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OCTOBER
BIRTHDAY PARTY

Message from the Board

Fall is always a busy place at SEESA with classes, clubs, events and fundraisers. The Fall 2025 Reuse and Book sale will take place on October 25 and 26. There is a pre-book sale on now in Tillie's Cafe. Donations started coming in on Oct 8 and the sorters and cleaners have been busy getting everything ready for the sale. Please keep bringing those donations in so that this fall sale can be our best-ever!

SEESA is undertaking a three-to-five-year strategic planning process between September 2025 and March 2026, with an emphasis on high level direction-setting for the future of the organization.

We are working on the current vision and mission and the more recent work on values as the backdrop to the upcoming strategic planning process.

Vision – SEESA is a vibrant, compassionate, inclusive place to grow up and grow older.

Mission – To empower and enhance the quality of life of people in our community as they age.

Values – Human dignity. Belonging and community. Collaboration.

If you are interested in hearing more about the strategic plan, what the board and staff have been doing, please join us at the Town Hall on Wednesday, October 22, from 2 -3:30 pm in Tillie's Café.

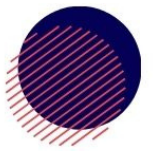


SEESA 's TOWN HALL

Join us for:

- An update on what's Happening at SEESA!
- A Strategic Planning discussion - help shape the future of SEESA with your valuable insights and expertise!

Let's deal with opportunities and challenges together.



22 October 2025

2:00 - 3:30pm

Tillie's Cafe

Empowering and enhancing the quality of life
of people in our community as we age.





45th Anniversary Halloween 50/50

Tickets - \$5 each

Purchase at SEESA Front Desk
or Call 780-468-1985

DRAW DATE - October 31, 2025



LICENCE #748612
1000 Tickets Printed

2025 Edmonton Election

An Age Friendly Guide

The [Edmonton Seniors Declaration](#) affirms City Council's commitment to an age-friendly city where people of all ages feel safe, empowered, supported and connected.

City Council first adopted this declaration on June 3, 2010 and recommitted to it on October 1, 2020. The declaration states that:



Individuals are respected regardless of age. All generations have much to teach and learn from each other.



People of all ages feel safe, empowered, and supported as individuals so that they can age well, reconnect with, and enrich the community.



Urban spaces are intentionally designed to be vibrant, inclusive and accessible to meet the interests and needs of older adults.



Older persons have access to information, programs and services that promote engagement.

Key election issues related to the [Edmonton Seniors Declaration](#) are:

➤ **Service changes that do not consider accessibility needs of the community.**

Most importantly, the transition from physical transit tickets to ARC cards, and the removal of parking pay stations in favor of the E-Park app.

These changes not only create barriers for older individuals, but anyone who can't read English, does not have access to a smartphone or debit/credit card, or has trouble navigating digital platforms and QR codes. Additionally, needing support to access and navigate systems like transit is a top presenting issue seen in Hello Seniors and Social Prescribing programs. Fewer places to buy ARC cards mean accessibility has been reduced— 75 sites compared to over 300 where transit tickets used to be sold.



Lack of safe, affordable, and accessible housing for seniors.

Many seniors feel unsafe in their current housing situation and cannot afford to stay where they have lived for years.

Changes in urban planning are part of the challenge in many neighbourhoods. There are long waiting lists of up to two years for affordable supportive living and subsidized housing options. City Council's role in setting zoning policies, approval processes, and the delivery of social housing has direct impacts on the affordability and accessibility of housing.

Funding social connection and community engagement opportunities for seniors.

Social isolation is a major health issue in the seniors population. Often, financial barriers prevent older adults from being active.

Community-Based Seniors Serving (CBSS) organizations play an important role in addressing this by providing low-cost programs and services that support lifelong learning, life enrichment, health and wellness, but many CBSS organizations are worried about being able to keep their doors open.

Without these CBSS organizations, older persons have limited access to information, programs, and services that promote engagement.

