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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.



MESSAGE FROM THE BOARD

The Board would like to extend best wishes for the holiday season and 2026. We hope you enjoy time with family and friends.

We encourage you to stay connected during the winter months. SEESA provides a wealth of opportunities for physical activity, creative pursuits, and learning. Come to Tillie's Cafe and enjoy coffee and conversation or a sunny space to cosy up with a book or a puzzle.

We would also like to say "thank you" to all the volunteers and staff who are the heart of SEESA. Your caring, commitment and energy make us great!

The Board's focus in 2026 will be the development of a strategic plan and continuing to find ways to sustain our operations, programs and services. Stay tuned for ways you can provide you feedback.



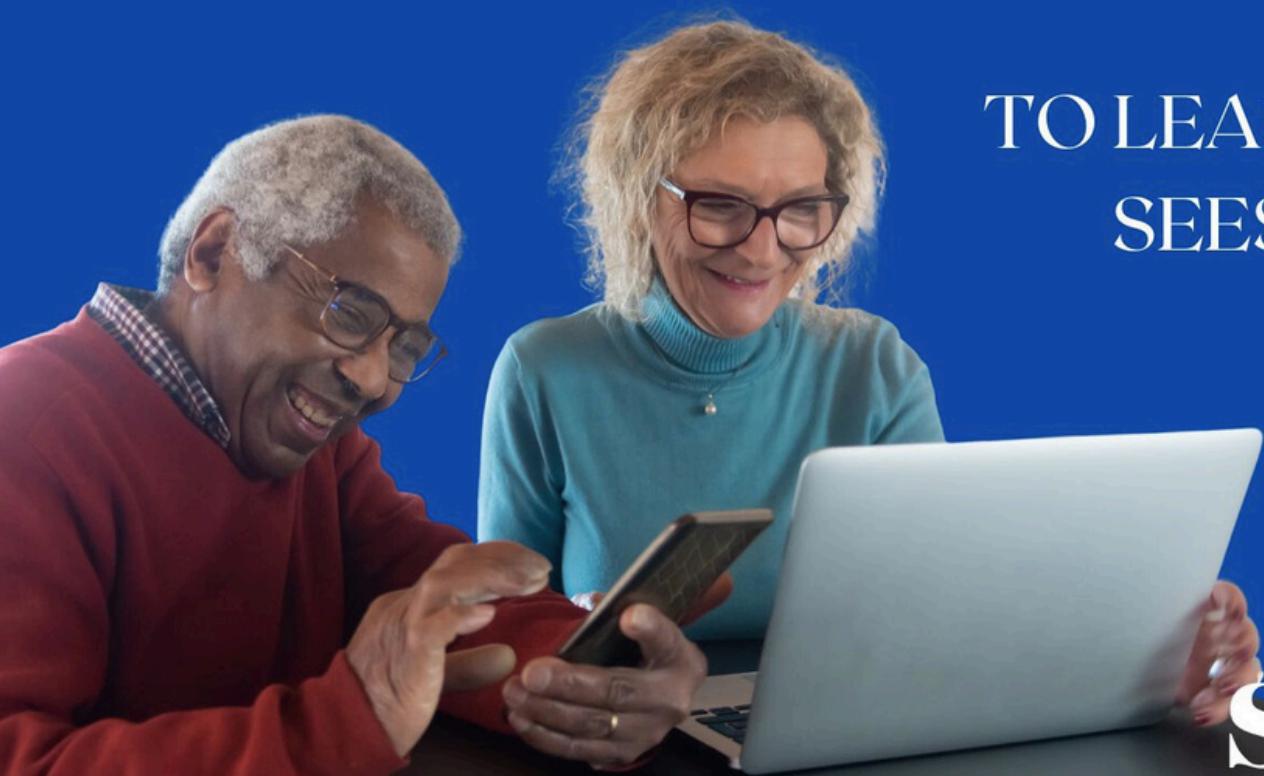
Join SEESA's Board

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



Board of Directors Membership

Information and Application to Nominating Committee

The SEESA Board of Directors governs the organization's vision, mission and values. Principally, the Board identifies the Strategic Directions, manages the organizational governance policies and oversees the financial quarterly statements. Additionally, the Board oversees the Executive Director, who is responsible for day-to-day management of the organization. Overall, the members of the Board contribute and commit their talents to ensure year-to-year excellence for SEESA's mission.

