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AUGUST /
SEPTEMBER
BIRTHDAY PARTY



Hello
August

MESSAGE FROM THE BOARD

As we enjoy warm August days, the cooler mornings and evenings remind us that fall is approaching. SEESA hallways will once again be abuzz with the sound of members participating in classes and clubs and enjoying social activities.

Dr. Kerry Burnright, a former professor of geriatric medicine and gerontology at the University of California at Irvine, School of Medicine created the concept of “joyspan” as she views longevity as more than “lifespan” and “healthspan”. “Joyspan” is based on the science of well-being, contentment, meaning, growth, choice and purpose.

SEESA is a place that can support “joyspan” through movement, social interaction, learning, creative expression and volunteering.

As we return to our Board duties and other activities we look forward to seeing you and strengthening our “joyspan”!



**Yearly Building Maintenance
will take place**

August 18 - 29, 2025

No Classes or Clubs

Tillie's Cafe Closed

Front Desk will remain open

Monday - Friday

8:30am - 4:30pm

South East Edmonton Seniors Association

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

780-468-1985 • info@seesa.ca • www.seesa.ca





You belong here



OPEN HOUSE



What You'll Learn About:

- Who SEESA is
- Volunteer Opportunities
- Classes and Club Information
- Membership Information
- Community Engagement

Date :
September 4, 2025

Time:
1 pm to 7 pm

Location:
SEESA - 9350 82 Street

Mark Your Calendar!

SEESA Open House & Volunteer Fair

A One-Stop Hub for Connection, Learning and Community

Thursday, September 4, 2025 | 1:00 PM – 7:00 PM

Ever wondered what SEESA is all about?

Curious about joining a club, taking a class, or giving back as a volunteer?

Or growing your community connections?

SEESA's Open House is where it all starts!

Find Your Volunteer Passion

From one-time opportunities to ongoing roles, volunteering at SEESA is a meaningful way to give back, build skills, and form lasting connections. Whether you're a retiree with time to give, a caring community person, or a student eager to grow your resume, we have a place for you.

Meet Your Community

Make connections with local organizations that support community well-being and civic engagement. Some of the organizations attending are:

- SAGE Seniors Association
- ElderCare Edmonton
- Neighbourhood Watch
- Holyrood Community League
- Edmonton Federation of Community Leagues
- ForeverCanadian Petition
- Ward Métis City Councillor Candidates
- and many more!

💡 Explore & Engage

- Discover 25+ interactive tables and displays
- Learn about SEESA's volunteer opportunities and how you can join the volunteer team
- Learn about our wide variety of clubs, classes, and FYI sessions
- Dive into topics that spark curiosity and connection

💛 Membership Made Easy

Thinking about becoming a SEESA member? This is the perfect time to get the full picture of the SEESA community. Come see what we're all about—and sign up right on the spot.

◆ Why You'll Want to Be There:

This isn't just a meet-and-greet — it's your gateway to becoming an active part of a vibrant, inclusive, caring community.

Come With Questions, Leave With Inspiration

Whether you're new to SEESA or a long-time member,
there's something for everyone at this Open House.

Find new ways to stay active, informed, and involved
while meeting friendly faces who share your interests.

Drop in anytime between 1:00 PM and 7:00 PM
and bring a friend or two!

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.

In person only at SEESA. Not available online.

Introducing the SEESA Access Pass: Removing Financial Barriers for Seniors

At SEESA, we believe everyone deserves the opportunity to connect, learn, and thrive—regardless of financial circumstances. That's why we're proud to introduce the SEESA Access Pass (SAP), a program designed to reduce financial barriers for seniors who want to participate in SEESA's vibrant clubs, classes, and activities.

Whether it's a fitness class, a club, or a General Interest or For Your Information (FYI) session, staying active and connected is essential to healthy aging. The SEESA Access Pass makes it easier than ever for low-income seniors to engage with our community—and reap the benefits.

The SAP program is built around the Six Determinants of Healthy Aging and is designed to:

- ✓ Encourage Active Aging – Stay mentally, physically, and socially active through engaging programs.