Questions for Mayoral Candidates

What are you prepared to do to make City of Edmonton services more age-friendly?

How can City Council encourage more affordable housing options for seniors, in communities where they can feel safe?

What would you do to make sure there are adequate municipal resources—including funding—to support CBSS organizations to keep up with growth and diversity in the senior population?

Find more information about the 2025 Municipal Election on our website

seniorscouncil.net



EDMONTON
SENIORS
COORDINATING
COUNCIL

780-423-5635

info@seniorscouncil.net

#101, 9426 51 Avenue NW Edmonton, AB T6E 5A6



CRIBBAGE Tournament



Saturday, September 20, 2025

Submitted by Pam Ellenberger

SEESA's fall cribbage tournament was again a success and filled up with 100 players within three days of the poster going out. A record! It was a beautiful day both outside and in. As always, Cherie prepared a satisfying lunch for everyone and the day flowed smoothly. This being a community event, a variety of ages hailing from various parts of the city and beyond enjoyed playing.

The 50/50 pot was \$534 and two deserving university students, one the granddaughter of SEESA member Elsie Stannard, won \$217. There were three winners for the 19 Pot, and even the players who were skunked the most earned a monetary reward. One person had TWO hands of 24 so won the highest hand prize. Several delightful door prizes were also drawn.

Thank you to all the volunteers who helped to both assemble and disassemble the gym for this event, again in record time!



Thanksgiving Lunch

October 10, 2025

THANKSGIVING

A Time to Slow Down and Share More Than Just a Meal

For many of us, Thanksgiving is a time to look forward to the familiar comforts of the season—the delicious food, the warmth of good company, and the chance to gather around the table. But beyond the turkey and trimmings, Thanksgiving offers us something even more meaningful: the opportunity to slow down, connect, and truly enjoy each other's presence.

That's exactly what happened on October 10 at SEESA's Thanksgiving Luncheon – we were reminded just how powerful a shared meal can be. The food was delicious, and the portions were generous—a true reflection of the spirit of giving that defines this holiday. But what stood out most wasn't just what was on our plates. It was the laughter, the stories, and the conversations at the tables and that filled Tillie's Cafe.

In our busy day-to-day lives, it's easy to get caught up in routines, to rush from one task to the next. Meaningful conversations can get lost in the shuffle. But when we come together—when we sit, eat, and share—we create space for something deeper. We remember the joy of simply being present with one another.

At SEESA, we are grateful not only for the meal prepared by our talented Chef and volunteers, but for the people we share it with. We truly cherish the gift of good company and conversation.



BOOK & PUZZLE SALE

Audio Books, DVDs, CDs also available

October 14 - 23, 2025 10:00 a.m. - 3:00 p.m.

(closed Saturdays & Sundays during Oct. 14-23)

October 25, 2025 - 10:00am - 3:00pm

October 26, 2025 - 11:00am - 2:00pm

Donations of used books, puzzles, audio books,

DVDs & CDs can be dropped off at

SEESA's South Doors October 8 - October 23

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 • www.seesa.ca



at SEESA



Saturday October 25, 10AM - 3PM

Sunday October 26, 11AM - 2PM

Donation Hours

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

Starting October 8th, ending on October 23rd at Noon.

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

Additional donation days on

Saturday, October 11th and Saturday, October 18th from 10am - 3pm

Please ensure that all your items are clean

and in good working condition.

Please 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



Reuse Sale Accepted Items



We begin accepting items
for our Fall Reuse Sale on
Wednesday, October 8.

Monday to Friday,
9:00am - 4:30pm
Ending Thursday,
October 23rd at Noon.

