

NOVEMBER 2025



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MESSAGE FROM THE BOARD


Sometimes life moves so quickly that we forget to pause and celebrate the incredible things we accomplish together.

To all our amazing volunteers, members, and staff — thank you for your dedication and hard work during our most recent Reuse Sale. The October sale was our most successful since COVID, raising just under \$26,000 to support SEESA programs and activities. Your enthusiasm and teamwork made this possible, and we are truly grateful.

Looking ahead, the Board has begun an exciting course to develop a three-to-five-year strategic process to help shape SEESA's future. The first step in this process was the Town Hall meeting on October 22, where we received valuable feedback and thoughtful ideas from our members — thank you to everyone who participated!

Next, we'll be launching our annual member survey, which will be another important opportunity for you to share your insights and priorities. Your input will help guide SEESA's direction and ensure we continue to grow in ways that reflect the needs and values of our community.

Together, we're building a vibrant and sustainable future for SEESA — thank you for being part of the journey.



Join SEESA's Board

Let's make awesome things happen!

SEESA needs energetic leaders
to join our Board.

YOUR VOICE = OUR MOMENTUM

TO LEARN MORE
SEESA.CA



SEESA
You belong here

SMALL GIFTS, BIG CHANGE

When many give a little, we create a lot of change.
Ready to make an impact today?

Join SEESA's Giving Tuesday Campaign. Thanks to a generous anonymous donor, your donation (up to \$1,000) will be matched.

DONATE AT [SEESA.CA](https://seesa.ca)



SEESA's Annual Fall Reuse Sale: A Community Success Story




On Saturday, October 25, and Sunday, October 26, hundreds of eager shoppers walked through SEESA's doors to discover great deals, connect with community, and celebrate the power of reuse at our Annual Fall Reuse Sale. Thanks to the dedication and hard work of our volunteers, SEESA reached an incredible milestone this year—raising just over \$26,000 (net). These vital funds help support our most essential needs—quite literally keeping the lights on—so that our members and guests can continue to enjoy the warm, welcoming environment that makes SEESA so special.

This tremendous achievement would not have been possible without the leadership of our Reuse Sale Co-Chairs, Eloise and Wendy, the many team leads, and the nearly 110 volunteers who contributed their time, energy, and enthusiasm. From organizing donations to assisting shoppers, every volunteer played a meaningful role in creating a successful, community-building weekend.

In the weeks leading up to the main sale, SEESA's dedicated Book and Puzzle Sale—running from October 14 through the sale weekend—drew in book lovers, puzzle enthusiasts, and collectors searching for that final piece to complete a cherished set. Many visitors left with a new favourite story or a brain-teasing puzzle to enjoy at home.

Did you know that Mary and her team also manage SEESA's lending library all year long? Members can borrow or purchase books, CDs, DVDs, and puzzles any time, keeping the spirit of reuse alive well beyond the annual sale.

To everyone who donated, volunteered, shopped, organized, or supported in any way—thank you. Your kindness, hard work, and community spirit make SEESA stronger. We are grateful for each and every one of you.



SEESA Partnering with Bonnie
Doon Flowers and Garden Centre



**Bloom with Holiday Spirit and
Support SEESA!**



Poinsettia Sales

- Gorgeous Plants: 6.5” pots, 18” tall, 16” wide
- Cost: \$25 each, with \$7 supporting SEESA programs
- Order In-Person: November 3 - 26 at SEESA’s Front Desk
- Pickup: December 2 & 3
- Bring holiday warmth to your home and help SEESA thrive!

**Deadline to purchase extended
to Wednesday, Nov 26**



780-468-1985




9350 82 St NW, Edmonton, AB.

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!

A Solemn Gathering at Tillie's Café: Honouring Remembrance Day

On November 10, the warm glow of Tillie's Café stood in gentle contrast to the weight of the day's purpose. Inside, SEESA's community gathered—young and old—drawn together by a shared commitment to honour those who perished in war. The small, familiar café became a place of quiet reflection and gratitude as we marked both Indigenous Veterans Day and Remembrance Day, acknowledging the sacrifices made across generations and cultures.