- ✓ Increase Participation – Get support with class fees and even transportation, so finances aren't a barrier.

- ✓ Reduce Isolation – Enjoy meaningful community connection to combat loneliness and inactivity.

- ✓ Engage Social Support – Access information, referrals, and caregiver resources to help you thrive.

Because healthy aging should be accessible to all.

Who Is Eligible?

- Current SEESA member or those looking to become a SEESA member (reciprocal members not eligible)
- Demonstrate financial need

How to Apply

Interested in applying or know someone who could benefit?

Contact our Membership Coordinator (780-468-1985 ext 225 or by email at gina-marie@seesa.ca).

What SAP Covers

The Access Pass subsidizes or fully covers the cost of SEESA's:

- Classes
- Clubs
- FYI sessions
- General interest class or workshops
- Transportation to and from SEESA

Note:

- The program does not apply to SEESA event registrations or fundraising activities.
- Reciprocal members are not eligible.
- There is a maximum amount eligible per year.

Outreach Program

Wed, Sept 17- 9-12

Mon, Sept 29 - 1-4

Wed, Oct 15- 9-12

Mon, Oct 27 - 1-4

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

The Outreach Worker will be able to assist with:

- Home support options
- Information, referrals and case management
- Assistance with food security & affordable housing
- Solutions for social isolation
- Navigating systems like transportation & housing
- Assistance with filling out forms
- Access to government benefit programs

**FOR MORE
INFORMATION**

📞 780-468-1985

📍 9350 82 Street

🌐 seesa.ca

For emergent needs: call 211-2

UPCOMING CLASSES

- Barre HIIT
- Beginner Pottery
- Clogging Absolute Beginner
- Cha Cha Charge
- Drawing How to Capture Light and Shadow in Various Subjects
- Hula Hoop Dance
- Move Well
- Paper Paste Plus
- Pole Walking Workshop
- Tabata Tuesday
- Total Fitness Fun
- Uke N'Sing
- Ukulele Absolute Beginner
- Yoga for Guys and Gals Monday, Thursday and Friday
- Yoga Flow

For more information on these classes check out our website at www.seesa.ca



Just coming back
from a vacation?
There is still time to
register for classes,
general interest and
FYI's for Session 5.

Call - 780.468.1985

Visit the Front Desk

Register Online - www.seesa.ca

UPCOMING FYI SEMINARS

- FYI: Vital Holistic Care (Formerly the Cannabis Nurses + Co) Presents: An Introduction to Cannabis
- FYI: Preparing Your Finances for Your Estate
- FYI: Understanding Executor Duties
- FYI: Understanding the Basic Paperwork with Your Investment Firm
- FYI: How to Monitor Your Blood Pressure at Home
- FYI: Greater Edmonton Foundation (GEF) Seniors Housing
- FYI: Estate Planning-Wills

For more information on these classes check out our website at www.seesa.ca



UPCOMING GENERAL INTEREST CLASSES

- Advance Care Planning Part 1 & 2
- Declutter and Downsize in a Holistic Way: Clutter is Not a Crime It's An Inside Job & The Upside of Downsize
- Exploring Mindful Self-Compassion
- What is Grief Recovery
- Genealogy: An Introduction
- The Medicine Wheel
- Philosophers Cafe: Our Common Home: Two Popes On Climate Change
- Spirituality and Aging

For more information on these classes check out our website at www.seesa.ca





KDays Pancake Breakfast Friday, July 25th



On Friday, July 25 SEESA held our annual KDays Pancake Breakfast in Tillie's Cafe. Over 80 community members came by for some delicious pancakes with all the fixings, breakfast sausage, and a fun KDays photo booth as well. A few of our members and staffed donned 1890s themed klondike outfits, and a good time was had by all. Thank you to our kitchen staff, and all of our volunteers for helping make the event happen!

Surf's Up - Ice Cream Social

SEESA looked back to hot, summery days of the 60s with our "Surf's Up" Ice Cream Social & Fundraiser on Friday, August 8. Attendees enjoyed ice cream sundaes with some fun toppings, beach volleyball in the gym and some other fun games, and some great 1960s summer tunes to nod along to in the background. Many thanks to the event organizers for putting together some fun decorations and nice details, and to everyone who helped on the kitchen side and with the service! It was a great way to keep the summer vibes going.



