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Celebrating Eva Osterwoldt



**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



Message from the Board

As August unfolds the mornings are crisper and the sun sets sooner, youth and their parents are reminded of the start of school. For many SEESA members, this is also a signal to return to classes and activities.

A recent article identified five types of hobbies we should have in our lives:

- Hobbies that keep you in shape and physically active;
- Creative activities that support self-expression;
- Hobbies that build knowledge and provide mental stimulation;
- Hobbies that broaden your perspective and support a positive mindset;
- Hobbies that provide opportunities to socialize with others.

SEESA provides varied opportunities to achieve this balance in our hobbies. As you register for classes, clubs and activities this fall, think about the balance in your retirement pursuits.

Over the summer, work has continued on the SEESA Strategic Plan. Stay tuned for more information this fall!

We look forward to connecting with you, as you return to classes, clubs, FYIs, birthday parties, performances and social events.

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!



MONDAY SEPTEMBER 21

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 BY SEPT 14



Giving Back To Community



SEESA's Quilting & Crafting Club recently donated handmade quilts to Edmonton's Zebra Child & Youth Advocacy Centre and the Lions Club of Edmonton. Thanks to SEESA member Sandra, who answered the call for donations and rallied her fellow club members to help make it happen.

It's another wonderful example of SEESA members putting their talents to good use and giving back to the community!



Donation of quilts to Edmonton's Zebra Child & Youth Advocacy Centre



Donation of quilts to Edmonton's Lions Club



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).



SEESA Open House & Community Fair

Sept 9, 2026
10 am to 3 pm

9350 82 St NW

Have you ever wondered what a senior centre is all about? Now's your chance to find out!

Come explore everything SEESA has to offer — from exciting classes and social clubs to special events, volunteer opportunities, Tillie's Cafe, and so much more.

Whether you're looking to learn something new, make friends, stay active, or become part of a welcoming community, there's something here for everyone.



Contact Us

780-468-1985

info@seesa.ca

www.seesa.ca

9350 82 Street, Edmonton

SEESA *You belong here* ⁹



SEESA Open House & Community Fair

Sept 9, 2026
10 am to 3 pm

Don't forget to
check out Tillie's
Cafe!

Lunch service
provided during
the Open House.

Make sure you
check out Chef
Cherie's special
treat for the day!

Classes and Clubs

- Badminton Club
- Floor Curling Club
- Cribbage Club
- Accidental Drama Club
- Melody Singers Club
- Elder Mah'koos
- Dani Nicole (Balanced Beats, Cha Cha Charge, Friday Power Hour)
- Card Making
- Line Dance Beginner
- Move Well
- Quilting and Crafting Club
- Stained Glass
- Move Well
- Guiatr Club/Jam Club Performance

Community Partners

- Caregivers Alberta
- Edmonton Seniors Coordinating Council
- Drive Happiness
- ElderCare Edmonton
- Project Adult Literacy Society
- Edmonton Neighbourhood Watch
- George Spady Society (Holyrood Supportive Housing)
- Edmonton Pride Seniors Group
- Men's Shed Canada
- Sage Seniors Society
- Council of Muslims Aging Gracefully
- Voices of Albertans with Disabilities
- Edmonton Public Library

Operation Friendship Summer Carnival

A couple of SEESA volunteers, Sandra and Sue, along with our Community Engagement Coordinator, Graham, had a great day on July 30 helping out at Operation Friendship Senior Society's Summer Carnival. Operation Friendship has been serving Edmonton's inner city seniors since 1969, offering services without judgment to improve the quality of life for seniors in need.



As part of SEESA's community engagement, we're looking to build strong partnerships with other seniors serving organizations, like Operation Friendship. We're also trying to think outside our walls in terms of what the SEESA community can offer to fellow Edmontonians. Helping out at events like this Summer Carnival shows others that SEESA is ready to partner, ready to connect with others, and that we're happy to support local seniors in a variety of ways. The SEESA team had a great time! Thanks again to Sandra and to Sue for joining, and a big thank you to Operation Friendship for having us!



If you're curious to learn more about SEESA's current community engagement work, you can give Graham a call at 780-468-1985 ext. 228, or send him an email at graham@seesa.ca.





Pancake Breakfast



Friday, July 24th, 2026



On Friday, July 24, we celebrated our annual KDays with joy, laughter, and the big spirit of the Klondike Gold Rush!