The Board of Directors have 8–13 voting members. Board members can serve up to 2–2-year terms for a total of 4 years.

The Nominating Committee actively recruits new board members for approval by the Board and the membership at the Annual General Meeting in April. We welcome individual applicants who have skills, experience and an interest in serving on a governance board.

Time Commitment & Expectations

Board members are expected to contribute to the organization by:

- Attending and actively participating in Board and Committee meetings.
- Attending and/or volunteering at SEESA events from time to time
- Welcoming guests at special events on behalf of Board, Staff and Volunteers when available.
- Attending the Annual General Meeting in April
- Maintaining an active membership during their term.

The Board meetings are on a set schedule of approximately ten meetings per year the third Wednesday of the month from 9:30 to 11:30 am (excluding summer break). Meetings take place in-person at SEESA and may also be attended virtually. A Board Calendar/Agenda Planning schedule is provided in advance. Board work is supported by Board committees which focus on governance, finance, and nominations.

Process for Submitting Application

In the form of a letter, please provide information/brief answers to the following questions.

- Name, mailing address, phone number to contact you and email address.
- What motivates you to become a board member of SEESA?
- Briefly describe your background and relevant experience; a current resume may be included with your letter.
- Outline the specific skills you bring or contributions you hope to make to this board.
- Describe your current and/or past experience serving on a board or volunteering with another organization(s).
- Provide the name, relationship and contact information for two references.

Please submit your letter to:

Attention: Nominating Committee – Confidential

c/o SEESA Front Desk
9350 – 82 St. NW, Edmonton, AB T6C 2X8 -or-

Email to info@seesa.ca – please put Attention: Nominating Committee – Confidential in the subject line.

A representative of the Nominations Committee will contact the applicant to verify interest and to offer a time for an interview. The nominating committee recommends potential candidates to the board as a whole and moves the candidacy forward to the SEESA membership for final approval at the AGM.

Please email or call Birgitta Larsson, Nominating Committee chair with any questions or to discuss opportunities.

Email: birgitta@bimlarsson.ca or call 780-970-8552



2026 Membership Fees

Renew your 2026 Regular membership before Dec 31, 2025 and be entered into a draw for one of twelve chances to win your membership fee.

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)



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.

What SAP Covers

Who Is Eligible?

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

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.

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).



The Christmas Spirit: A Year-Round Commitment at SEESA

The Christmas season reminds us of the warmth that comes from caring for one another—offering kindness, extending patience, and treating everyone with dignity and compassion. At SEESA, this spirit isn’t limited to December. The generosity, understanding, and respect that define the holidays are values we strive to live every day of the year. The spirit of community, connection, and goodwill guides how we treat one another and how we work together to create a welcoming environment for all.

Respect is the invisible thread that strengthens and sustains a community. It is more than polite words or courteous gestures—it is the sincere acknowledgment of each person’s dignity, worth, and unique contributions. When respect thrives, trust grows, collaboration flourishes, and people feel safe to share ideas and support one another.

Respect begins with listening. Whether it’s a neighbor voicing concerns, a young person offering fresh ideas, or an elder sharing hard-earned wisdom, giving others our full attention shows that their voices matter. It also means valuing diversity—embracing different cultures, beliefs, and lifestyles without judgment. This openness builds unity, even among people with differing perspectives.