Additional donation day on
Saturday, October 18th
10am - 3pm



Reuse Sale Accepted Items



✓ We **DO** Accept ✓

- Antiques
- Collectibles
- Artwork
- China & Crystal
- Craft Supplies
- Home Decor
- Knick-Knacks
- Jewelry
- Kitchen Appliances (small only)
- Kitchen Housewares - pots, pans, cutlery, plates, bowls, cups
- CD's, DVD's, Records
- Books and Puzzles
- Knitting, Crocheting, Sewing Supplies
- Linens (clean - no stains)
- Patio & Garden accessories
- Picture Frames
- Purses
- Scarves
- Sporting Goods - small, eg weights
- Bikes
- Furniture - small, eg bookcase



Flu Clinic at SEESA

Get the flu shot here

Thursday November 13
9:30-10:30
Forest Heights Room

Tuesday November 18
9:30-10:30
Forest Heights Room

Please sign up at the Front Desk to book your time slot and fill out paperwork.

On the day of the flu clinic please bring your ID, Alberta Health Care Card and wear a short sleeve shirt

Clinic Provided by IDA Capilano Pharmacy



Remembrance Day Ceremony

Monday, November 10th

Doors open at 10:15am, program will begin promptly at 10:45am with lunch to follow

Lunch Menu: Tourtière, salad, black forest cake for dessert, and coffee/tea

For vegetarian or gluten-free options, please sign up with the Front Desk.

Tickets \$20

Purchase tickets at SEESA front desk (9350 - 82 St) or by phone 780-468-1985.

Last day to purchase tickets is Wednesday, November 5

SEESA
You belong here



RIVER CREE CASINO Bus Outing

FRIDAY NOVEMBER 7

10:30AM PICK UP FROM SEESA
3:00PM 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

SEESA'S ACCIDENTAL DRAMA CLUB PRESENTS

Maid TO ORDER

By Matthew K. Begbie



Tickets on sale
September 15!

A wealthy widow, who is expecting her beau for dinner, demands nothing less than perfection from the household staff in this laugh-out-loud comedy!

November 14: 7:00 pm | November 15 & 16: 2:00 pm
Doors open 1/2 hour before show | Concession available
Tix \$20 (general seating) | At SEESA or at 780-468-1985

Produced by special arrangement with
Pioneer Drama Services Inc., Denver, Colorado

SEESA
You belong here

9350 82 Street NW
Edmonton, AB

What seniors need to know to stay protected during flu season

Influenza (the flu) is a respiratory infection caused by influenza viruses. Respiratory infections are infections of parts of the body involved in breathing, such as the sinuses, throat, airways or lungs. Respiratory viruses increase in the fall and winter.

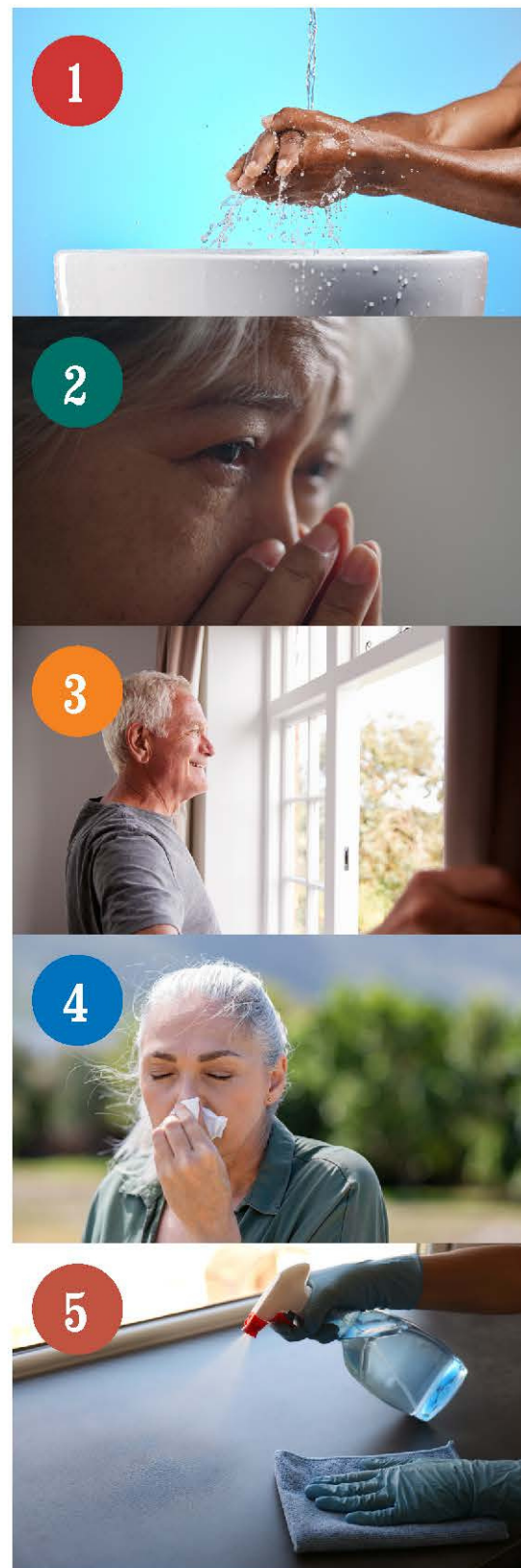
Respiratory viruses spread in several ways. The Public Health Agency of Canada recommends various tips¹ to reduce your risk of getting and spreading viruses including:

