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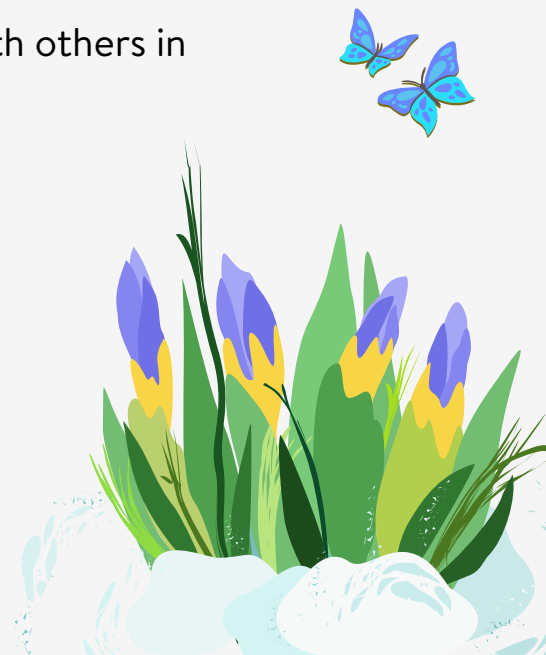
As the days grow longer and signs of spring start to appear, we have much to look forward to. SEESA has several upcoming opportunities to connect with friends.

Board members have completed the Board Governance Manual, and we are working with our Executive Director, Shelley, on preparing for the upcoming fiscal year and the Annual General Meeting. Our focus remains sustaining the operations of SEESA.

Shelley is actively involved in work to raise the awareness of the value of seniors centres. Our Board President, Wendy represents SEESA on the Edmonton Seniors Coordinating Council which is also supporting and advocating for resources that will support aging well in our community through programs and services.

We are thankful for the volunteers who, over the next weeks, will be spending time cleaning and sorting items for our upcoming Re-Use Sale and are organizing for the Book Sale. The three sales held three times each year generate significant revenue for SEESA and would not be possible without our dedicated volunteers including all of you who volunteer with set up and on the days of the sale.

Remember - as members of SEESA you are engaging with others in meaningful activities - a key to aging well.





# NOTICE

## 2025

### ANNUAL GENERAL MEETING & VOLUNTEER APPRECIATION

**Wednesday, April 23, 2025**

**1:30 p.m. - 3:30 p.m.**

Business includes: Approval of Minutes from 2024 AGM,  
Financial Reports, and Nominations Reports.

**2025 SEESA Regular, Lifetime or Honorary members  
are eligible to vote at the AGM.**

**South East Edmonton Seniors Association**

9350 82 Street N.W. Edmonton Alberta Canada T6C 2X8

780-468-1985 • [info@seesa.ca](mailto:info@seesa.ca) • [www.seesa.ca](http://www.seesa.ca)

## **Holyrood Community & Housing Collaborators (HC&HC) - Community Dialogues About Supportive Housing**

This spring, Holyrood will welcome residents into the supportive housing facility on 83 street. Holyrood Community & Housing Collaborators (HC&HC) is a group of neighbours working to foster a community of safety and belonging as we welcome the development into the community. If you'd like to learn more and stay in the loop on the development, sign up to receive emails [here](#).

HC & HC also invite all SE residents to a community discussion about the new supportive housing development in Holyrood. As our community continues to grow and evolve, we recognize the importance of coming together to share our thoughts, ask questions and explore how we can foster an inclusive and welcoming neighbourhood for all. These dialogues offer a space for open and meaningful conversations in a supportive and respectful environment.

The conversations will be facilitated by Community & Workplace Traumatologist, Line Perron, who will help create a space where all voices are heard and valued.

Community members are welcome to attend one of the following sessions:

- **Thursday, April 24** | 7:00-9:00 p.m. | SEESA - Tillie's Cafe (9350 82 St N.W.)
- **Tuesday, May 13** | 7:00-9:00 p.m. | Holyrood Community League (9411 Holyrood Rd)
- **Saturday, June 21** | 2:00-4:00 p.m. | St. Luke's Anglican Church (8424 95 Ave N.W.)