This year, at our Pancake Breakfast, SEESA members enjoyed fluffy pancakes and sausages while showing off their fancy Klondike costumes with lots of creativity! Congratulations to all the Best-Dressed winners who brought wonderful stories and laughter to the event.



Another way to get a Klondike costume was by joining our Live Drawing Portrait activity, which allowed the members to get their cartoon portraits in Klondike-themed costumes. Thank you very much to our artists, Chalisa and Kris, for bringing smiles to SEESA.



A big shout-out to Harsha and Ana, our photographer volunteers, for their great work capturing the vibrant moments of our event.

Thank you to all our kitchen, café, artists, photographers volunteers who helped make this event a success!



Fall Reuse

Sat, Sept 26, 10 am - 3 pm

Sun, Sept 27, 11 am - 2 pm

Collection Dates

Mon to Fri, Sept 10 to Sept 23 - 9 am to 4:30 pm

Sept 24 - 9 am to noon

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

Please bring items to the south doors

SEESA - 9350 82 Street

Book Sale

Mon to Fri - Sept 14 to 24

9 am to 4 pm

& during Reuse Sale

Partial Closure (Cafe portion)

Tues, Sept 15 from 12:30 pm to 4 pm



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



Acceptable Items for donation



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; coffee table, end table

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



BOOK & PUZZLE SALE

Audio Books, DVDs, CDs also available



Sept 14 to 24 - 9 am to 4 pm

(closed Saturdays, Sundays & Stat Holidays)

Partial Closure (Cafe portion)

Tues, Sept 15 from 12:30 pm to 4 pm

Sept 26, 2026 - 10 am to 3 pm

Sept 27, 2026 - 11 am to 2 pm

**Donations of used books, puzzles, audio books, DVDs & CDs
can be dropped off at SEESA's South Doors**

Sept 10 to 23 - 9 am to 4:30 pm

Sept 24 - 9 am to noon

We do not accept encyclopedias, magazines, Readers Digest condensed versions, medical books, "How to" books, atlases, phonebooks, or maps.

9350 82 St, Edmonton

780-468-1985

info@seesa.ca

www.seesa.ca



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

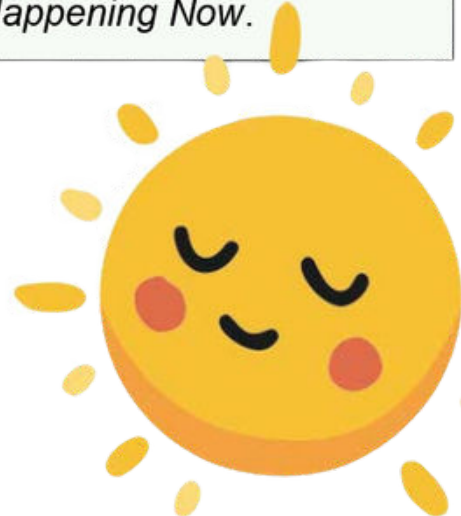
heather.mcpherson@parl.gc.ca



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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- Weekend & Evening Appointments
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- Check out our Google Reviews

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

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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



GENERAL INTEREST

Technology

Android Phone Basics

Thursday October 29 10:00am-12:00pm

Member: \$20 Non-Member: \$30

Computer Tutorials (1 hour sessions)

Thursday September 17 & Thursday October 15 1:00pm-4:30pm

Member: \$50 Non-Member: \$60

Gmail: Cleaning Up and Organizing Your Gmail

Thursday October 15 10:00am-12:00pm

Member: \$20 Non-Member: \$30

Google Chrome Basics

Thursday September 17 10:00am-12:00pm

Member: \$20 Non-Member: \$30

iPhone Basics

Thursday October 29 1:00pm-3:00pm

Member: \$20 Non-Member: \$30

Your Google Account, Contacts and Gmail Basics

Thursday October 1 10:00am-12:00pm

Member: \$20 Non-Member: \$30

Sign up at the Front Desk,
online or by calling 780-468-1985

Yoga Hatha with Barb

Class starts with grounding the feet and freeing the joints, followed by easy versions of traditional hatha yoga poses. We'll laugh, release tension, stretch gingerly, build strength, and finish with a rejuvenating rest.

No experience needed—come move consciously and leave refreshed!

