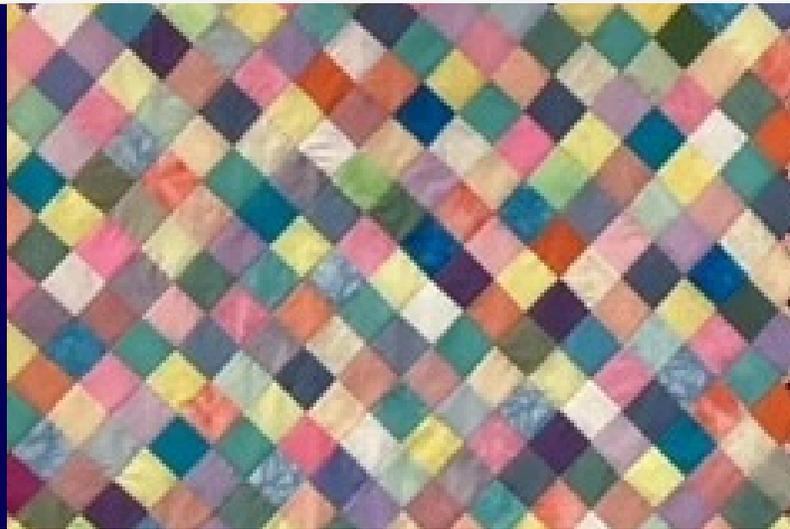
Feb 3-Feb 24 No Feb 17 5:30-7:00

## **Zumba Gold**

Jan 7-Feb 25 | 5:00-6:00



# 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](http://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](mailto:heather.mcpherson@parl.gc.ca)

  
 Follow on   

Visit my website at [www.heathermcpherson.ndp.ca](http://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](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*.



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](mailto: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](http://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

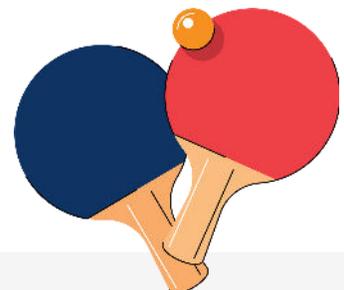
EMAIL  
[mycleanersedmonton@gmail.com](mailto:mycleanersedmonton@gmail.com)



## 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!



*Lights, Camera, Fundraise!*

a SEESA fundraiser with

# **BOB LAYTON** and **SHANE BLAKELY**



**Thursday, January 23, 2025**

**DOORS AT 2:00PM, SHOW AT 2:30PM**

Join Bob and Shane as they share about their work in TV and Radio. Tickets \$15 (includes beverage and baked good). Available at SEESA or by telephone at 780-468-1985.

**Meet and greet with  
books for sale  
following the show!**

**SEESA**  
*You belong here*

9350 82 Street NW

# SEESA Holiday Hours:

- **Closed:**

- December 21–29, 2024 - Christmas Break
- January 1 - New Year's Day
- January 3, 2025 - City of Edmonton Electrical Maintenance

- **Open:**

- December 30 (8:30 AM–4:30 PM) – Clubs and registration
- December 31 (8:30 AM–12:00 PM) – Clubs and registration
- January 2 (8:30 AM–4:30 PM) – Clubs and registration



# Country Music

# Legends



ALFIE MYHRE



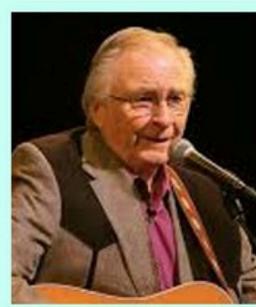
JOYCE SMITH



RANDY HOLLAR



RICK MORGENSTERN



EDDIE CHWILL

## Sunday, March 2, 2025 - 2 PM

### South East Edmonton Seniors Association

#### 9350 82 Street – Edmonton, AB

Refreshments  
included with  
Ticket!

Reserve Tickets only: - \$30.00  
Available Nov. 30, 2024 to March 2, 2025  
Call: 780 468 1985

Doors Open  
At 1 pm  
Show at 2 pm

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

## You're Invited

To SEESA's  
January Birthday Party  
Tuesday, January 21st  
1:30 - 3:00pm  
Tillie's Cafe

Please call SEESA's  
Front Desk (780-468-1985)  
**by Friday, January 17th**  
to let us know if you (and a guest)  
will be attending.

A heartfelt thank you to everyone who participated in the Purdy Chocolate and Poinsettia sales! Your generosity and support helped us raise an incredible \$1,660 for SEESA. That's a whole lot of chocolates and plants, and even more importantly, a huge step towards making a positive impact in our community. We couldn't have done it without you—thank you for your contributions and for spreading the holiday cheer!