An ode to Ann Hartwig

by Anna and Jim Der



This is an Ode about someone who showed respect and care for others, and one who was celebrated for the strong worth of supporting others—this was Ann Hartwig for us!

At SEESA, we have lost a quiet but very valuable member—Ann Hartwig.

As a couple living nearby Ann for fifty years we have known her since the 70's, often meeting up at our children's programs at King Edward Park Community League, at adult dance celebrations, or Halloween and Christmas programs.

Every time we would meet up, Ann with a big smile, took a moment to visit with us awhile, even with our own busy families running around—what a gift to us to visit with her!

Plus, when we would meet up at Bonnie Doon Mall, Kenilworth Hall, or Bonnie Doon Hall for programs and events there again we would have a little catch up and a quick visit to keep in touch about what was new in our families.

Always it was Ann with a big welcoming smile—so happy to see us and to visit with our Der family again!

And at SEESA, Ann always greeted both of us with more of the same gracious and friendly ways when we met up at celebrations there or visiting together as we went to and fro—Ann at her own programs of carpet bowling or floor curling, and us at Table Tennis or FYI's. Whenever SEESA was hosting a social event and we were both there, we would have a quick visit!

Ann was a wonderful representative of what all of us must learn to do better with others—always being so welcoming to everyone we meet!

Yes, we have all lost Ann Hartwig but if we can continue on copying her warm and welcoming ways maybe we can keep a little part of her with us. By writing this “Ode to Ann Hartwig” I am asking all of us at SEESA to greet each other just like Ann Hartwig did: with warmth and graciousness. It then will be a sign of our remembrance of her.

A vibrant orange background featuring a central graphic of a bus. The bus's destination sign reads "RIVER CREE CASINO Bus Outing". The sign is framed by a glowing border of small lights. Above the sign, five playing cards (Ace of Clubs, Ace of Hearts, Ace of Spades, Ace of Diamonds, and Ace of Clubs) are fanned out, flanked by two gold stars. Below the sign, two red dice are shown. The entire graphic is surrounded by white stars and stylized white dice patterns in the corners.

RIVER CREE CASINO *Bus Outing*

MONDAY SEPTEMBER 15

11AM PICK UP FROM SEESA

3:30PM DEPARTURE FROM RIVER CREE TO SEESA

**\$5 FREE PLAY VOUCHURE
COMPLIMENTARY LUNCH AT TAP 25
*BEVERAGES AND GRATUITY NOT INCLUDED***

COST: FREE

SIGN UP AT THE FRONT DESK OR BY
CALLING 780 468 1985



CRIBBAGE Tournament



**Pre-registration is not open yet, but
we're asking you to save the date!**

Saturday, September 20, 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!**

**Skunk Pot!
\$1.00**

1st, 2nd & 3rd place cash prizes!

Highest hand cash prize!

**Pre-Registration Opens on
September 2, 2025. Additional
details will be provided by
September 1.**

**19 Pot!
\$0.25**



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

SEESA TURNS 45!

JOIN OUR "45 FOR 45" FUNDRAISING CAMPAIGN

Help Us Reach Our Next Milestone – \$15,000

There's still time to be part of the \$45 for 45 Campaign as we push toward our next goal.

Your support will help us bring big improvements to our community spaces, including:

- 🎹 A keyboard for the Melody Singers
- 🎉 A new fridge and freezer showcase for Tillie's Cafe
- 🪑 New chairs for gym events and gatherings

Every dollar gets us closer—join us in making it happen!



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

 **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?

SEESA members participated in the 1988 Alberta Seniors Games in Vermillion. Edmonton Zone 6 collected 66 medals - 25 gold, 23 silver, and 18 bronze.



 **SEESA**
 You belong here

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



DID YOU KNOW?

VOLUNTEERS have always been, and continue to be, the foundation of our centre. In 2024, 301 volunteers provided 25,652 hours of their time to SEESA.