Date: Monday September 14-October 26

Time: 5:30pm-6:30pm

Member: \$60

Non-Member: \$78

Sign up at the Front Desk, online or by calling 780-468-1985



VAMOS™ Groove & Move

Discover a fun, energizing blend of dance-inspired movement, cardio, coordination, functional fitness, and brain-body connection designed exclusively for active adults. This signature active-aging program is perfect for anyone looking to move, laugh, feel recharged, and even get a great night's sleep!

Date: Thursday September 17-October 29

Time: 6:00pm-7:00pm

Member: \$70

Non-Member: \$91

Sign Up at the Front Desk, online or by calling 780-468-1985



Bolly X Evening

Bolly X is a 60-minute Bollywood-inspired dance fitness program that combines high and low-intensity choreography with global music. It captures the energy and expression of Bollywood, providing a fun cardio workout that helps you sweat, move, and smile while making fitness possible for all.

Date: Thursday September 17-October 29

Time: 6:00pm-7:00pm

Member: \$70

Non-Member: \$91

Sign up at the Front Desk,
online or by calling
780-468-1985



Hula Hoop Dance

This low-impact hula hoop class tones arms, legs, and strengthens your core while improving coordination. You'll work both sides of the body to correct muscle imbalances, with most moves done standing.

Learn fun tricks and new skills in a safe, non-judgmental space, full of laughter and great music!

Date: Thursday Sept 17-Oct 29

Time: 6:30pm-7:30pm

Member: \$70

Non-Member: \$91

Sign up at the Front Desk, online or by calling
780-468-1985



ZUMBA GOLD CHAIR

This class is a dance fitness class with the same Latin rhythms and popular music you love in a Zumba class but with a slower tempo and less intense moves. The music is so amazing, and the moves are easy to pick up. Choose to follow just the feet, just the arms or challenge yourself to do both. Participants will be sitting in a chair during the entirety of the class. All moves can be modified to be less or more intense depending on your fitness level preference

Date: Tuesday September 15-October 27

Time: 4:30pm-5:30pm

Member: \$70

Non-Member: \$91

Sign up at the Front Desk, online or by calling 780-468-1985



ESSETRICS® - GENTLE STRETCH

This is a gentler paced ESSETRICS class designed for those who have muscle stiffness, chronic aches and pains, and for those who are beginning to exercise after being inactive. Ideal for Seniors looking to improve mobility, balance and strength. Level 1 – Gentle Fitness, standing and chair work only. (Can be adapted for people with mobility devices). Yoga mat and strap recommended.

Date: Tuesday September 25-October 27

Time: 2:30pm-3:15pm

Member: \$52.50

Non-Member: \$68.25

Sign up at the Front Desk, online or by calling 780-468-1985



Art Classes Sept-Oct

Bas Relief

Date/Time: Fri Oct 9-Oct 16 1:00pm-4:00pm

Member: \$100 Non-Member: \$110

Drum Demo (Prerequisite to Drum Making Workshop)

Date/Time: Tues Oct 6 1:00pm-3:00pm

Member: \$5 Non-Member: \$10

Drum Making Workshop

Date/Time: Tues Oct 20 12:00pm-4:00pm

Member: \$256 Non-Member: \$275

Red Cardinal

Date/Time: Wed Oct 14 10:00am-12:00pm

Member: \$30 Non-Member: \$40

Soapstone Carving: Canadian Wolf

Date/Time: Thurs Oct 22-Nov 5 1:00pm-4:00pm

Member: \$165 Non-Member: \$175

Water Marbling

Date/Time: Tues Sept 15 9:00am-12:00pm

or 1:00pm-4:00pm

Member: \$75 Non-Member: \$85



Sign up at the Front Desk, online or by calling 780-468-1985



General Interest Personal Safety and Organization

Clutter is Not a Crime...It's an Inside Job

Date: Friday September 18

Time: 9:30am-11:30am

Location: Idylwyld Room

Member: \$20

Non-Member: \$30



GENERAL INTEREST:
INDIGENOUS CLASSES

THE MEDICINE WHEEL

Date: Monday September 14-
October 26 (No October 12)

Time: 9:30am-11:30am

Location: Holyrood Room

Member Fee: \$80

Non-Member: \$90

Sign up at the front desk,
online or by calling
780-468-1985



General Interest

PERSONAL STYLE

New Season? New Skin Care!