Just as respect brings people together, entitlement can push them apart. When individuals act as though their needs or preferences outweigh everyone else’s, it creates tension and erodes trust. A strong community recognizes that shared spaces, responsibilities, and resources belong to everyone—and must be treated with fairness and consideration.

Simple acts of respect have a powerful impact: greeting others warmly, honoring commitments, resolving conflicts calmly, and caring for shared spaces. These everyday actions demonstrate not only courtesy but also a willingness to share the community mindfully with all who use it.

A respectful community is not free from disagreements—it simply handles them with empathy and integrity. Challenges become opportunities for growth rather than causes for division.

Ultimately, respect is the foundation of harmony. When practiced consistently—and entitlement set aside—it transforms a group of individuals into a strong, supportive, and resilient community. Within SEESA and beyond, respect helps build a world where everyone feels valued, heard, and empowered to contribute.



RIVER CREE CASINO

Bus Outing



FRIDAY JANUARY 16

11:00AM 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



5th Annual Festive Market & Reuse Sale

NOVEMBER 29, 2025

A Cold Morning, a Warm Community: Festive Reuse Sale Success

What started as a frosty morning quickly turned into a day full of warmth, laughter, and holiday cheer. Thanks to the incredible mix of donors, volunteers, crafters, artists, external vendors, and community members who all came together with a shared purpose – raising funds for SEESA programs and community. The Festive Reuse Sale truly showed the magic of collaboration and community spirit.

This joyful one-day event was a shining example of generosity, teamwork, and sustainability in action—and it delivered big results! The sale raised an impressive \$10,600 in gross revenue. From weeks of cleaning and sorting donations to setup and friendly customer service to busy checkout lines and end-of-day cleanup, every helping hand played a part in making the day such a success.





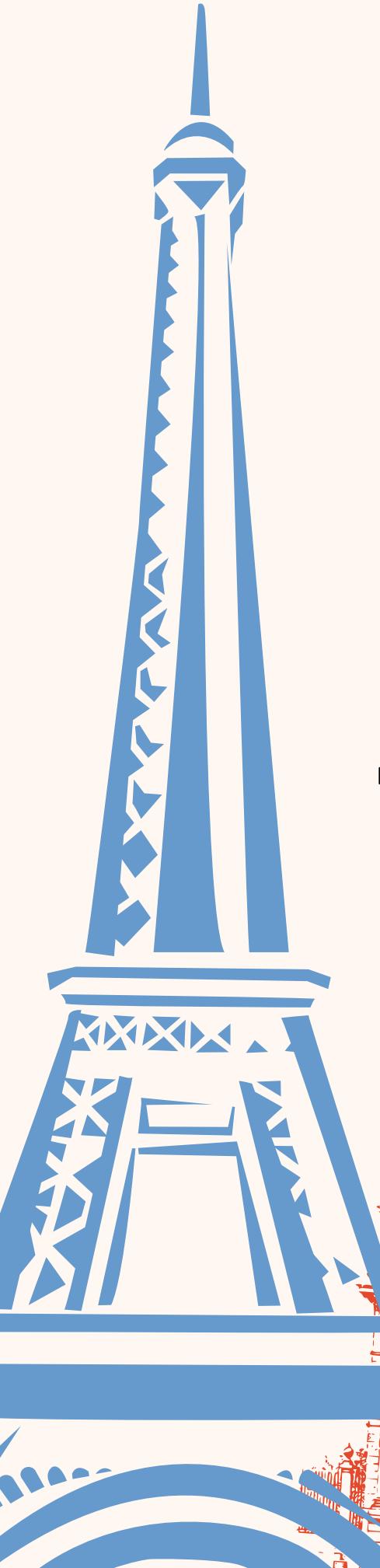
A huge thank-you goes out to everyone who donated items, giving pre-loved treasures a second life and helping spread the message of reuse. We're also incredibly grateful to the Vimy Ridge students who helped with set up and the Police Cadets, who came in at the end to help with takedown and cleanup. And a special thank you to the amazingly talented SEESA members who showcased their creative offerings which added color, charm, and plenty of holiday inspiration to the market.