Please sign up here: <https://forms.gle/erMwmvQGnEyiHbiV6>

# SUPPORT SEESA'S 45TH ANNIVERSARY 50/50 WINTER CASH RAFFLE!

## Empower Seniors, Strengthen Community

Celebrate 45 years of SEESA by joining our 50/50 Winter Cash Raffle! Your ticket purchase supports vital programs for seniors, fostering connection and enriching lives.

### Raffle Details:

**AGLC License:** 723604

**Tickets on sale:** Jan 26 – Mar 29, 2025

**Draw date:** Mar 31, 2025

**Prize:** 50% of sales, up to \$10,000!

**Eligibility:** Alberta residents, 18+

**Buy tickets online:** Rafflebox - SEESA's 50/50 Winter Cash



Together, let's make a difference—one ticket at a time!



# 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 January 26 - March 22
- Pickup at SEESA: April 7 - 17
- Treat yourself, gift others, and support SEESA—every bite makes a difference!

<https://fundraising.purdys.com/1999977-126284>

SEESA Customer Number: 78364; email [darlene@seesa.ca](mailto:darlene@seesa.ca)



Scan to order!

SEESA Partnering with Bonnie Doon Flowers and Garden Centre

Wow your MOM this year with a beautiful Pansy Planter and Support SEESA!

# Mother's Day Pansy Planter

- Gorgeous Planter Pot (12 inch pot with variety of 7 different pansy colours)
- Cost: \$25 each, with \$7 supporting SEESA programs
- Order In-Person: March 11 - April 18 at SEESA's Front Desk
- Pickup: May 6, 7 and 8 - At SEESA
- Give a bright and beautiful thank you to someone special and help SEESA thrive!



## DID YOU KNOW?

Fundraisers help with operational needs such as custodial services, utilities, telephones, etc., as operational grants are quickly becoming limited.





## CANADIAN COUNTRY MUSIC LEGENDS CONCERT

The Canadian Country Music Legends returned to SEESA for the third year in a row to put on another excellent afternoon of country music. Alfie Myhre, Joyce Smith, Randy Hollar, Rick Morgenstern, and Eddie Chwill were in top form along with other bandmates for a wide variety of great tunes. Attendees were seen nodding along, tapping along with their feet,

and singing along to familiar favourites. Thank you to the volunteers who helped with set up, clean up, our 50/50 raffle, and the coffee service. And thank you to the Country Legends for another awesome show!



## VALENTINE'S DAY BRUNCH

On Friday, February 14, SEESA celebrated Valentine's Day with a delicious brunch of French toast with strawberries and whipped cream, breakfast sausage, and warm beverages in our cozy Tillie's Cafe. People came to enjoy the meal with friends, loved ones, and the whole SEESA community. As always, a huge thank-you to the volunteers who helped both in the kitchen and with serving the food out in the cafe, and to our kitchen staff as well for preparing another delicious meal. We hope everyone had a Happy Valentine's Day!



# The Windows of Our Past, Help Create the Journey to Our Future

Holyrood

In Holyrood, volunteers at the South East Edmonton Seniors Association have built 20 wooden benches as part of the community's Aging in Place initiative. The colourful benches - some are even accompanied by decorative throw pillows - dot the neighbourhood's leafy boulevards with invitations like "Sit a spell" and "Don't worry, be happy."

The benches have been built from scratch under the guidance of SEESA volunteer Harvey Norstrom. He says they are so popular that 30 more have been commissioned and now invite passersby to take a break in Rimbey, Pigeon Lake, and as far away as Saskatchewan. Norstrom live in Maple Ridge Trailer Court in southeast Edmonton and placed his varnished bench across the street from his home.

"There's a lady who walks her dog, and every day she sits and rests for a few minutes. A couple kids were out the other day sitting on it for a while. There's an area here that's all grass and a few trees, and they play out there, and then they were sitting on the bench eating a Popsicle, I think," he says with a chuckle.

