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August

3rd

HAPPY HERITAGE DAY

**SEESA will be closed on
Monday, August 3
in observance of Heritage Day**





Message from the Board

While we have a bit of a break from our regular Board meetings, we are enjoying time with family and friends. We are gardening, golfing, hiking, painting, reading, travelling and engaging in other favourite activities.

As youth, we all looked forward to a break from school and an opportunity for fun. As we assumed adult responsibilities, our time for ourselves and having fun was often compromised. As older adults, some question whether fun exists or has any value.

Research has shown that joy is essential to aging well. What brings us joy is unique. Sometimes it's a solo pursuit and it can also be things we do with others.

So here's a challenge for the summer. Every day write down what brought you joy and what you are grateful for. Then, on a day when joy may be a little more challenging to find, read your previous notes.

In the words of an anonymous author



It is not joy that makes us grateful. It is gratitude that makes us joyful.



Alberta Energy Rebate

What is it, who is eligible, and how to apply

What is it?

The rebate will replace the Fuel Tax Relief Program that would have taken effect on July 1, with the aim of helping with the cost of groceries, fuel and other everyday essentials.

The total amount you are able to receive is \$100.

Who is eligible?

Alberta residents aged 18 years or older (as of July 1, 2026) who have filed their 2025 tax return are eligible, and your household total income must be \$225,000 or less.

Albertans who are enrolled in any of the following government benefit programs will be automatically enrolled and do not need to apply again:

- Alberta Seniors Benefit
- Assured Income for the Severely Handicapped (AISH)
- Alberta Disability Assistance Program (ADAP)
- Income Support

Check your eligibility:
energyrebate.alberta.ca/eligibility

How to apply

- 1 Login to your verified Alberta.ca account: account.alberta.ca
- 2 Verify your information
- 3 Register through the online portal
- 4 Once you have accessed the payment portal, you will need to provide:
 - your Social Insurance Number (SIN),
 - date of birth,
 - legal given name(s) and legal last name of your spouse or common-law partner, and
 - set up your payment method

Once you save and submit your application, payments will be sent via e-transfer to your bank account using Interac's Verification Service.



Applications for the Alberta Energy Rebate opened on July 1, 2026, and close on September 30, 2026.

For help navigating and submitting the online application for the Alberta Energy Rebate, please connect with one of Hello Senior's partner organizations.

hello
seniors
Support Starts Here

Alberta Energy Rebate

What is it, who is eligible, and how to apply



Applications for the Alberta Energy Rebate opened on July 1, 2026 and close on September 30, 2026. Whether you are a senior yourself or are helping a senior apply, here are some key details about how to receive the \$100 that Albertans are entitled to.

What is it?

The rebate will replace the Fuel Tax Relief Program that would have taken effect on July 1, with the aim of helping with the cost of groceries, fuel and other everyday essentials. The total amount Albertans are able to receive is \$100.

Who is eligible?

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- Alberta Disability Assistance Program (ADAP)
- Income Support

Check your eligibility: energyrebate.alberta.ca/eligibility

Support through Hello Seniors

If you are an older adult (55+) who would like additional support to navigate the online application for the Alberta Energy Rebate, please connect with Hello Senior - 211-2. An Outreach or General Support Worker can assist you with the submission process so that you can receive the money you are entitled to.



on site at

Bonnie Doon Centre

July 17th 10:00 AM - 2:00PM

The South East Edmonton Seniors Association (SEESA) will have an information and display table at Bonnie Doon Centre beside the food court. Stop by to learn more about how you can get involved at your local senior centre, and enter to win a prize!



bonnie doon

in partnership with



KDays Pancake Breakfast Friday, July 24th, 2026

Seatings at 9:30 am & 11:00 am
Tillie's Cafe - 9350 - 82 Street NW

Tickets: \$10.00

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



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



Wear your "1890s attire" as
we Celebrate the spirit of
K-Days and
win the Best Dress Prize!



Get Your Cartoon Portrait
Drawn by Local Artists

At Tillie's Cafe from 9:00 am - 2:00 pm

NEW

SEESA SUMMER PARTY

Friday, August 21, 2026

11:00 AM - 1:00 PM

Tillie's Cafe - 9350 - 82 Street NW



TICKET \$15

Includes Smoked Brisket Sandwich, Quinoa
Salad, Fresh Fruits, and Ice Cream Float.

Vegan option available

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

SEESA BOTTLE DRIVE



Turn your
empties into
something
amazing!

DROP-OFF DATES

FRIDAY AUGUST 21

10:00 AM - 3:00 PM

DROP-OFF LOCATION:

9350 82 St NW,
Edmonton AB T6C
2X8

Call Front Desk for
more information:

780-468-1985

Let's recycle for a purpose!

Table Tennis Club looking for a few more members

Are you ready to have some exercise,
fun, and excitement?