Date: Friday September 18

Time: 1:00pm-3:00pm

Location: Edmonton Room

Member: \$20 Non-Member: \$30

New Season? New Makeup Look!

Date: Monday September 21

Time: 1:00pm-3:00pm

Location: Edmonton Room

Member: \$20 Non-Member: \$30

Sign up at the front desk, online or by calling 780-468-1985



General Interest

Personal Wellbeing

Flavors of the Orient Fruit Tour

Date: Friday October 23

Time: 10:30am-12:00pm

Member: \$25 Non-Member: \$35

R.I.P.P.L.E. Personal Growth Reflections - How Do Your
Thoughts, Words and Actions Ripple Into Your Life?

Date: Thursday September 17 & Thursday October 15

Time: 9:30am-12:00pm

Member: \$15 Non-Member: \$20

Grief Recovery Method

Date: Tuesday September 15- November 3

Time: 9:00am-11:00am

Member: \$130 Non-Member: \$140

Minding Stress: Reduce and Manage the Stress in
Your Life

Date: Monday September 14-28

Time: 9:30am-12:00pm

Member: Free Non-Member: Free

Sign up at the Front Desk, online or
by calling 780-468-1985



General Interest

PHILOSOPHERS CAFÉ

Philosophers Café:

Parables: A Scandal to Some, Foolishness to Others

Date: Thursday September 17

Time: 1:30pm-3:00pm

Location: Edmonton Room

Member: \$15 Non-Member \$20

Philosophers Café:

MAID and the Gifts of Finitude

Date: Thursday October 8

Time: 1:30pm-3:00pm

Location: Edmonton Room

Member: \$15 Non-Member: \$20

Sign up at the Front Desk, online
or by calling 780-468-1985



FYI SEMINARS SEPT-OCT

Member: \$ 3 Non Member: \$3

FYI at 1:30pm* some exceptions

- Tues Sept 15 – FYI: Cooperative Memorial Society Session: End-of-Life Planning
- Wed Sept 16 – FYI: Wills
- Tues Sept 22 – FYI: Planning Ahead for Peace of Mind
- Wed Sept 23 – FYI: Gold's Investment Comeback : Is it the Right Time?
- Tues Sept 29 – FYI: GEF Seniors Housing
- Tues Oct 6 – FYI: Hearing Bingo & Info Session
- Wed Oct 7 – FYI: From Overwhelmed to Ready- Simplifying Downsizing
- Wed Oct 14 – FYI: Personal Directives and Power of Attorney
- Thurs Oct 15 (10:00am) – FYI: Library Services for Seniors
- Tues Oct 20 – FYI: Hearing Health Information
- Wed Oct 21 – FYI: Mindful Investing – Avoiding Common Investment Mistakes in Retirement
- Tues Oct 27: – FYI: Glenora Park Retirement Living
- Wed Oct 28: – FYI: Homecare 101
- Thurs Oct 29 – FYI: Advance Care Planning



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?

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

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.



SPOOKTACULAR

CRIBBAGE Tournament



Registration is not open yet, but we're asking you to **SAVE THE DATE**

Door Prizes!

Saturday, October 24, 2026

Games start at 11:00am



\$25 per person

\$50 per team of 2

(includes a light lunch)



Prizes for the Best Costume

Registration Opens on September 27, 2026.

19 Pot! \$0.25



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

KITCHEN VOLUNTEERS NEEDED!

Support our kitchen in running smoothly and help keep our community well-fed!



Skills Required

- Friendly, positive, and welcoming attitude
- Familiar with following food safe regulations
- Comfortable working in a fast-paced work environment
- Occasional long periods of standing

Apply Today!

Submit a volunteer application through the front desk, or via our website at seesa.ca/volunteering

SEESA
You belong here

9350 82 St. NW | 780-468-1985

FRONT DESK RECEPTIONISTS NEEDED!

Volunteer at SEESA's Front Desk and help keep our center running smoothly!



REQUIRED SKILLS

- Administrative and cash handling experience
- Excellent customer service skills
- Basic computer skills
- Friendly and positive attitude
- Must be patient and enjoy working with seniors

Apply Today!