Justine Leszczynski was the first Holyrood resident to request a bench after hearing about the program. Her dark purple bench doubles as a bus stop rest and complements the flowers in her front yard. She followed suggestions about where to place it, and can see who is using it from inside her home.

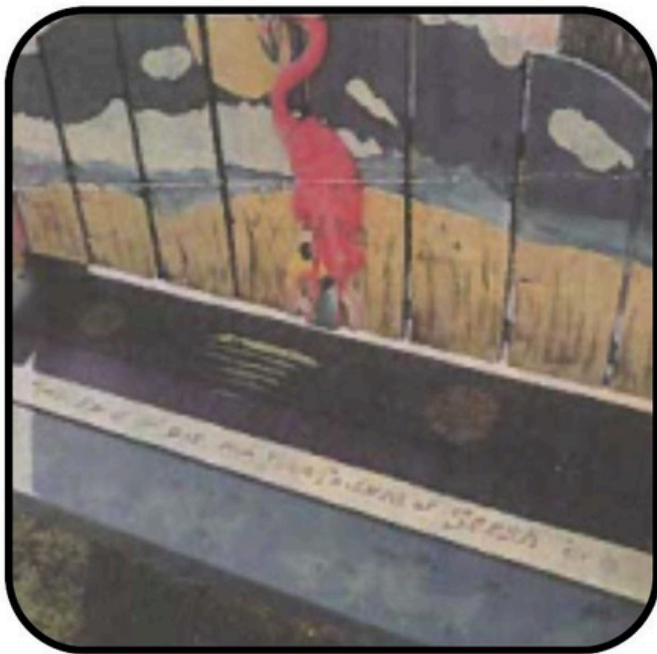
"It's surprising, the amount of people we see sitting on the bench," Leszczynski says, "It just creates a great community atmosphere."





SEESA's wooden bench program helped brighten the Holyrood neighbourhood with several uniquely painted benches.

Photos by Ryan Garner  
Edmonton Journal, August 26, 2017





We know that filing taxes can feel overwhelming and confusing. That's why we're sharing information to help older Canadians put money back in their wallets and to make life more affordable for them.

For low-income Canadians aged 65 or older, it's especially important they file their taxes on time, because tax returns are used to determine eligibility for financial supports like the [Guaranteed Income Supplement](#) or the GST rebate. Filing on time helps avoid unnecessary payment disruptions.

### **Tax credits to help make your life more affordable**

- The [age amount credit](#) may help you reduce your payable income tax. To be eligible, you must be 65 or older at the end of 2024 and your net income must be less than \$102,925. You can transfer all or part of this credit to your spouse or common-law partner.
- If you report your eligible pension, superannuation or annuity payments on your tax return, you may qualify for the [pension income amount credit](#). However, your income from Old Age Security benefits, Canada Pension Plan benefits and Quebec Pension Plan benefits are not eligible for this credit.
- The [Canada caregiver credit](#) provides help to those supporting a family member with a disability or illness. The family member must rely on you for necessities such as food, clothing and shelter.
- The [disability tax credit](#) helps reduce the income tax that people with severe and prolonged physical or mental impairments may have to pay. It aims to help offset some of the costs related to the impairment. Supporting family members may also be eligible for this credit.
- If you have medical expenses that exceed 3% of your net income or \$2,759, you may be eligible for the [medical expenses credit](#). You can also claim expenses that you paid on behalf of a family member and that were not reimbursed.
- The [home accessibility expenses credit](#) is a tax credit for home renovation expenses. The renovation must permanently make a home more accessible for seniors or people with disabilities living in the home.
- The [multigenerational home renovation tax credit](#) can help with renovation costs and provide a refund of up to a maximum of \$7,500 for each eligible claim related to the construction of a secondary suite. This tax credit is intended to help adults aged 65 or older or adults eligible for the disability tax credit live with a family member.

To find out about other tax credits you may be eligible for, visit the Canada Revenue Agency's (CRA) [All deductions, credits and expenses webpage](#).

### **Plan ahead!**

Sign up now for [direct deposit](#) and [file your taxes online with CRA's NETFILE](#) to help you avoid

delays. Signing up for the CRA's [My Account](#) is the best way to view and manage your tax and benefit information.