- 1 Clean your hands often**
- 2 Avoid touching your face with unclean hands**
- 3 Improve indoor ventilation, when possible, by opening a window or door**
- 4 Cover your coughs and sneezes with a tissue or the bend of your arm**
- 5 Clean and disinfect high-touch surfaces and objects frequently**

During flu season, you do everything you can to avoid getting sick. You wash your hands, eat healthy foods, are physically active, get your flu shot. Pre-covid, adults aged 65 years and older usually accounted for almost half of positive lab-tested flu cases in Canada each year². As we age, our immune system declines. Our bodies have fewer immune cells, and they don't work as well³. So, if we get sick, the illness may be more severe⁴. Recovery can take longer and we may not respond as well as younger people do to vaccines⁵. What's more, the standard flu vaccine is 50% less effective in adults over the age of 65 than it is for the rest of the population⁶. That means for seniors, getting a standard flu shot each year may not be enough protection from influenza. **The good news is that our National Advisory Committee on Immunization (NACI) has recommended a higher dose flu vaccine for older adults.** The higher-dose flu vaccine has four times as many antigens (the substance that induces the immune response in the body) than the regular flu vaccine. This high dose formulation provides 24% greater protection than the standard flu shot and is recommended for older adults⁷. Talk to your healthcare provider about the higher dose vaccine. To find out if it is covered in your province, contact your Public Health department. And remember, no vaccine provides 100% protection. Nor can a vaccine help to treat influenza or its complications if you get sick.

More information on flu vaccines for seniors

Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2024-2025
<https://www.canada.ca/en/public-health/services/publications/vaccines-immunization/national-advisory-committee-immunization-statement-seasonal-influenza-vaccine-2024-2025.html>





**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

NDP

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:

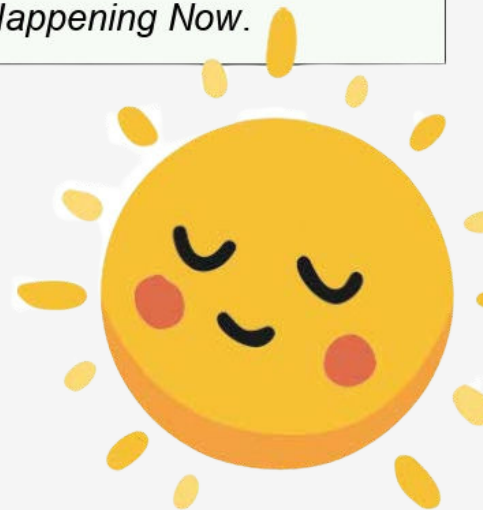
Card size:	3.5" w x 2" h	\$25.00
1/4 page:	4" w x 5" h	\$40.00
1/2 page:	8" w X 5" h	\$80.00
1/2 page:	4" w X 10" h	\$80.00
Full page		\$120.00

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*.



