

SEESA Shares

JULY 2025



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STAY ALERT:
DON'T FALL FOR
THESE COMMON
SCAMS



MESSAGE FROM THE BOARD

As we enjoy the sights, sounds and tastes of summer the Board is taking a break from meeting.

With a civic election this fall, the candidates for mayor are eager to chat with voters. We are planning opportunities for our members to engage with the candidates to raise awareness of the challenges facing seniors living in Edmonton and to identify opportunities for the City to support healthy aging.

We are looking forward to seeing you at our pancake breakfast on July 25. Time to don your Klondike finery!

If you are seeking relief from the heat, we welcome you to spend time in Tillie's Cafe - reading, working on a puzzle, or socializing.



KDays Pancake Breakfast Friday, July 25th



Come anytime between 9:00 - 11:30am
Tillie's Cafe - 9350 - 82 Street NW



Tickets: \$10.00

Purchase at Front Desk or by Phone at 780-468-1985



**Pancakes with optional
fruit and/or whipped
cream, sausage, and
coffee/tea**



**Wear your “1890s attire”
as we Celebrate the spirit
of K-Days!**



Surf's Up!

SEESA Ice Cream Social & Fundraiser

Friday, August 8, 1:30pm - 3:00pm



Tickets \$10 (includes ice cream and beverage)

Dress in your best 60s Summer outfit!

Door prizes, 60s surf music, & more!



45th
anniversary
1980-2025 | **SEESA**
You belong here

SEESA TURNS 45!

JOIN OUR "45 FOR 45" FUNDRAISING CAMPAIGN

We asked, and you came through! Thank you to everyone who donated during the Great Canadian Giving Challenge \$45 for 45 Campaign. You raised just over \$6,000. Although we did not win the \$20,000, you made an impact on our goal of \$45,000 for 2025. Our first priority is to fix the sound system in the gym so it consistently works.

There is still time to donate to the \$45 for 45 Campaign as we work towards a fridge and freezer showcase for Tillie's Cafe, a keyboard for Melody Singers, and new chairs for the gym for events.



How to Donate

- ✓ Online through CanadaHelps
- ✓ Inperson at the Front Desk
- ✓ By phone - 780-468-1985
- ✓ By mail - 9350 82 St, Edmonton, AB T6C 2X8

Donation Period:

June 17 to December 31, 2025

Donate \$45 for 45 years!

All donations are greatly appreciated and welcomed



FOR MORE INFORMATION

☎ 780-468-1985 ext 224

🌐 darlene@seesa.ca

2026 MEMBERSHIP SALE

2026 Membership Pricing

Regular Member \$40 No increase!

Associate Member \$55 - \$5 increase starting January 2026

Reciprocal Member \$10 No change

New Regular Member

2026 Membership Pre-sale

Effective August 5, 2025.

Buy your 2025 membership for \$20 if you buy your 2026 membership at the same time.

New Associate Member

2026 Membership Pre-sale

Effective August 5, 2025.

Buy your 2025 associate membership for \$25 if you buy your 2026 membership at the same time.

Regular Membership Incentive to Buy Early

All returning 2025 regular members who buy their 2026 membership before December 31, 2025, will be entered into a draw to win (12 chances to win) their membership back.

Refer a Friend Regular Member Discount

If you are a current 2025 regular member and bring in a new 2026 regular member (who hasn't been a SEESA member for 2023, 2024, or 2025), you will receive \$10 off your 2026 membership.

We ask that both memberships be purchased at the same time so your discount can be applied.

Pride Day

On June 24, SEESA held our Pride Day celebration in support and allyship with the 2SLGBTQ+ community.

We were pleased to host Michael Phair for an engaging presentation on the history of Pride in Edmonton. Members, volunteers and staff donned colourful clothes and many enjoyed a colourful, rainbow-themed lunch afterwards. Thank you again to Michael Phair for joining us, and to the volunteers who helped support this event. Every month is Pride month, and every day is Pride Day!



Ukulele Summer Singalong



SEESA's Ukulele students returned with another excellent "Welcome to Summer" singalong on June 18. They played a wide variety of sunny tunes that the crowd enjoyed singing along to. Their instructor Elaine did a wonderful job leading the group, and the kitchen and volunteers were a huge help in getting watermelon and lemonade served out to everyone during the intermission. Thank you to all the performers for serenading SEESA and kicking off Summer in a fun way!





On June 25, members of the French Conversation Club once again ventured to Café Bicyclette across from Faculté St. Jean to practise their French in reading the menu, ordering in French, and conversing with the francophone servers and fellow club members. It was an enjoyable time with sounds of the live Jazz concert wafting in from the outdoors. Members of our club are at all levels of French from beginners (or debutantes) to the more advanced. We are always learning from each other.

 **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 | 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*.

DID YOU KNOW?