Come and join us!

Monday - 3:30 to 5:30 PM

Friday - 3:30 to 5:30 PM

Drop in fees

\$3.00 SEESA members

\$6.00 Non-members

We have players of all levels, so whether you're a
beginner or a seasoned player, you're welcome.

We would love to see you.

For more information contact: Jim Der (780) 217-0461



South East Edmonton Seniors Association
9350 82 Street N.W. Edmonton Alberta Canada T6C 2X8
780-468-1985 • info@seesa.ca • www.seesa.ca



FREE HEARING CARE CLINIC

Tues. August 4th, 2026

10:00am to 1:00pm

Complimentary services include:

- Consultations
- Hearing Screening Tests
- Hearing Aid Clean & Checks
- Earwax Removal



SPACE IS LIMITED!

Sign up at the Front Desk to book a slot with
our Hearing Professionals

Sound of the New Age



HearCANADA.com

RIVER CREE CASINO *Bus Outing*

WEDNESDAY AUGUST 19

11:00AM PICK UP FROM SEESA

3:30PM DEPARTURE FROM RIVER CREE TO SEESA

\$5 FREE PLAY VOUCHERE

COMPLIMENTARY LUNCH AT TAP 25

BEVERAGES AND GRATUITY NOT INCLUDED

COST: FREE

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



**Yearly Building Maintenance
will take place
August 24 to September 4, 2026**

No Classes or Clubs

Tillie's Cafe Closed

Front Desk will remain open

Monday - Friday

9 am to 3 pm

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 5 **(September 8 - October 30, 2026)**

Registration
Tuesday, August 4th @ 9:15am
Program Guide available July 27, 2026

Ways to Register

- Online via MyActiveCenter.com
- 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!"**



2027 MEMBERSHIP SALE

2027 Membership Pricing

Regular Member \$40 No increase!

Associate Member \$55 / Reciprocal Member \$10

NEW Regular Member

2027 Membership **Pre-sale**

Effective August 1, 2026.

Buy a 2026 membership for \$20 if you buy your 2027 membership at the same time.

NEW Associate Member

2027 Membership **Pre-sale**

Effective August 1, 2026.

Buy a 2026 associate membership for \$25 if you buy your 2027 membership at the same time.

Early Bird Sale

Regular Membership

All returning 2026 regular members who buy their 2027 membership before December 31, 2026, will be entered into a draw to win their membership back. (12 chances to win)

Refer a Friend Regular Member Discount

If you are a current 2026 regular member and bring in a new 2027 regular member (who hasn't been a SEESA member for the past 2 years), you will receive \$10 off your 2027 membership if purchased between Aug 1 - Dec 15, 2026.

Both memberships must be purchased at the same time so discount can be applied.

In person only at SEESA Front Desk. Not available online.

The top left of the page features two green circles of different sizes. On the right side, there is a large green circle containing a photograph of a modern building with a blue roof and large windows, surrounded by trees and a paved area.

SEESA ACCESS PASS (SAP)

Who Is Eligible?

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

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.



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).

Father's Day BBQ & Car Show!



We had a special Father's Day celebration at SEESA on June 12! The Mainstreet Cruisers brought their amazing vintage vehicles providing an exceptional experience for our members and people from the nearby community to enjoy the classic charm of vintage automobiles. Thank you to The Mainstreet Cruisers once again for making this event even more memorable and bringing so much joy to SEESA.

SEESA member Bryan Rosychuk from TCB Club also took part in the car show, bringing along his 2000 Mazda Miata MX-5, which he has owned for about eight or nine years. The colour is Mica Orange, but everyone always thinks it's gold, so he named the car "Goldie" Bryan said he noticed the car show poster advertised on our website, and that's what encouraged him to bring his own collectible car.

It was wonderful to have members of our own SEESA community in the parking lot sharing their personal car stories, like Bryan!

Indigenous Day Lunch Feature

For the celebration of National Indigenous Peoples Day, on Friday June 19, Tillies Café featured a special lunch of Bison Stew and Bannock inspired by traditional Indigenous cuisine, reflecting the resilience, survival, and sense of community of Indigenous cultures.

SEESA members came to redeem their Lunch Feature Tickets, allowing everyone to secure their meals in advance and this was the first time SEESA sold prepay tickets to provide a better experience for all Tillies Café fans when we have a special lunch feature. Members could prepay for their tickets at the front desk or purchase them at the café on a first-come, first-served basis and enjoy their meal anytime during café hours.

Some folks even asked for more Bannock, and luckily, we had enough for everyone!