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

hello
seniors
Support Starts Here

Outreach Program

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

780-468-1035
8925 82 Street
seesa.ca

For emergent needs: call 211-2

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



Next Home Hub

Real Estate Expertise for Seniors

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

NextHomeHub.ca



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[™]

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.

Did you know that making Edmonton more inclusive for seniors benefits everyone? Age Friendly Edmonton™ is a local initiative aimed at creating a city where older adults are respected, supported, and empowered to live full, active lives—no matter their age or ability.

An age friendly city is one where age is never a barrier to accessing services, participating in community life, or enjoying local spaces. It's a city that values the contributions of seniors and recognizes the importance of fostering a safe, welcoming, and inclusive environment for all.

Co-led by the City of Edmonton and the Edmonton Seniors Coordinating Council, Age Friendly Edmonton™ brings together a wide range of organizations committed to taking real, local action. SEESA is an active and engaged participant in Age Friendly Edmonton™. Together, we are working toward a shared vision:

“Edmonton is a community that values, respects and actively supports the safety, diversity and well-being of seniors.”

The work focuses on four key areas that make a meaningful difference in the lives of older Edmontonians:

- **Engagement:** Seniors are engaged, participating, and contributing to their communities.
- **Safety and Well-being:** Seniors are safe and well in their homes and communities.
- **Respect and Inclusion:** Seniors are respected and included.
- **Access to Resources:** Seniors have access to the programs, services, and resources they need.

By building a more age friendly city, we're creating a more compassionate, connected, and accessible Edmonton—for seniors today and for all of us tomorrow.

Determinants of Healthy Aging



SAFETY AND SECURITY

- Personal Safety
- Financial Security
- Vocational Training and Support



PHYSICAL AND MENTAL HEALTH

- Physical Health and Wellness
- Physical Fitness
- Healthy Life Choices
- Mental Health and Wellness
- Brain Health



PHYSICAL ENVIRONMENT

- Transportation
- Housing
- Home Supports



PERSONAL WELLBEING

- Resiliency
- Emotional Wellbeing
- Personal Services
- Food and Nutrition



SOCIAL SUPPORT

- Information and Referral
- Social Support Services
- Caregiver Supports



SOCIAL ENVIRONMENT & ENGAGEMENT

- Social Engagement
- Participation and Engagement
- Outdoor Activity
- Diversity & Inclusion
- Volunteerism

What Helps Us Age Well?

Aging well doesn't just happen—it's influenced by many important parts of our lives. These are called the Determinants of Healthy Aging, and they include six key areas that help us stay safe, healthy, and connected as we get older.

Each one plays an important role. Staying active and taking care of our physical, mental and social health is just as important as having a safe place to live, feeling connected to others, and being part of a supportive community. For example, having strong social connections can help prevent illness and boost our mood. And living in a safe, welcoming neighborhood can help us stay independent and engaged.

The SEESA Access Pass is one way we are working to support older adults in our community to engage, connect, learn and thrive and age healthy. With the right support, we can all enjoy aging in a way that keeps us strong, involved, and thriving.

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.

SEESA's 45th Anniversary Sweets Campaign!

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
<https://fundraising.purdys.com/1999977-130571>
- 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 October 1 and November 26 | Delivery to SEESA: December 5-10
- Pickup at SEESA: December 12; December 15 - 19
- Treat yourself, gift others, and support SEESA—every bite makes a difference!