Submit a volunteer application through the front desk, or via our website at seesa.ca/volunteering

SEESA
You belong here

9350 82 St. NW | 780-468-1985

Celebrating Eva Johanna Osterwoldt

submitted by Ralph Osterwoldt

At SEESA, the bridge card players celebrated the 99th birthday of one of their enthusiastic regulars, Eva Johanna Osterwoldt. Over coffee and cake (Kaffee und Kuchen, in her heritage language), we paused from cards to sing and hear a few anecdotes, which I, her son Ralph, now share with her friends who were interested in reading more about 'Herstory'.



Immigrating to Canada in 1954, Eva was born on 20th June 1927 in Danzig, on the Baltic Sea which at that time after World War I was designated under international law and the 1919 Versailles treaty as "the Free City of Danzig". That was because as a Prussian port city it was so German as to not be part of the newly-recreated Polish corridor to the Baltic Sea. That made it a pawn of geo-political rivalry, to which Eva & family unfortunately had a front-row seat: In 1939, one excuse for the Second World War was to bring Danzig back into the German Reich, and at the end of WWII in 1945 Danzig became Gdansk, part of the newly expanded Poland, which also absorbed the German provinces of Prussia, Pomerania, and Silesia, whose 12 million residents fled, died, or were expelled. Over the previous centuries, as an important Baltic port like Rotterdam, Hamburg, Stockholm, and St Petersburg, Danzig / Gdansk had been at the crossroads of trade and cultural exchange, and under the flags and crowns of German, Polish, even Swedish princes, dukes, and kings. It has thus hosted a variety of ethnicities... like Canada.



Continued



Eva witnessed the very first shots of WWII on 1st of September 1939. Her father was the electrician of the lighthouse at the entrance to the port and their apartment was on the wharf opposite the Polish garrison which a German navy ship shot at that dawn. As a girl, Eva ventured up from the cellar, where civilians were sheltering, and picked up a piece of shrapnel, still warm, from a shell which had exploded in their playground. During the war, as a schoolgirl, she tended wounded soldiers from the eastern front.

In March 1945, as the Red Army approached and the city was bombed to rubble, an escape was attempted. When their neighbour, a tugboat pilot brought his wife & kids and my mother Eva to the side of the last rescue ship full of refugees, their captain shouted "Sorry, no more room" to which the pilot replied "If you do not take my women and girls, I will not show you the way past the sandbanks out to the open sea!" Thus Eva, with her mom and sister, were able to clamber up the rope ladder with their sack of food and the clothes on their back, up to the safety of a terrifying voyage to the West. In post-war Hamburg, Eva studied technical drafting and met her surveyor husband Siegfried, who had been a Prisoner of War ...in Canada! (that is another story, recounted in the film "The Enemy Within" by the National Film Board, 2004 - you can google it). In 1954 they took another ship westward across the Atlantic and settled in Edmonton.

Then 3 kids, and her story becomes rather more normal and humdrum. Eva still lives in the bungalow in Avonmore with son Ralph as caregiver. Eva looks forward every week to playing bridge at SEESA; we thank the new friends and volunteers there for adding this spice to her olde age.





SEESA'S BIRTHDAYS

AUGUST 15 TO SEPTEMBER 14

Glen Argan
Cathy Campbell
Judy Chapman
Jim Der
Barb Dobson
Bob Gibbs
Christie Golling
Julie Haley
Edwige Hessel
Colleen Hook
Bob Hyndman
Linda Jennings
Ana Kante
Pat Kelly
Sandra Konrad
Dorothy Korb
Terri Labonte
Edmond Levasseur

Ian Macintosh
John MacLeod
Norma Marion
Karen McNaughton
Cynthia Murphy
Robert Noseworthy
Mary-Ellen Perley
Thea Pfalz
Al Pickard
Brenda Remin
Lynda Ross
Audrey Shonn
Sharon Swyrd
Dee Turner
Roy Turner
Joanne Van de Maat
Char-Min Wade-Creller
Brenda Winchester



SEESA August & September Birthday Party!

Calling all SEESA members with a birthday in August or September - join us for birthday cake, beverages, and a door prize to be won!