Shoppers of all ages brought the energy—and the smiles—especially with Mrs. Claus stopping by to pose for photos with shoppers and volunteers alike! Her cheerful presence added an extra sprinkle of holiday magic and made the day even more memorable.



As the holiday season approaches, we hope you find time to slow down, stay cozy, and enjoy special moments with family and friends. Thank you for your generosity, your enthusiasm, and your belief in community-powered initiatives. SEESA is stronger—and brighter—because of you.





On December 3, SEESA's French Conversation Club swapped the Holyrood Room for Café Bicyclette, a restaurant in the French Quarter across from Faculté St. Jean. This is a semiannual event the members enjoy where they can practise their French language skills, feast on great food, and converse amongst their friends, although sometimes English prevails more than the French. Regardless, all who attended had a marvellous time and left the café with spirits uplifted.





Festive Luncheon – Friday, December 12



SEESA members came together on Friday, December 12, to celebrate the festive season and enjoy a meal in community. The Christmas season is a special time of year for many around the world, and each of us is shaped by our own experiences of Christmastime. These traditions influence how we celebrate, support one another, and come together as a community. For many, the spirit of Christmas centres on caring for our family, friends, and neighbours.

For Indigenous peoples, this time of year—especially the winter solstice on December 21—holds significant cultural meaning, blending traditional practices with contemporary celebrations. In many Indigenous communities, winter is a sacred time for ceremony, storytelling, and spiritual reflection. It is a time to express gratitude and honour the cyclical nature of life. The practice of giving during the Christmas season also echoes Indigenous traditions, where sharing and caring are core values, reflecting beliefs such as the Mi'kmaq teaching that every child is a gift from the Creator.





Festive Luncheon – Friday, December 12



Kwanzaa, celebrated from December 26 to January 1, is an annual holiday affirming African family and community values. Rooted in the first-fruits harvest traditions of various African cultures, Kwanzaa is a time for families and communities to gather, reflect on the past, and celebrate unity, culture, and shared purpose.

Hanukkah, the Jewish eight-day wintertime “Festival of Lights,” is another important celebration during this season. It commemorates the rededication of the Temple by the Maccabees after their victory over the Greek Syrians in 165 BCE.

According to tradition, the Temple’s candelabrum burned for eight days despite there being only enough oil for one day—a miracle honoured through the ritual lighting of the menorah. Each night, one of the eight candles is lit in a celebration of joy, peace, and community.



Bodhi Day, a Buddhist holiday, is also observed around this time, though the exact date varies by tradition. Bodhi Day marks the Buddha’s awakening and enlightenment under the bodhi tree. To celebrate, people often decorate a Ficus tree with colourful lights—symbolizing the many paths to Nirvana and the interconnectedness of all beings.





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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.



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

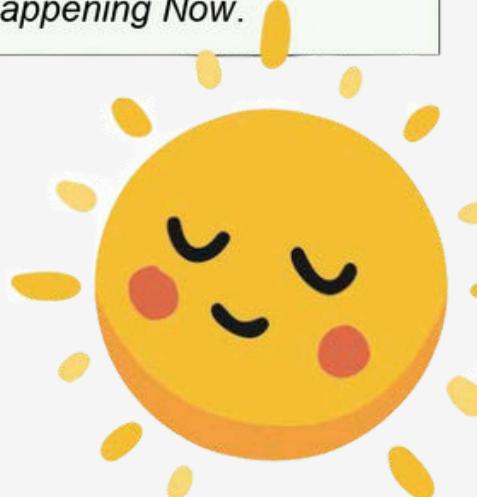
10045 81 Ave T6E1W7

heather.mcpherson@parl.gc.ca



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Visit my website at www.heathermcpherson.ndp.ca



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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