SEESA Customer Number: 78364; email darlene@seesa.ca

TURN THOSE RECYCLABLES INTO A REAL CHANGE FOR SEESA



Visit Skip The Depot at
<https://app.skipthedepot.com/seesa>
and schedule your pickup today



SKIP THE DEPOT
RECYCLING & FUNDRAISING

SEESA
You belong here



SEESA 45th Anniversary Fall Quilt Raffle

Quilt size: 68"x88" (King)
Handcrafted by the SEESA
Quilters & Crafters Club
& generously donated by a
SEESA member

TICKETS:
Series A - 1 for \$5
Series B - 5 for \$10
Series C - 80 for \$25

Raffle Details:

AGLC License: 746552

Tickets on sale: Sept 15 to December 13, 2025

Draw date: Dec 15, 2025

Prize: Handcrafted quilt by SEESA's Quilter and Crafters

Eligibility: Alberta residents, 18+

Buy tickets online: www.rafflebox.ca/raffle/seesa

Tickets are also available to purchase at the front desk

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



Online Purchase Link

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 OR
DONATE A CAR AT INFO@DONATECAR.CA / 1-877-250-4904

UPCOMING GENERAL INTEREST CLASSES

- *Genealogy: An introduction to DNA and Genealogy* - Nov 6
- *Holiday Dressing in Your Best Colors: Part 1 and 2* - Nov 7
- *Philosophers Cafe: Nationalism and Patriotism* - Oct 30
- *Philosophers Cafe: "The Anxious Generation"* - Nov 20
- *Philosophers Cafe: 21 Lessons for the 21st Century* - Dec 11
- *Teacher of Presence Workshop a.k.a. Ripple Reflection - If you don't go within, you go without* - Oct 16
- *The Art of Science and Sleep* - Nov 3
- *What Happens When You Die Without a Will* - Nov 21
- *Winterize Your Skin* - Nov 14
- *Your Holiday Face* - Nov 14



Upcoming FYI Sessions

- FYI: Maximize Your Home's Value - Oct 28
- FYI: Emergency Preparedness (E-Prep) - Oct 29
- FYI: Living with Schizophrenia: A Personal Perspective - Nov 4
- FYI: Ears for You Mobile Hearing Clinic - Nov 5
- FYI: Aging in Place - The Solution is in Your Own Backyard (with special guest Adam Arsenault) - Nov 12
- FYI: PALS - Project Adult Literacy Society - Nov 18
- FYI: Estate Planning - Nov 19
- FYI: Fundamental Principles of Retirement Living - Nov 26
- FYI: Investing - Balancing Risk with Rewards - Dec 2
- FYI: Important Facts About Funeral Planning - Dec 9
- FYI: BearPaw & Native Counseling Services of Alberta - Dec 10
- FYI: Bring Your Own Device Kanopy - Dec 11
- FYI: The Duties of Personal Representative (formerly called executor) - Dec 17



To register for any of the upcoming sessions:

- Call - 780.468.1985
- Visit the Front Desk
- Register Online - www.seesa.ca

Upcoming Art Classes

- **Acrylic Painting Workshop: Angel with Textured Wings** - Nov 21
- **Christmas Tree** - Nov 7
- **Drawing Faces in Perspective** - Oct 29 to Dec 17
- **Pen and Watercolor: Loose and Lively Landscapes** - Oct 28 to Nov 25
- **Pottery Beginner Workshop** - Oct 30 to Nov 20
- **Stained Glass Workshop: Snowflake** - Nov 4