- **SimpleFile**

The CRA's [SimpleFile services](#) are free, quick and secure. They help people with a simple tax situation who have been invited to use the service to file their taxes.

- Two million Canadians have been invited to use SimpleFile by Phone this tax season. As part of a new pilot, some may also be invited to try out the SimpleFile Digital online option.
- The SimpleFile services will ask you to verify your information and provide answers to a few quick questions—there are no calculations for you to do. You can complete your tax return with SimpleFile from the comfort of your own home from 6 a.m. to 3 a.m. Eastern Time, 7 days a week.
- SimpleFile by Phone: Use your phone's keypad to file in as little as 5 to 10 minutes. You do not need to speak with an agent to use the SimpleFile service.
- SimpleFile Digital: Use your computer or mobile device to file online in 20 minutes or less.

### **Did you retire or turn 65 in 2024?**

The CRA's [Taxes when you retire or turn 65](#) webpage is filled with useful information! You can learn about the types of income to include in your tax return, how to reduce the tax you may owe, how your taxes are affected if you live abroad, and more.

### **Need help?**

Volunteers in your community or online may be able to help you do your taxes if you have a modest income and a simple tax situation. [Find a free tax clinic](#) near you.

Looking for more information? Please check out the CRA's [tax tips for older adults](#).

Plan to file your taxes as soon as possible!

Note: Article shared on behalf of Seniors In Canada, Government of Canada.



Where you can find the most current information on programs and services for older Canadians and their families, retirees, caregivers and community organizations.

# New and Returning Evening Classes

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!

## Beginner Clay Sculpting

March 3 - 17 | 4:30-7:30pm

## Line Dance Beginner Monday

March 3 - Apr 21 | 6:15-7:15pm

## Tabata Tuesday

March 4 - Apr 22 | 6:15-7:15

## Yoga Hatha with Barb

March 3-Apr 21 5:30-6:30

## Pickleball Introduction

March 3 - 17 | 5:30-7:00

## Zumba Gold

March 4 - Apr 22 | 6:00-7:00


**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 

## SEESA Shares Advertising Rates

SEESA accepts paid advertising in *SEESA Shares*.

### Advertising rates per single issue:

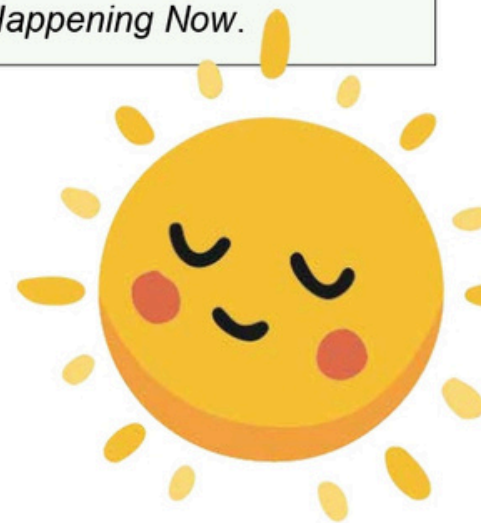
Card size:	3.5" w x 2" h	\$25.00
1/4 page:	4" w x 5" h	\$40.00
1/2 page:	8" w X 5" h	\$80.00
1/2 page:	4" w X 10" h	\$80.00
Full page		\$120.00

### 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*.




**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)



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)



## T.O.P.S.

**Take Off Pounds Sensibly**

**Please join us at:**

**GRACE UNITED CHURCH ANNEX  
6215-104 AVE EDMONTON  
MONDAYS AT 10.00AM  
FIRST VISIT IS FREE TO ATTEND**

Contact information:  
Phyllis 780 983 8787  
Iris 780 293 3619



in partnership with



# Free Tax Clinic

**Monday, March 17, 10:00am – 3:00pm**

At SEESA in the Capilano Room

**Monday, April 7, 10:00am – 3:00pm**

At SEESA in the Holyrood Room

## Eligibility Criteria:

- Ages 55+
- Modest income (approx. \$35,000 individually or \$45,000 as a couple)
- Simple tax situation (e.g. not self-employed, no investment over \$1000, no rental income, etc.)