We were honoured to welcome young cadet Theodore Gillespie, who delivered a moving recitation of *In Flanders Fields*, followed by Jan Przysieczniak's stirring French rendition. The solemn notes of Mike Pearson's bugle, performing *The Last Post* and *The Rouse*, carried through the room with a poignancy that needed no explanation. Our gratitude also extends to Anna Der, who led the ceremony with grace and compassion.



The gathering at Tillie's Café was not grand, nor was it meant to be. It was intimate, heartfelt, and deeply human—a reminder that remembrance lives not only in formal ceremonies, but also in shared silence, shared stories, and the simple act of coming together over a meal. In that closeness, we honoured the fallen and the families forever shaped by their sacrifice.



As the ceremony came to a close, the words spoken resonated deeply:

"They were young, as we are young.
They served, giving freely of themselves.
To them, we pledge, amid the winds of time,
to carry their torch and never forget.
We will remember them."

And so, on this Remembrance Day, the community reaffirmed its promise—to remember, always, and to carry forward the lessons of history with humility, gratitude, and hope.





5th Annual

Festive Market & Reuse Sale

NOVEMBER 29, 2025

10:00AM - 3:00PM

9350 - 82 ST NW

- **Reuse area - great selection of gently used items for the Festive Season**
- **Baked Goods**
- **Unique gifts & items handcrafted by SEESA's Artists, Quilters & Crafters and Woodworkers & Soapstone Carvers**
- **Local Vendors**

DONATIONS for reuse area accepted

Monday -Friday

November 12 - November 27th (NOON)

9:00am - 4:30pm

Additional donation day

Saturday, November 22nd, 10am - 3pm



JOIN US DURING THE FESTIVE REUSE SALE
AND MARKET FOR OUR

Bake Sale

Saturday, November 29, 2025

beginning at 10:00am

9350 - 82 Street NW



Donations of baked goods accepted on

November 28th (1:00pm-4:00pm)

Donated Items must adhere to the AHS Bake Sale Guidelines:

- Items must be wrapped in clear plastic and labelled with full ingredient list
- Items cannot require refrigeration
- No cream, egg or cheese fillings
- No icings made with eggs or dairy products
- Full AHS Bake Sale Guidelines available at seesa.ca



SEESA's Melody Singers
Present
**CHRISTMAS AROUND
THE WORLD**



Sunday, December 7
2:00 p.m.

Tickets \$15.00

Purchase at SEESA front desk
or by phone 780-468-1985

9350 - 82 Street

*Complimentary Refreshments
served following the performance
(Coffee, Tea, Christmas Goodies)*

SEESA
You belong here



JOIN SEESA's Ukulele Students For: *Songs of Hope & Peace*



Tillie's Cafe
9350 - 82 Street NW
Wednesday, December 10th
1:30 - 3:00pm

Tickets \$10
(includes beverage and baked good)
~~SOLD OUT~~

Please consider bringing a donation for Edmonton's Food Bank to the performance - Thank You!



FESTIVE LUNCHEON

FRIDAY, DECEMBER 12, 2025

Tillie's Cafe 9350 - 82 Street

Seatings at 11:00am and 12:30pm

Tickets: \$25

Purchase at SEESA front desk or by phone
780-468-1985 by December 5th

Menu: Turkey Dinner

Turkey, Potatoes, Stuffing, Roast Vegetables,
Cranberry Sauce, Tiramisu, Coffee/Tea

Sign-up with front desk for Gluten-Free or Vegetarian options when purchasing your ticket



Christmas Closure

December 24th (NOON) to January 4th

We are beyond grateful for the unwavering support from our members, volunteers and partners we received this year. But, it is time for a little break to enjoy the holidays.

We close our doors at Noon on December 24th and will re-open on Monday, January 5, 2026.

Best wishes for the holidays and for health and happiness throughout the coming year.