Cec Purves was the Mayor of Edmonton when SEESA opened our doors in 1980.

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

Outreach Program

Wed, July 16 - 9-12

Mon, July 28 - 1-4

Wed, Aug 13 - 9-12

In collaboration with Edmonton Seniors Coordinating Council, SEESA is pleased to host Outreach Worker Brandon, on-site the **3rd Wednesday** (9 am to noon) of each month and the **last Monday** (1 pm to 4 pm) of each month.

The Outreach Worker will be able to assist with:

- Assessment of risk factors
- Case management and referrals
- Home support options
- Assistance with food security & affordable housing
- Solutions for social isolations
- Assistance with filling out forms
- Access to government benefit programs

CONTACT US

780-468-1985

9350 82 Street

seesa.ca



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
mycleansersedmonton@gmail.com



Next Home Hub

Real Estate Expertise for Seniors

Ready to move into a situation that will enable you to thrive?

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- Senior Real Estate Specialist (SRES)[®]
- Licensed REALTOR[®]

P: 780-242-1774

E: michael@nexthomehub.ca

W: NextHomeHub.ca

MaxWell Progressive
Where Real Estate Happens[™]

Stay Alert:

Don't Fall for These Common Scams



Amazon Purchase Scam

You receive an email or text message from someone you know, asking for help buying something on Amazon—often a gift for someone. It sounds like a small favour, but it's not really your friend or family member. Their account has likely been hacked.

❌ This is a scam. Do not reply or send money.

✅ What to do:

- Call or speak to the person you know whose name is on the email directly to confirm the message before taking action.
- Report and delete the message—do not reply.
- Report the scam to the Canadian Anti-Fraud Centre.

Gift Card Scam



Someone pretending to be a friend, family member, government agency, or even a celebrity contacts you. They claim it's urgent and ask you to buy gift cards and send them the numbers on the back.

❌ Stop. This is a scam. No real organization or agency will ever ask for payment by gift card.

✅ What to do:

- Never share gift card numbers or photos with anyone unless you're absolutely sure who you're dealing with.
- Report the scam to the Canadian Anti-Fraud Centre.

🔗 To learn more, visit [Canadian Anti-Fraud Centre](#) & [Canada Revenue Agency](#).

Stay Alert:

Don't Fall for These Common Scams



Bank Impersonation Scam

You receive a phone call or message from someone claiming to be from your bank. They say there's a problem with your account and ask you to share personal banking details like your PIN, password, or SIN number, or they may ask you to send money to "fix" the issue.

⊘ Never share banking or personal information over the phone. Your bank will never ask you to do this.

✓ What to do:

- Hang up immediately.
- Call your bank directly using the number on the back of your card or from their official website.

Smishing (Text Message Phishing) Scam



You receive a text that looks like it's from a well-known company—such as Canada Post or your bank. The message says there's a delivery problem or account issue and includes a link asking for your personal information.

⊘ Don't click the link or reply to the message. It's a trick to steal your personal or financial information.

✓ What to do:

- Delete the message immediately.
- If you're unsure, contact the company directly using the phone number or website you know is real.

🔗 To learn more, visit [Canadian Anti-Fraud Centre](#) & [Canada Revenue Agency](#)

SEESA'S May 15 - June 14 *Birthdays*

**Gayle Allarie, Barb Andrews, Barbara Bailey, Jennifer Bain
Susan Barless, Trudy Bartsch, Brian Bianchini, Penelope Bradt
Bill Burton, Germaine Chau, Sudha Choldin, Sylvia Clair
Rosalind Cooper, Cheryl Demorest, Joe Doucet, Bob Drabiuk
Marjorie Enfield, Bruce Faunt, Herman Felsch, Brian Fish
Darlene Fleming, Ann Gillespie, Hans Gronau, Jill Hague
Robert Harris, Ann Hartwig, Sylvia Hoffman, Britta Johnson
Priscilla Kachmar, Elizabeth Kelly, Mary Kennedy, Colin Kinnell
Leon Klak, Henry Kotun, Roseann Kowalski, Linda Kruger
Marian LaBrie, Ginette Lachance, Robert LaFontaine
Andrew Lawson, Daniel Leclair, Doris Liebrecht
Patrick Lukasewich, Margaret Marean, Sharon Martin
Joan McFall, Marjorie McLean, Darlene Monty, Susan Moore
Mary Murphy, Iris Neufeld, Michael O'Neill, Hiliary Ouellette
Simon Page, Gayle Pederson, Brent Pegg, Linda Pentland
Kevin Perry, Barbara Powers, Tom Priestly, Dorothy Prins
Frances Purschke, Rosemarie Schatull, Hazel Shekooley
Richard St John, Roberta Stephens, Rhonda Taft
Allen Thompson, Paul Vanderham, Lynette Willie, Karen Wilson
Wendy Wiltse-Norbom, Albert Woolley, Maria Yakula
Murray Yaschuk**