**Call or visit the SEESA Front Desk to sign up for a 30-minute time slot (limited capacity).**

Questions? Email Judy at [finance@strathconaplace.com](mailto:finance@strathconaplace.com)

YOU'RE INVITED TO

# SEESA's April Birthday Party



Are you a SEESA Member with a Birthday in APRIL? Join us as we celebrate your special day! There will be birthday cake, beverages, music, and a door prize!

**TUESDAY, APRIL | 15 |**

**Tillie's Cafe  
1:30 - 3:00pm**

NEW! Bring TWO guests with you, free of charge, and bring additional guests for a \$5 entry fee/person!

**Featuring a singalong performance from SEESA Ukulele Students!**



Please call SEESA's Front Desk (780-468-1985) by Friday, April 11th to RSVP (along with the number of guests joining you)



# Eid Lunch

(End of Ramadan Celebration)

**March 31, 2025**

**Tillie's Café**

**11:30am-1:00pm**

**Tickets: \$20.00**

**Purchase by: March 25**

MENU: ALOO GOBHI  
(CAULIFLOWER, POTATOES, SPINACH, AND PEAS)  
INCLUDES COFFEE/TEA



9350 - 82 Street N.W., Edmonton



# CRIBBAGE Tournament



**Saturday, April 5, 2025**

**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!**

**Peg Vendor on Site**

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

**Pre-Registration Required by  
Wednesday March 26**

To register or for more information, contact  
Pam Ellenberger at 780-668-4815  
or [pam.ellenberger23@gmail.com](mailto:pam.ellenberger23@gmail.com)

**50/50 Raffle**

**Skunk Pot!  
\$1.00**

**19 Pot!  
\$0.25**

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



*New Name,  
Same Great Sale!*

at SEESA



**Saturday April 12, 10AM - 3PM**

**Sunday April 13, 11AM - 2PM**

Donation Hours

Monday to Friday, 9:00am - 4:30pm

Starting March 27th, ending on April 10th at Noon.

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

Additional donation days on Saturday, March 29th and Saturday, April 5th  
from 10am - 3pm

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

**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](http://www.seesa.ca)







# BOOK & PUZZLE SALE

Audio Books, DVDs, CDs also available

April 3 - 10, 2025 10:00 a.m. - 3:00 p.m.  
*(closed Saturdays & Sundays during April 3-10)*

April 12, 2025 - 10:00am - 3:00pm

April 13, 2025 - 11:00am - 2:00pm

Donations of used books, puzzles, audio books,  
DVDs & CDs can be dropped off at  
SEESA's South Doors April 3 - 10  
*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](mailto:info@seesa.ca) • [www.seesa.ca](http://www.seesa.ca)

**Are you Bored?**

**BOARD GAMES COMING SOON!**

Looking for a fun way to spend Friday afternoons or evenings while Jam Sessions are rocking? Help us choose board games to add to the mix! Share your favorites by filling out the form at the front desk by March 31. Let the games begin!

**SEESA**  
You belong here

**Donate a Car**  
Running or not,  
old or new

**CARS - TRUCKS  
BOATS  
MOTORCYCLES  
RVs**

**WE WOULD LOVE TO PUT IT TO GOOD USE**

**Donate Your Car to**  
South East Edmonton Seniors Association

Donate-A-Car will arrange the pick-up of your vehicle at no cost to you, sell the vehicle, and once they receive the funds, you will receive your tax deductible receipt through CanadaHelps and SEESA will receive the cash value of the sale.