SEESA's October 15 - November 14 ***Birthdays***

**Alan Abyan Dale Anderson Becky Andrews
Graeme Arkless Lorne Bradley Connie Bright
Bob Buchan Robyn Buchan Grace Buchholz
Ralph Buchholz Cate Burns Mary Cameron
Sandra Carleton Joyce Chapman Page Clarke Don Der
Irene Dickau Pat Donahue Florence Ellis Annette Evans
Rick Falls Berni Fuchs Jim Gizowski Pat Goshko
Kathi Gouldie Dawn Hague Sharon Harewood
Brian Heidecker Roger Helfrick Trudy Hensel
Angelika Hoffmann Joy Horpyniuk May Hoshi
Jyy Huang Elaine Jensen Bettylou Kidder
Mary Anne King Reg Kostash
Claire Kotun Suzanne Langston Derek Lauber
JP Lebourgeois Tom Lobb Marion McKenzie
Lorna Nesdole Ralph Osterwoldt
Melanie Pedersen Vicki Pickard Marilyn Pushalik
Fay Pytel Laurel Rauf Ron Reddekopp Donna Rempel
Connie Robinson Margaret Russell Gillian Rutherford
Steve Schmaltz Charlene Schneider Beverly Sochatsky
Velta Svarups-Smith Kathy Sweenie Janice Thomas
Mary Toma Betty-Mae Vanrootselaar Georges Vincent
Marilyn Wakaruk Sylvia Whitson Judy Wilson
Carmen Wuensch Odette Youzwishen**

YOU'RE INVITED TO

SEESA's October Birthday Party

Are you a SEESA Member with a Birthday
in October?

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

TUESDAY, OCTOBER | 21 |

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 TCB (SEESA Band)

Please call SEESA's Front Desk (780-468-1985)
by Friday, October 17 to RSVP (along with the
number of guests joining you)



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

October 13: Closed for Thanksgiving

October 14: Chili with Garlic Toast and Side Caesar Salad.....\$15

October 15: Omelet Florentine with Fruit Salad.....\$13

October 16: Chicken Cordon Bleu Pie with Side Salad or Soup.....\$15

October 20: Chicken Mushroom Swiss Burger\$10

October 21: Peirogies and Sausage\$14

October 22: Falafel Wrap with Tzatziki Sauce and Tabouleh\$14

October 23: Meat Loaf and Cheesy Mashed Potatoes\$15

October 27: Reuben Sandwich\$12

October 28: Orange Chicken with Fried Rice\$15

October 29: Chicken Souvlaki with Greek Salad and Pitas\$15

October 30: Liver and Onions.....\$12

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



Tillie's Cafe



Closures

FULL DAY CLOSURE

Oct 10: Closed for Thanksgiving Lunch -
Ticketed Event

Oct 13: Thanksgiving Day - SEESA Closed

Oct 24: Fall Re-use Sale Setup

PARTIAL CLOSURE

Oct 6: ECF Wills Week - 1:30 - 4 pm

Oct 8, 15 & 29: Travel Club - 3:30-4:30 pm

Oct 21: Oct Birthday Party - 1:30 - 3 pm

October 2025

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

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Book & Puzzle Sale Oct 14 to 23 – 10am to 3 pm Reuse Sale Donation Drop Off Oct 8 to Oct 22 – 9 am to 4:30 pm Oct 23 – 9 am to noon			1 <i>National Senior Day</i>	2	3	4
5	6 ECF Wills Week Estate Admin 2-3:30 pm Tillie's Café	7 Session 6 Registration Day 9:15am	8 ECF Wills Week Wills & Estates 6:30-8pm Tillie's Café	9	10 Thanksgiving Lunch Tillie's Café Tickets: \$25	11
12	13 Thanksgiving SEESA Closed	14	15 <i>Outreach Worker</i> <i>On Site</i> <i>(9am-12pm)</i>	16	17	18
19	20 <i>Municipal Election Day</i>	21 October Birthday Party 1:30pm-3pm Tillie's Café	22 SEESA Town Hall 2 - 3:30pm Tillie's Café	23 Session 5 Classes End	24 No Classes or Clubs Reuse Sale Set Up	25 Fall Reuse & Book Sale 10am – 3pm
26 Fall Reuse & Book Sale 11am – 2pm	27 Session 6 Classes Begin <i>Outreach Worker</i> <i>On Site</i> <i>(9am-12pm)</i>	28	29	30	31 Happy Halloween! 	