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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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**Contact information:
Phyllis 780 983 8787
Iris 780 293 3619**

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FYI SESSIONS JANUARY-FEBRUARY

- FYI: Estate Planning Wills - Jan 14
- FYI: Staying Independent and Comfortable at Home - Jan 19
- FYI: Retire Like a Pro: Making the Most of Your Retirement Paycheck - Jan 20
- FYI: Annual 2025 Global Financial Market Review - Jan 21
- FYI: Brining Sight to Your Site - Jan 27
- FYI: Defining the Differences in Home Care for Seniors
- FYI: Fall Prevention - Feb 3
- FYI: Estate Planning - Personal Directives and Power of Attorney - Feb 4
- FYI: Helpful Hands - Feb 11
- FYI: Civida - Feb 17
- FYI: Romance Scams and Your Finances - Feb 18
- FYI: Dementia 101- Understanding Memory, Mind and Connection - Feb 24
- FYI: Living Well at Home: Home Care Supports Independence - Feb 25

Register online, in person or by calling 780-468-1985

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ART AND CRAFT CLASSES JANUARY-FEBRUARY

Card Making Fun: Learn, Keep and Contribute
Mon, Jan 12- Feb 9 from 9:00-11:30

Water Marbling
Tues, Jan 13 from 9:00-12:00

Decorative Wood Gnomes
Wed, Jan 21 from 9:30-11:30

Stained Glass Mosaic
Tues, Jan 20-27 from 1:00-4:00

Beginner Mandala Dot Art Painted Stone
Mon, Jan 26 from 1:00-4:00

Stained Glass- Flying 3D Hummingbird
Tues, Feb 17 from 1:00-4:00

Decorative Rafia Wreath
Wed, Feb 25 from 9:30-11:30

Textured Birch Tree
Fri, Feb 27 from 1:00-3:00

Register online, in person or by calling 780-468-1985

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GENERAL INTEREST CLASSES JANUARY-FEBRUARY

Tuesday, 01/13 to 03/03

Grief Recovery

Friday, 01/16

Genealogy : An Introduction

Monday, 01/26 to 02/09

Story Telling (by a Métis Elder)

Thursday, 01/29

Philosophers Cafe: Neighborliness, Friendship and
Redeeming Political 'Enemies'

Thursday, 02/19

Philosophers Cafe: The Loss of Culture and
the Civil Life

Friday, 02/20

Genealogy: On the Internet

Register online, in person or by calling 780-468-1985

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Outreach Program

Mon, Dec 22 - 1-4

Wed, Jan 7 - 9-12

Mon, Jan 19 - 1-4

Wed, Feb 4 - 9-12

Mon, Feb 16 - 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 first Wednesday (9 am to noon) and the third 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

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Table Tennis

Table tennis is a fun way to exercise and improve hand-eye coordination. Enjoy a great workout while making new friends! Bring your own paddle and balls (or use ours) and join us for a fun game. New members welcomed!



Picture courtesy People Entertainment

Did you know that Table Tennis was invented in England in the early 20th century and was originally called Ping-Pong? During a recent visit to France, Queen Camilla and French First Lady Brigitte played table tennis together at a sports centre outside Paris.

Business Insider Article
by Sarah Andersen and Jessica Orwig

Carol Klenfner had played ping pong on and off since growing up and into adulthood, but it wasn't until she was 69 that she picked up the paddle to compete.

Within just a few months of playing consistently, she began to notice a difference.

"I remember when I started playing ping pong," she told Business Insider's Sarah Andersen in April, "I noticed that my reflexes were faster than they had been."

Now, after more than a decade of playing and competing at the national level and earning more than 50 medals, she attributes the sport to keeping her mind sharp and engaged as she enters her 80s.

Ping pong's speed demands full attention — the spin of the ball, the bounce off the paddle, and the angle of each return. That focus, repeated hundreds of times a day, has helped tune both Klenfner's body and mind, she said.