Outreach Program

Wed, Dec 10 - 9-12
Mon, Dec 22 - 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





**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:

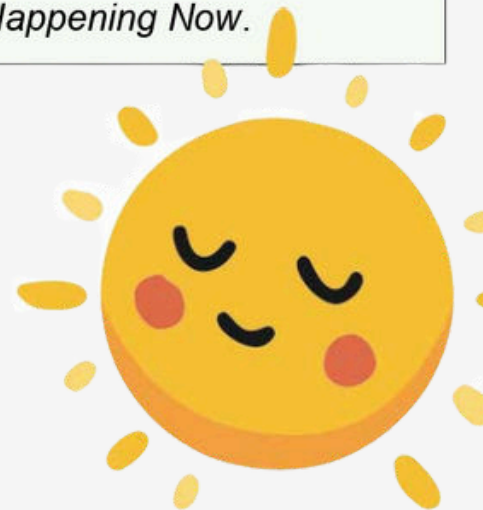
Card size:	3.5" w x 2" h	\$25.00
1/4 page:	4" w x 5" h	\$40.00
1/2 page:	8" w X 5" h	\$80.00
1/2 page:	4" w X 10" h	\$80.00
Full page		\$120.00

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

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



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



2026 Membership Fees

2026 Fees

- Regular Member – \$40 (anyone 55 years or older)
- Lifetime Member – \$0 (anyone 90 years or older who has been an active member for two previous years)
- Reciprocal Member – \$10 (must provide proof of full, paid membership and expiry date at participating senior centre before being able to register for SEESA programs or purchasing club tickets at member rates)
- Associate Member – \$55 (anyone aged 35 – 54 years)

Membership Benefits

- Receive member rates for Classes, Seminars, Special Events, Fitness Centre, Club Tickets
- Attend free SEESA member programs
- Regular and Lifetime Members have voting privileges at the Annual General Meeting (AGM)



South East Edmonton Seniors Association

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

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



2026 - Session 1

(January 5 - February 27, 2026)

Registration

Tuesday, December 2nd @ 9:15am

Program Guide available November 24, 2025

Ways to Register

- Online via MyActiveCenter
- In Person @ SEESA
- Drop Off @ SEESA front desk
- By Phone 780-468-1985

See the Program Guide for
Registration Option Details

**A Valid 2026 Membership is
required for member prices**

"Not 55 yet?

We'd love to have you too!"



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.

Festive 50/50 Raffle

Tickets

\$5.00 each

Purchase at SEESA Front Desk
or call 780.468.1985

Draw Date: December 12, 2025

License #757878
1000 Tickets Printed

45th 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!

45th SEESA
You belong here

Online Purchase Link

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

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

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

Gerri Aiudi Aurora Atienza Jo-Anne Balla Fiona Bassie
Christine Beaver Cathy Brosseau Karen Buchanan
Eloise Cameron Shelley Campbell Vivian Cannell
Susan Casey Martin Chapman Rose Marie Constantin
Betty Dean Randy Dorosh Lynda Drew Joe Du
Deb Frelove Kim Gardner Sherry Gibson
Doris Giroux Gayle Graham Helena Green
Sherryl Greensill Paul Guloien Nancy Heaton Irene
Herrington Ronna Jevne David Johnson Lorraine
Kellogg Doris Kunik Hamill Karin Lauderdale
Gayle Lindberg Vivi Lundgren Mike MacLean
Sharon Mallon Lynda Matthews-Mackey
Patrick McCormack Fern McKean Deb Moore
Susan Motiuk Sally Murray Barb Neil
Harvey Norstrom Judy Oliver Karin Penner
Loreen Riley Stephen Riopel Shelene Runzer
Carol Ryll Denise Sabourin Brian Schlosser
Patrick Shanahan Caroline Smigielski Linda Smyth
Barb Spencer Tony Thai Laura Theriault Liz Thomas
Francois Trottier Derrick Van Troyen Sherr Wadson
Irene Walker Randall Walsh Al Weninger
Brian Wiest Shannon Winitoy

TILLIE'S MENU

Breakfast

Big Breakfast - \$13

2 eggs, 2 toast, bacon/sausage, & hashbrowns

Small Breakfast - \$10

1 egg, 1 toast, bacon/sausage, & hashbrowns

Breakfast Sandwich - \$6

fried egg, cheese, bacon on a bun

Pancakes - \$8

2 pancakes with bacon/sausage

Lunch

Full Sandwich - \$6

Egg Salad; Tuna Salad; Grilled Cheese

Half Sandwich - \$3.50

Egg Salad; Tuna

Soup of the Day - \$5

Beverages

Coffee / Tea \$2
Includes 1 refill

Bottled Water, Pop \$2

Baked Goods

As available and as priced

Frozen Products

As available and as priced

Weekly Features

Friday's

Chef's Choice

As Priced

December 1 to 4

Entre - Black Bean Chili with Garlic Toast \$14
(vegan or with beef)