SEESA's June 15 - July 14 ***Birthdays***

**Harry Abbink, Linda Acheson, Heather Arndt, Karen Arnett
Helena Ball, James Bennett, Gerard Bissonnette, Ken Blyth
Frances Bornn, Lucille Burton, Valerie Carlson, Brandi Carrier
Barbara Chapman, Linda Chernetski, Kimi Cheung
Nick Chrapko, Michael Dean, Anna Der, Emily Dolynchuk
Vicki Dowd, Mark Dyer, Janice Edgington, Jacqueline Esch
Jo-Anne Farley, Daniel Fearon, Lorraine Ferbey
Myroslawa Fodchuk, Sandra Golan, Nancie Graves
Brenda Hamilton, Chris Hancock, Janet Hedley-Smith
Gail Hunter, Pierre Jean-Louis, Brenda Johnston
Jacky Kapler, Jiri Kind, Christina Klein, Sandra Kopeck
Carol Kuzyk, Barbara Laisi, Florence Lavigne
Annetta LeClerc, Leon Leclerc, Dale Leicht
Maxine Lemay, Annette Lemire, Linda Letendre
Marilyn Ligard, Louise Linarez, Fran Lusson, Dan Mah
Marlene Malyj, Diann McLeod, Faye McLeod, Sheila Meads
Robert Meredith, Michael Merrier, Victoria Middleton
Graham Moore, Steven Nicol, Susan O'Brien, Eva Osterwoldt
Karen Otteson, Ann Paches, Judy Paine, Christine Peleshok
Leora Poulin, Darlene Radmanovich, Philip Riopel
Ingrid Russell, Claudette Sabourin, Soonnam Sabulka
Marilyn Sandahl, Jane Schmidt, Marianne Shirliff
Freda Sinn, John Sparling, Gail Spivak, Mary Stewart
Liz Stuart, Sharon Svendsen, Frances Tash
Marjorie Thompson, Renate Van Dorsser, Jude Weavill
Linda Weber, Pete Wilson, Sheri Woo, Shirley Yakimishyn
Frank Zrim**

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

July 14: Limited Menu to Soup, Salad and Sandwiches

July 15: Honey Garlic Pork Ribs with baked potato\$15.00

July 16: Limited Menu to Soup, Salad and Sandwiches

July 17: Liver & Onions with mashed potatoes & salad\$12.00

July 18: Limited Menu to Soup, Salad and Sandwiches

July 21: Limited Menu to Soup, Salad and Sandwiches

July 22: Pulled Pork Tacos.....\$12.00

July 23: Limited Menu to Soup, Salad and Sandwiches

July 24: Philly Cheese Steak Sandwich.....\$14.00

July 25: KDays Pancake Breakfast - Ticketed Event.....\$10.00

(purchase your ticket for this event at the Front Desk)

July 28: Limited Menu to Soup, Salad and Sandwiches

July 29: Eggs Benedict with fruit salad.....\$12.00

July 30: Limited Menu to Soup, Salad and Sandwiches

July 31: Macaroni and Cheese.....\$6.00

August 1: Limited Menu to Soup, Salad and Sandwiches

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



July 2025

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

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
July is Disability Pride Month		1 Canada Day SEESA Closed 	2	3	4 Edmonton Street Performers Festival Begins! Runs July 4 - 13	5
6	7	8	9	10	11	12
13	14	15	16 Outreach Worker On Site (9am-12pm)	17	18 Edmonton K-Days Begins! Runs July 18-27	19
20	21 Become a Garden Volunteer! Call 780-468-1985 ext. 260	22	23	24	25 KDays Pancake Breakfast Come anytime from 9-11:30 Tix \$10	26
27	28 Outreach Worker On Site (1pm - 4pm)	29 New Program Guide Available	30	31		

Clubs Running over the Summer (See Website for days/times/cost: www.seesa.ca)

Badminton	Contract Bridge	Quilting & Crafting	Pickleball
Table Tennis	Woodcarving	Guitar	Pole Walking
French Conversation	SEESATones Band	Hand & Foot Canasta	Soapstone Carving
Cribbage	Jam Sessions	Jigsaw Meet Up	Euchre

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1	2
3	4  Heritage Day SEESA Closed	5 Session 5 Registration Day 9:15am	6	7	8 <i>Surf's Up! Ice Cream Social & Fundraiser 1:30pm – 3pm Tix \$10</i>	9
10	11	12	13 <i>Outreach Worker On Site (9am–12pm)</i>	14	15	16
17	18	19	20	21	22	23
Yearly Building Maintenance Closure - Aug 18 - 29 No Classes or Clubs Tillie's Café Closed →						
24	25	26	27	28	29	30
Yearly Building Maintenance Closure - Aug 18 - 29 No Classes or Clubs Tillie's Café Closed →						
31						