**TELL US YOUR VEHICLE INFO** → **WE PICK UP YOUR CAR** → **YOU GET A TAX DEDUCTIONS**

**SEESA** You belong here

FOR MORE INFORMATION, VISIT [WWW.SEESA.CA](http://WWW.SEESA.CA) OR  
DONATE A CAR AT [INFO@DONATECAR.CA](mailto:INFO@DONATECAR.CA) / 1-877-250-4904

Competition Bureau Canada / Bureau de la concurrence Canada

Canada

March 2025

**Fraud Prevention Month #FPM2025**

<b>Protect Your Information:</b> Emphasize strong passwords and share information wisely.	<b>Confirm Identities: Unsure?</b> End the call and reconnect via trusted numbers.
<b>Watch Your Accounts:</b> Frequent monitoring can detect fraud swiftly.	<b>Alert on Suspicion:</b> Encounter something unusual? Report it immediately.

For further information - <https://competition-bureau.canada.ca/en/fraud-and-scams/tips-and-advice>

**SEESA**

**SEESA** You belong here

**Table Tennis Club**  
looking for a few more members

Are you ready to have some exercise, fun, and excitement?  
**Come and join us!**

Monday - 3:30 to 5:30 PM  
Friday - 3:30 to 5:30 PM

Drop in fees  
\$3.00 SEESA members  
\$6.00 Non-members

We have players of all levels, so whether you're a beginner or a seasoned player, you're welcome.  
We would love to see you.

For more information contact: Jim Der (780) 217-0461

South East Edmonton Seniors Association  
9250 82 Street N.W., Edmonton Alberta Canada T6C 2X8  
780-468-1985 • [info@seesa.ca](mailto:info@seesa.ca) • [www.seesa.ca](http://www.seesa.ca)

## Celebrating March 15 to April 14 Birthdays

Ron Adams	Sharen Lepine
Jean Adamson	Rick Liebrecht
Jacques Albert	Helen Lovell
Douglas Anderson	Tim Markle
JudyLynn Archer	Joyce McBean
Pamela Banser	Darlene McIntosh
Dorothy Beck	Nelson McRae
Michael Besney	Colleen Murdoch
Dawn Blaeser	Judy Nance
Joe Bowering	Terry Nicholson
Richard Brown	Ann Nicolai
Wolfgang Brueckl	Pauline Norris
Ken Burchert	Caroline Olynyk
Robert Campbell	Richard Orthner
Susan Chimiuk	Dianne Osback
Anita Dias	Della Paradis
Sylvia Dickson	Jocelyn Partington
Tanis Eaker	Gloria Pigat
Susan Fischer	Avril Pike
Christine Forth	Linda Ramirez
Elsa-Marie Frazer	Rebecka Redding
Colleen Freese	Laurie Reid
Mary Pat Gibson	Olga Reid
Robert Gilmour	Michelle Richard
Elizabeth Good	Helen Faye Ripley
Robert Griffith	Sharon Schnell
Christa Gundermann	Denise Schroter
Gail Guss	Georgina Schurman
Leo Hensel	Terry Simmonds
Betty-Ann Hine Wilson	Valerie Stenson
Jean Holowaychuk	Florence Summerbell
Hannelore Hoppe	Margaret Swytink
Pat Humble	Vel Thompson
Marilyn Isitt	Hector Tisnado
Naila Jawhari	Gerildine Tomlin
Jocelyn Johnston	Jennifer Townsend
Lynne Kaluzniak	Shelley Williams
Lori Klingbeil	Ken Woo
Carol Kodish-Butt	Jacob Wouters
Teresa Krukoff	Bette Yelich
Johnny Kwan	Adenike Yesufu
Pearl Lauber	



February birthday party participants.

Do you have a birthday in March? Your party is on  
Tuesday, April 15th at 1:30pm.  
Please RSVP by April 11th 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:

<b>Big Breakfast</b> - 2 eggs, 2 toast, bacon/sausages & hash browns .....	\$13.00
<b>Small Breakfast</b> - 1 egg, 1 toast, bacon/sausages & hash browns .....	\$10.00
<b>Pancakes</b> (2) - bacon/sausages .....	\$8.00
<b>Special</b> – as posted and priced	

## Lunch:

<b>Sandwiches</b> (Egg Salad or Tuna Salad, others as available)	
Full/Half sandwich .....	\$6.00/\$3.50
<b>Soup</b> .....	\$5.00

Entrées (Chef may substitute as required):