This is equal to 13.3 Full Time Equivalent employees (at 37 hours/week) or \$384,780 (at minimum wage of \$15/hour).

FANTASTIC!!

We ♥ our Volunteers



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



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Real Estate Expertise for Seniors

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

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Michael Draper, REALTOR[®] and Senior Real Estate Specialist (SRES)[®]

P: 780-242-1774

E: michael@nexthomehub.ca

W: NextHomeHub.ca

MaxWell

Progressive
Where Real Estate Happens[™]

YOU'RE INVITED TO

SEESA's August & September Birthday *Party*



Are you a SEESA Member with a Birthday
in AUGUST or SEPTEMBER?

Join us as we celebrate your special day! There will be
birthday cake, beverages, entertainment, and a door prize!

TUESDAY, SEPTEMBER | 16 |



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 performance by SEESA's Band "TCB"!

Please call SEESA's Front Desk (780-468-1985)
by Friday, September 12th to RSVP (along with
the number of guests joining you)



SEESA's August 15 - September 14 *Birthdays*

Glen Argan Bernice Armstrong Linda Axley
Mary Baxter Joyce Blacklock Margo Cahn
Cathy Campbell Janet Campbell Alisa Caswell
Maxine Charlton Janet Couch James Der Wanda Fish
Kathy Gilchrist Peter Gommerud David Gordon
Kerry Grisley Julie Haley Debra Hathaway
Edwige Hessel Trevor Hughes Maryanne Huntingford
Robert Hyndman Asuncion Iglesias Linda Jennings
Ana Kante Keith Kasha Patricia Kelly Maxine Kettleson
Joyanna Klaus Chris Kocil Robert Konojacki
Sandra Konrad Vivian Konsorada Dorothy Korburt
Kenny Kozak Terri Labonte Jacqueline Laube Ken Loo
Claire Lopeter Ian Macintosh John MacLeod
Norma Marion Roger Martens Athena McKenzie
Karen McNaughton JoAnne McRae Robert Noseworthy
Toni Owen Mary-Ellen Perley Dorothea Pfalz
Stanley Poon Hildegard Prediger Francis Price
Jan Przysieznik Heather Rask-Maynes Brenda Remin
Mervin Robillard Alain Rodrigue Elizabeth Saskiw
Sharon Schmidt Debra Scott Audrey Shonn
Jane Skinner Jim Swan Sharon Swyrd Marjorie Tanner
Ron Townsend Andy Trachimowich Diane Turner
Roy Turner Kevin Valpy Joanne Van de Maat
Susan Wegner David Whillier Noreen Willows
Brenda Winchester Antonia Yarmon

Tillie's Cafe



Closures

FULL DAY CLOSURE

August 18-29: Closed for building
maintenance

September 1: Closed for Labour Day

September 24: Closed for private function

PARTIAL CLOSURE

September 16: Birthday Party - closed -
1 pm to 4 pm

This calendar primarily displays events. For a full list of programs happening, visit www.seesa.ca

August 2025

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 Tillie's Café closed for Kitchen/Café volunteer meeting	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 →						
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September 2025

This calendar primarily displays events.
For a full list of programs, visit www.seesa.ca

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Labour Day SEESA Closed	2 SEESA Clubs Resume	3	4 <u>SEESA Open House</u> 1pm - 7pm	5	6 Strathearn Art Walk 12 to 7 pm (Art & Soapstone)
7 Strathearn Art Walk 12 to 5 pm (Quilters & Crafters)	8 Session 5 Classes Begin	9	10	11	12	13
14	15	16 Aug/Sept Birthday Party 1:30pm-3pm Tillie's Café	17 Outreach Worker On Site 9am-12pm	18	19	20 Fall Crib Tourney Pre-reg opens Sept 2
21	22	23	24 AB Floor Curling Tourney Tillie's Café Closed	25	26	27
28	29 Outreach Worker On Site 1pm-4pm	30 National Day for Truth & Reconciliation SEESA Closed				

OPEN HOUSE



September 4, 2025
1pm to 7pm



You belong here