Salad - Ceasar Salad \$6

Sandwich Special - Deli Turkey Cranberry \$7

December 8 to 11

Entre - Ginger Beef with Stirfry and Rice \$14
Stirfry and Rice (no meat) \$12

Salad - Maple Garden Salad \$6

Sandwich Special - Cajun Chicken Salad \$7

December 15 to 18

Entre - Eggs Benedict with Fruit Salad \$12

Salad - Chow Mein Salad \$6

Sandwich Special - Reuban \$12

December 22

Chef Choice

As priced

December 23

All Day Pancakes \$8



Tillie's Cafe



Closures

FULL DAY CLOSURE

Nov 28: Festive Market & Re-use Sale Setup

Dec 12: Festive Luncheon - Ticketed Event

Dec 24 to Jan 4: Seasonal SEESA Closure

PARTIAL CLOSURE

Dec 10: Ukulele - Songs of Hope & Peace -
1- 4 pm

November 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
Flu Clinic Thursday, Nov 13 – 9:30 to 10:30 am Preregistration Required at Front Desk						1
2	3	4	5	6	7 River Cree Casino Bus Outing	8
9	10 Remembrance Ceremony & Lunch Tillie's Café Tickets: \$20	11 Remembrance Day SEESA Closed	12 Outreach Worker On Site (9am–12pm)	13 Flu Clinic 9:30 -10:30	14 Accidental Drama Maid to Order 7 pm show time Tix \$20	15 Accidental Drama Maid to Order 2 pm show time Tix \$20
16 Accidental Drama Maid to Order 2 pm show time Tix \$20	17	18 November Birthday Party 1:30pm-3pm Tillie's Café	19	20	21	22 Festive Reuse & Craft Sale Collection 10am – 3pm
23	24 Outreach Worker On Site (1pm-4pm)	25	26	27	28 No Classes or Clubs Reuse Sale Set Up	29 Festive Reuse & Craft Sale 10am – 3pm
30			DONATIONS for reuse area accepted Monday -Friday - Nov 12 - Nov 26 - 9:00am to 4:30pm Nov 27 – 9:00am to NOON Additional donation day - Saturday, Nov 22, 10am to 3pm Drop off at South Doors at SEESA – 9350 82 St			

December 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
2026 Memberships on Sale	1 Poinsettia Pickup Dec 2 & 3 	2 Registration 2026 Session 1 9:15am In-Person & On-llne	3	4	5	6
7 Melody Singers Christmas Presentation 2:00pm Tickets: \$15.00	8	9 <i>Outreach Worker On Site</i> <i>Wed, Dec 10 (9am–12pm)</i>	10 Ukulele Songs of Hope & Peace 1:30pm Tillie's Café – Sold Out	11 Festive 50/50 Raffle Draw Friday, December 12	12 Festive Luncheon Tillie's Café 2 Seatings 11:00am 13:30pm Tickets: \$25.00	13
14  Chocolate Pickup Dec 12 & 15-19	15 45 th Anniversary Quilt Raffe Draw	16	17	18	19 Session 6 Classes End	20
21	22 <i>Outreach Worker On Site (1-4 pm)</i>	23	24 SEESA Closed At NOON	25 SEESA Closed	26 SEESA Closed	27 SEESA Closed
28 SEESA Closed	29 SEESA Closed	30 SEESA Closed	31 SEESA Closed		SEESA Re-opens Mon, Jan 5 2026 for Clubs. Classes resume Mon, Jan 12, 2026.	




Christmas Closure



December 24th (NOON) to January 4th

We are beyond grateful for the unwavering support from our members, volunteers and partners we received this year. But, it is time for a little break to enjoy the holidays.



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Best wishes for the holidays and for health and happiness throughout the coming year.