"If I'm in the bathroom and something falls off the medicine chest, my hand is there catching it before it even registers in my head," Klenfner said. Klenfner's experience aligns with what researchers have found on the effect of regular physical activity and strength training on the aging human brain.

Building balance, coordination, and fine motor control can strengthen neural connections, reducing the risk of cognitive decline and frailty in older adults.

What's more, picking up ping pong later in life gave Klenfner a renewed sense of adventure.

"The single most important thing that I've learned, and the advice that I would give to somebody who wants to pick up something new later in life, is that it's never too late to learn," she said. "It's never too late to start something new."

The Table Tennis Club meets Mondays and Fridays between the hours of 3:30 pm and 5:30 pm in the Bonnie Doon Room.

Club Liaison: Jim Der





Physical Activity Tips for Older Adults

Tips to Get Active

Physical activity plays an important role in your health, well-being and quality of life. These tips will help you improve and maintain your health by being physically active every day.

1. Take part in at least 2.5 hours of moderate- to vigorous-intensity aerobic activity each week.
2. Spread out the activities into sessions of 10 minutes or more.
3. It is beneficial to add muscle and bone strengthening activities using major muscle groups at least twice a week. This will help your posture and balance.



Tips to help you get active

- Find an activity you like such as swimming or cycling.
- Minutes count — increase your activity level 10 minutes at a time. Every little bit helps.
- Active time can be social time — look for group activities or classes in your community, or get your family or friends to be active with you.
- Walk wherever and whenever you can.
- Take the stairs instead of the elevator, when possible.
- Carry your groceries home.
- Start slowly
- Listen to your body
- Every step counts



The Health Benefits of Being Active

- Improve your balance
- Reduce falls and injuries
- Help you stay independent longer
- Help prevent heart disease, stroke, osteoporosis, type 2 diabetes, some cancers and premature death

Aerobic activity, like pushing a lawn mower, taking a dance class, or biking to the store, is continuous movement that makes you feel warm and breathe deeply.

Strengthening activity, like lifting weights or yoga, keeps muscles and bones strong and prevents bone loss. It will also improve your balance and posture.

What is moderate aerobic activity?

Moderate-intensity aerobic activity makes you breathe harder and your heart beat faster. You should be able to talk, but not sing.

- Examples of moderate activity include walking quickly or bike riding.

What is vigorous aerobic activity?

Vigorous-intensity aerobic activity makes your heart rate increase quite a bit and you won't be able to say more than a few words without needing to catch your breath.

- Examples of vigorous activity include jogging or cross-country skiing.

What are strengthening activities?

Muscle-strengthening activities build up your muscles. With bone-strengthening activities, your muscles push and pull against your bones. This helps make your bones stronger.

- Examples of muscle-strengthening activities include climbing stairs, digging in the garden, lifting weights, push-ups and curl-ups.
- Examples of bone-strengthening activities include yoga, walking and running.

Every step counts!

If you're not active now, adding any amount of physical activity can bring some health benefits. Take a step in the right direction. Start now and slowly increase your physical activity to meet the recommendations.

More physical activity provides greater health benefits!

That means the more you do, the better you'll feel. Get active and see what you can accomplish! Move more!

Is physical activity safe for everyone?

The recommended level of physical activity applies to all adults aged 65 years and older who do not have a suspected or diagnosed medical condition. Consult a health professional if you are unsure about the types and amounts of physical activity most appropriate for you.

YOU'RE INVITED TO
SEESA's
December & January
Birthday
Party

Are you a SEESA Member with a
Birthday in December 2025 or January 2026?

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

MONDAY, JANUARY | 19 |

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 the Melody Singers

Please call SEESA's Front Desk (780-468-1985)
by Friday, January 16 to RSVP (along with the
number of guests joining you)



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Poetry Readings

Robbie Burns Luncheon
Friday, January 23, 2026
Tillie's Cafe
11:30am
Tickets: \$20.00

Menu:
Salmon, Neeps and Tatties
(Turnip and Potatoe), Side Salad,
Sticky Toffee Pudding,
Coffee/Tea

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Running or not,
old or new



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.