SAVE THE DATE

SEESA Open House & Community Fair

Sept 9, 2026
10 am to 3 pm

Contact Us

780-468-1985

info@seesa.ca

www.seesa.ca

9350 82 Street, Edmonton



You belong here



Fall Reuse

Sat, Sept 26, 10 am - 3 pm

Sun, Sept 27, 11 am - 2 pm

Book Sale

Mon to Fri - Sept 14 to 24

9 am to 4 pm

& during Reuse Sale



Collection Dates

Mon to Fri, Sept 10 to Sept 24 - 9 am to 4:30 pm

Sat, Sept 12 & 19 - 10 am to 3 pm

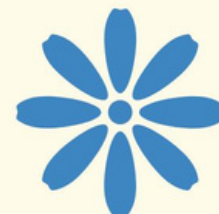
Please bring items to the south doors

SEESA - 9350 82 Street



9350 82 St, Edmonton
780-468-1985
info@seesa.ca
www.seesa.ca

TOTE BAG OVERLOAD?



Do you have extra tote bags you are not using?

Please consider donating to SEESA for
our Reuse Sales.



Bags can be dropped off at the Front
Desk between the hours of 8:30 am
and 4:00 pm, Monday to Friday,
excluding Statutory Holidays.



You belong here



Summer

50/50 Raffle

Draw Date
September 1, 2026



By Phone - 780-468-1985
In Person - SEESA Front Desk

Online - www.rafflebox.ca/raffle/seesa
(through QR Code)

Tickets:

- 1 for \$5
- 10 for \$25
- 50 for \$50

AGLC License: 784146
Prize: 50% of sales, up to \$10,000!
Eligibility: Alberta residents, 18+
Deadline to purchase: Mon, Aug 31, 2026



Got Empty Bottles, Cans & other Recyclables?

**We've Got
a Cause!**

Turn those recyclables into a
REAL CHANGE for SEESA

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

Your recyclable donation will go
directly toward SEESA to help support
our programs.



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

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**
ANDYMAN
S E R V I C E S

Give us your list; we'll get it done
www.HOHS.ca | 780.940.2127



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

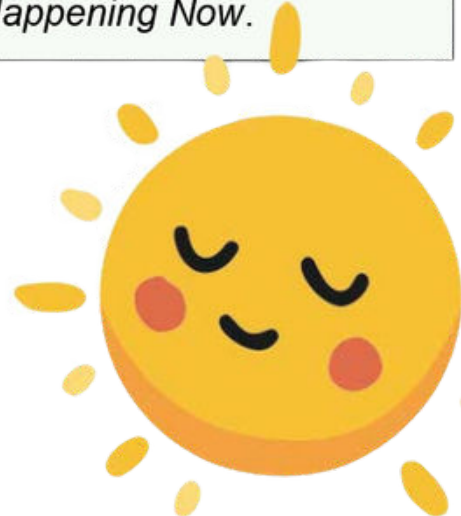
heather.mcpherson@parl.gc.ca



Follow on



Visit my website at www.heathermcpherson.ndp.ca



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

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Senior Equity Guide

780 243 5124



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Bonnie Doon Centre



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- 🕶 Senior Exam Covered by Alberta Health Care
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- 🕶 Diabetic Testing
- 🕶 OCT Imaging with every eye exam
- 🕶 Weekend & Evening Appointments
- 🕶 Locally Owned & Operated
- 🕶 Check out our Google Reviews

Two Pairs from \$149
That's Expert Eyecare for All
& Includes Prescription Sunglasses

Unit 176, 8330 82 Ave Edmonton
located next to the food court
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store.bonnedooncentre.ca@specsavers.com
specsavers.ca

50% Off Lens Upgrades for Seniors



THE TUB DOCTOR



CONVERT YOUR BATHTUB INTO A WALK-IN SHOWER.

CALL TODAY
780-539-7558



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

HEAT EXHAUSTION



What are the
**SIGNS AND
SYMPTOMS**
of heat illness?

Skin rash



Muscle
cramps



Dizziness or fainting



Nausea or vomiting



Heavy sweating



Headache



Rapid breathing and heartbeat



Extreme thirst



Dark urine and
decreased urination



If you experience any of these
symptoms during extreme
heat, immediately **move to a
cool place and drink water.**

HEAT STROKE

High body
temperature



Confusion
and lack of
coordination



Dizziness/
Fainting



No sweating,
but very hot,
red skin



Heat stroke is a medical emergency! **Call 911 or
your local emergency number immediately.** While
waiting for help—cool the person right away by:

- moving them to a cool place, if you can;
- applying cold water to large areas of the skin; and
- fanning the person as much
as possible.



TIP 1 PREPARE FOR THE HEAT

- Tune in regularly to local weather forecasts and alerts so you know when to take extra care.
- If you have an air conditioner, make sure it works properly.
- If you don't have an air conditioner, find an air-conditioned spot close by where you can cool off for a few hours on very hot days.