Door Prizes!

Free cake, tea and coffee!

Live music!

ARE YOU OUR NEXT

# BOARD MEMBER?



## Be the Change You Want to See at SEESA!

We're shaping a vibrant future for the SEESA community, but we can't do it without visionary leaders like YOU!

Join our Board of Directors and help guide SEESA toward exciting possibilities.

👉 Explore the details and take the first step today: [www.seesa.ca](http://www.seesa.ca)

Your voice. Your leadership. Our future. 



## Celebrating December 15 to January 14 Birthdays

Jean Alexander	Renee Gerdes	Marie Nicpon	Imelda Trojek
Lana Alexander	Karen Gurba	Jim Normey	Anna Truong
Maria Alexander	Leonard Harms	Dallis Nowoselski	Erik Vandist
Judith Ashton	Alexis Harper	Holly Osborn	Annette Wagner
Allan Barclay	Joan Hawkins	Audrey Page	Carol Warshawski
Shirley Baynes	Bridget Henry	Marjorie Page	Les Westwood
Therese Beaulieu	David Hildebrandt	Carol Patrick	Lloyd White
Elizabeth Bianchini	Laureen Hollihan	Annette Peters	Barb Willis
Dora Bilko	John Holowaychuk	Heather Pick	John Yadlowski
Claudette Boisvert	Dorothy Humphrey	Lorence Plitt	Gordon Young
Edward Bouthillier	Christa Huot	Claudia Ramsay	Kaye Zenchyson
Donna Brant	Donna Ilnicki	Laurel Raulin	
Nora Bredo	Luc Josh	Ethel Reid	
Norman Briscoe	Benno Kappel	Donald Retson	
Alana Broomfield	Frances Kutschinski	Twila Riopel	
Patricia Cettiga	Richard Labranche	Diane Robitelle	
Catherine Charbonneau	Kirk Lambrecht	Fred Runzer	
Punita Chohan	Louise Larson	Rosalyn Schilberg	
Jean Chopoidaló	Sylvia Leyden	Jan Schmitz	
Noel Constantin	Kathy Lilly	Yolanda Schultz	
Anne Crighton	Thelma Lorentz	Lynda Sclater	
Gail Debenham	Judy Lynes	Lucette Scott	
Cheryl Donnachie	Carmen Machado	Raymond Sharp	
Karen Doucet	Bruce MacKenzie	Jackie Simmonds	
Brenda Dussault	David Maddess	Linda Smeland	
Brenda Eadie	Ellany Maeh	Roger Smeland	
Kathleen Eichmann	Kathy Mandseth	Dan Smith	
Pam Ellenberger	Vivian Manson	Sharon Steeves	
Brian Fargher	Linda Marchand	Judy Stelck	
Lil Filewych	Jane Mason	Diane Stott	
Larry Fliegel	Carol McKinley	Karen Straub	
Darlene Fraser	Colleen McNary	Genie Tchoryk	
Monica Gaal	Anne Melnychuk	Clara Thomas	
Renee Gerdes	Alfred Mo	Ron Tkachuk	
Karen Gurba	Sharon Moffatt	Shirley Tkachuk	
Leonard Harms	John Moir	Margaret Toma	
Alexis Harper	Carol Morgan	Jacqueline Treutler	
Joan Hawkins	Teresa		



November birthday party participants.

Do you have a birthday in January? Your party is on  
Tuesday, January 17th at 1:30pm.  
Please RSVP by January 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

Fridays – Chef's Choice.....	as priced
December 16 - Lasagna with Side Salad .....	\$14.00
December 17 - Chicken Burgers.....	\$10.00
December 18 - Chicken Teriyaki Skewers with Mountain-Fried Vegetables .....	\$15.00
December 19 - Macaroni and Cheese .....	\$10.00

## Holiday Closures:

- December 23–27: Kitchen Closed
- December 30: Limited Lunch - Tomato Soup and Grilled Cheese (Regular Pricing)
- December 31 and January 1: Kitchen Closed
- January 2: Chef's Choice
- January 3: Kitchen Closed

## 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.
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 <sup>rd</sup> 9:30am-12:30pm Dec 18 <sup>th</sup> 1:30 – 4:30pm			

**FYI Sessions:**

Dec. 3: Scams

Dec. 4: Wills

Dec. 5: Bring your Own Device: Consumer Reports

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 SEESA Town Hall 2:00pm Tillie's Cafe	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