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FOR MORE INFORMATION, VISIT WWW.SEEZA.CA OR
DONATE A CAR AT INFO@DONATECAR.CA / 1-877-250-4904

SEESA's December 15 - January 14 *Birthdays*

Lana Alexander Judy Ashton Al Barclay Dora Bilko
Claudette Boisvert Elise Boucher Norman Briscoe
Doreen Buga Punita Chohan Noel Constantin
Gisele Cramer Mae Deans Cheryl Donnachie Brenda Eadie
Kitty Eichmann Pam Ellenberger Greg Falkenstein
Lil Filewych Larry Fliegel Monica Gaal Aubrey Geis
Renee Gerdes Karen Green Kathy Gynane Melinda Havlas
Joe Heilman Mary Ann Helgeson David Hildebrandt
John Holowaychuk Christa Huot Donna Ilnicki
Luc Josh Kirk Lambrecht Kathy Lilly Thelma Lorentz
Judy Lynes Carmen Machado David Maddess
Kathy Mandseth Linda Marchand Jane Mason
Pamela Massel Elsie McLeod Colleen McNary
Anne Melnychuk John Miller Carol Morgan
Debera Nicholson Teri Nicpon Emilia Nielsen
Jim Normey David Prestley Jim Pruden
Laurel Raulin Ethel Reid Don Retson Holly Ridyard
Twila Riopel Diane Robitelle Bryan Rosychuk
Roz Schilberg Michelle Schlosser Jan Schmitz
Lucette Scott Jackie Simmonds Roger Smeland
Leslie Smith Judy Stelck Beth Stewart Kim Taylor
Clara Thomas Margaret Toma Doug Vokins
Annette Wagner Carol Warshawski Patrice Weiss
Les Westwood Lloyd White Mary Wood
John Yadlowski Kaye Zenchyson

TILLIE'S CAFE

CLOSURE - JAN 2026

Full Day Closure

Dec 24 to Jan 4 - SEESA Seasonal Closure

Jan 23 - Robbie Burns Day Luncheon - Ticketed Event

Partial Closure

Jan 7 - 2:30 pm to 4:30 pm - Travel Club Meeting

Jan 19 - 1:00 pm to 4:00 pm - Dec/Jan Birthday Party

Jan 21 - 2:30 pm to 4:30 pm - Travel Club Meeting

Pop-up Cafes

Jan 7 - 2:30 pm to 4:30 pm - Cloak Room

Jan 19 - 1:00 pm to 4:00 pm - Idylwylde

Jan 21 - 2:30 pm to 4:30 pm - Cloak Room

**Tillie's Cafe January Menu
will be posted in early
January**



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-Line	3	4	5	6
7 Melody Singers Christmas Presentation 2:00pm Tickets: \$15.00	8	9 Outreach Worker On Site Wed, Dec 10 (9am-12pm)	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 Raffle Draw	16	17	18	19 Session 6 Classes End	20
21	22 Outreach Worker On Site (1-4 pm)	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.	

January 2026

This calendar primarily displays events.

For a full list of programs and clubs,

visit www.seesa.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Year's Day SEESA Closed	2 SEESA Closed	3
4	5 Session 1 Clubs Begin	6	7 <i>Outreach Worker On Site (9am – Noon)</i>	8	9	10
11	12 Session 1 Classes Begin	13	14	15	16	17
18	19 <i>Outreach Worker On Site (1 – 4pm)</i> Dec-Jan Birthday Party Tillie's Café 1:30 - 3pm	20	21	22	23 Robbie Burns Day Luncheon Tillie's Café 11:30 am Tickets: \$20.00	24
25	26	27	28	29	30	31