TIP 2 KNOW THE SIGNS OF HEAT-RELATED ILLNESSES

TIP 3 PAY ATTENTION TO HOW YOU AND THOSE AROUND YOU FEEL

Frequently visit neighbors, friends and older family members, especially those who are chronically ill, to make sure that they are cool and hydrated.

TIP 4 DRINK WATER

TIP 5 STAY COOL



How to stay cool?



Wear loose-fitting, light-coloured clothing made of breathable fabric.



Take cool showers or baths until you feel refreshed.



Plan strenuous outdoor activities for cooler days, or choose a cooler location, like a place with air conditioning or with tree shade.



Spend time in a cool place. It could be a tree-shaded area, swimming facility or an air-conditioned spot.



Outreach Program

Mon, July 27 - 1-4
Wed, Aug 12 - 9-12
Mon, Aug 17 - 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 2nd Wednesday (9 am to noon) and the 4th 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



SEESA'S BIRTHDAYS

JULY 15 TO AUGUST 14

Dan Acheson
Clare Algajer
Ted Anderson
Joyce Aysan
Darlene Bartman
Ken Brooks
James Campbell
Ferg Challborn
Barbara Chapman
Maria Christiansen
Muriel Darvill
Wendy Dawson
Jody Dosser
Sheila Dyck
Brenda Edwards
Victoria Fannon
Al Ford
Nicole Fortin
Lynn Fraser
Laverna Gibb
Anne-Marie Goggin
Barry Headrick

Donna Kline
Madeleine Landry
Chris Logan
Bruce MacDonald
Cheryl Mackenzie
Linda MacPherson
Sandy McFadyen
Phyllis Molyneux
Hanna Nordstrom
Lois Olson
Wade Pike
Joe Pillay
Denise Pridmore
Helen Rusich
Rosemary Seguin
Aggie Shirliff
Leland Stelck
Crystal Viana
Bonny West
Karen Wiltshire
Maureen Winchester
Vicky Wirth



Tillie's Cafe Summer Menu July and August

Breakfast served from 9:00 am - 10:30 am

Lunch served from 11:30 am - 1:00 pm

Beverages, Goodies, Take-home (frozen) products are available 9 am to 4 pm

Breakfast

Big Breakfast Combo - \$13

Small Breakfast Combo - \$10

Breakfast Sandwich - \$6

Pancakes - \$8

Soup, Salad, Sandwiches

Full Sandwich - \$6

Half Sandwich - \$3.50

Soup of the Day - \$5

Salad of the Day - \$7

Chef's Feature Lunch

Limited Availability

Beverages and Baked Goods

As available and as priced

TILLIE'S CAFE CLOSURE

JULY & AUGUST 2026

Full Day Closure

July 1 - Canada Day

July 24 - KDay's Pancake Breakfast

- Ticketed Event

August 3 - Heritage Day

August 21 - Summer BBQ - Ticketed Event

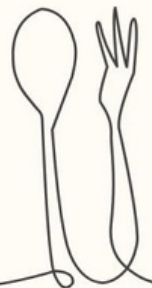
August 24 to September 4

- Building Maintenance Closure

Pop-up Cafes

July 24 - All Day - Cloak Room

August 21 - All Day - Cloak Room



July 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
ACFA Camp Soleil at SEESA in the Idylwyld Room – June 29 to August 21, 2026 SEESA will be closed for yearly maintenance – Monday, August 24 to Friday, September 4, 2026. All Classes, Clubs and Tillie's Café are cancelled/closed. The Front Desk will be open 9 am to 3 pm.			1 Canada Day SEESA Closed 	2	3	4
5	6	7	8 <i>Outreach Worker On Site (9:00am - NOON)</i>	9	10	11
12	13	14 SEESA Casino - Pure Edmonton Argyll	15 SEESA Casino - Pure Edmonton Argyll	16	17	18
19	20	21	22	23 Botanical Bus Outing Register at FDR Desk \$35	24 KDays Pancake Breakfast 9:30 am & 11 am seatings Tickets \$10	25
26	27 <i>Outreach Worker On Site (1 – 4pm)</i>	28	29	30	31	

Updated: June 15, 2026

August 2026

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 Heritage Day SEESA Closed 	4 Registration Day Session 5 9:15 am	5	6	7	8
9	10	11	12 Outreach Worker On Site (9:00am - NOON)	13	14	15
16	17 Outreach Worker On Site (1 – 4pm)	18	19	20	21 Bottle Drive (10 am – 3 pm) Summer Party (11:00 am – 1:00 pm) Ticket \$15	22
23	24	25	26	27	28	29
Yearly Building Maintenance Closure - Aug 24 – Sept 4 No Classes or Clubs Tillie's Café Closed →						
30	31					
Yearly Building Maintenance Closure - Aug 24 – Sept 4 No Classes or Clubs Tillie's Café Closed →						