**Fridays – Chef's Choice** ..... as priced

<b>March 17 – Lamb Stew with Biscuits</b> .....	\$15.00
<b>March 18 - Taco Salad</b> .....	\$13.00
<b>March 19 - Tourtière with Side Salad</b> .....	\$15.00
<b>March 20 - Beef or Vegan Burgers</b> .....	\$6.00

\*\*\*

<b>March 24 – Pork and Kraut with Mashed Potatoes</b> .....	\$13.00
<b>March 25 - Creamy Manicotti with Meat Sauce</b> .....	\$14.00
<b>March 26 - Fish and Chips</b> ..... 1 Piece – \$12.00 / 2 Pieces – \$14.00	
<b>March 27 - Curry Vegetable Bundle with Side Salad</b> .....	\$12.00



## 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
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## Frozen Selections to take home:

<b>Soups</b> .....	\$4.00
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Entrées as available and as priced



# March 2025

This calendar primarily displays events and FYI sessions. For a full list of programs happening, click [here](#) to see our program guide.

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Uke N'Sing – Mar 3 (Registration required - \$20/person)						1 <i>Ramadan Begins March 1</i>
2 <b>LEGENDS Country Music Concert</b> (2pm – GYM) Tickets: \$30.00	3 <b>Session 2 Classes &amp; Clubs Begin</b>	4	5	6	7 <b>Jam Session 6:00 – 9:00pm</b> 	8 <i>International Women's Day</i>
9  Daylight Savings Time Begins	10	11	12 <b>AB Floor Curling Tournament</b> Gym/Tillie's Café <i>(Tillie's Café closed to the public)</i>	13	14	15
16	17 <b>St. Patrick's Day</b> 	18 <i>Monthly Birthday Party 1:30 – 3:00pm</i> 	19	20	21 <b>Jam Session 6:00 – 9:00pm</b> 	22
23	24	25	26	27	28	29
30	31 <i>New Program Guide Available</i> <b>EID LUNCH, 11:30am, Tix \$20</b>	 <b>SEESA</b> <i>You belong here</i>				

## **FYI Sessions:**

Mar 4: Strike Stroke Out

Mar 5: Human Rights for All

Mar 11: Executors and Their Duties & Responsibilities

Mar 12: Momentum Counselling





Mar 18: Hearing Loss and Aging

Mar 19: Alternative Investing with Private Markets

Mar 25: Foot and Hand Spa

# April 2025

This calendar primarily displays events and FYI sessions. For a full list of programs happening, click [here](#) to see our program guide.

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Reuse & Book Sale Donations March 31 – April 10		1	2	3 Book & Puzzle Sale April 3-10 10am-3pm & Reuse Sale weekend	4 Jam Session 6:00 – 9:00pm 	5 Spring Cribbage Tournament
6	7 Session 3 Registration Day 9:15am	8	9	10 Last day for Reuse Sale donations—ending at 12:00pm	11 SEESA Reuse Sale Setup No Classes or Clubs.	12 SEESA Spring Reuse Sale
13 SEESA Spring Reuse Sale	14	15 Monthly Birthday Party 1:30 – 3:00pm 	16	17 Easter Lunch Seatings at 11:00am and 12:30pm Tix \$20	18 SEESA Closed GOOD FRIDAY	19
20 Easter Sunday	21 SEESA Closed EASTER MONDAY	22 Earth Day 	23 SEESA AGM & Volunteer Appreciation 1:30pm Gym/Tillie's	24	25 Session 2 Classes End Jam Session 6:00 – 9:00pm 	26
27 National Volunteer Week April 27 – May 4  Every Moment Matters	28	29	30	Uke N'Sing – April 14 (Registration required - \$20/person)		

## FYI Sessions:

Apr 1: Introduction to Healthcare Options for Aging Adults  
Apr 8: Myths and Truths about Funerals  
Apr 9: MAID (Medical Assistance in Dying)

Apr 15: Bucket List Travel Planning  
Apr 16: Regulations for Financial Advisors  
Apr 22: Developing Mobile Devices & Moving Product Development to Commercialization