**Featuring a performance from
SEESA's Accidental Drama Club!**



TUESDAY, SEPTEMBER | 15 |

Tillie's Cafe | 1:30 - 3:00pm

Bring two guests with you, free of charge, and bring additional guests for a \$5 entry fee/person



Please call SEESA at 780-468-1985 by
Friday, September 11 to RSVP





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 SEPTEMBER MENU

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

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 (as available)

HALF SANDWICH \$3.50

Egg Salad; Tuna Salad

SOUP OF THE DAY \$5

BEVERAGES

Coffee / Tea \$2

Includes 1 refill

Bottled Water; Pop \$2

BAKED GOODS

As available and as priced

Cinnamon Buns (Thursday's only) \$4

TAKE-HOME (FROZEN) PRODUCTS

As available and as priced



May 29, 2026

DAILY LUNCH FEATURES

Features - Chef may substitute as required:

SEPT 1 TO 4

SEESA and Tillie's Cafe - closed for Building Maintenance

SEPT 7 TO 11

Mon, Sept 7 - SEESA Closed - Labour Day

Tues, Sept 8 - Denver Style Quiche with side fruit salad \$13

Wed, Sept 9 - SEESA Open House - Menu TBD

Thurs, Sept 10 - Grilled Chicken & Mushroom Rice Pilaf \$15

Fri, Sept 11 - Chef's Special As Priced

SEPT 14 TO 18

Mon, Sept 14 - Curried Vegetables with Fried Paneer Cheese and Flat Bread \$13

Tues, Sept 15 - Tourtiere with side salad or soup \$15

Wed, Sept 16 - Closed for Private Event

Thurs, Sept 17 - Shrimp Fettuccini Alfredo \$15

Fri, Sept 18 - Chef's Special As Priced

SEPT 21 TO 25

Mon, Sept 21 - Deconstructed Taco Salad \$12

Tues, Sept 22 - Chicken Pot Pie with Side Salad \$15

Wed, Sept 23 - Chicken Club Sandwich \$12

Thurs, Sept 24 - Dragon Eye Rolls \$15

Fri, Sept 25 - Closed for Reuse Sale Setup

SEPT 28 TO 30

Mon, Sept 28 - Sweet and Sour Pork with Fried Rice \$15

Tues, Sept 29 - Bison Burgers (in honour of Truth and Reconciliation Day) \$16

Wed, Sept 30 - SEESA Closed for Truth and Reconciliation Day

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

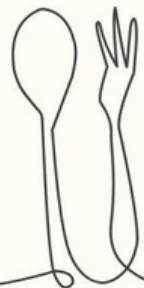
August 24 to September 4

- Building Maintenance Closure

Pop-up Cafes

July 24 - All Day - Cloak Room

August 21 - All Day - Cloak Room



TILLIE'S CAFE CLOSURE

SEPTEMBER 2026

Full Day Closure

September 1 to September 4

- Building Maintenance Closure

September 7 - Labour Day

September 16 - Private Event

September 25 - Reuse Sale Set Up

September 30 - Truth and Reconciliation Day

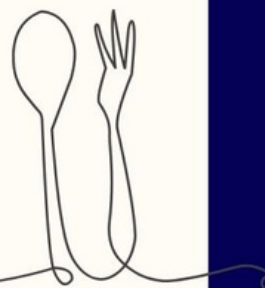
Partial Closure

September 15 - Brithday Party - 1 pm to 4 pm

Pop-up Cafes

September 15 - Idylwylde - 1 pm to 4 pm

September 16 - All Day - Cloak Room



August 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						1
SEESA will be closed for yearly maintenance – Monday, August 24 to Friday, September 4, 2026. All Classes, Clubs and Tillie's Café care cancelled/closed. The Front Desk will be open 9 am to 3 pm.						
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 →						

September 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
	SEESA Closed for Annual Maintenance	1	2	3	4	5
6	SEESA Closed Labour Day	8 Session 5 Clubs Begin	9 SEESA Open House 10am to 3pm	10 Reuse Sale Collection Sept 10 to Sept 24 9am to 4:30pm	11	12 Reuse Sale Collection 10am to 3pm Holyrood Community League Day 11-3 pm
13	14 Session 5 Clubs Begin Book Sale Sept 14 to Sept 24 – 9am to 4pm	15 Monthly Birthday Party 1:30 – 3:00pm Tillie's Cafe	16 Floor Curling Tournament Tillies Café and Gym	17	18	19 Reuse Sale Collection 10am to 3pm King Edward Park Community League Day 12-3 pm
20	21	22	23	24	25 SEESA Closed Reuse Sale Setup	26 Fall Reuse Sale 10am to 3pm
27 Fall Reuse Sale 11am to 2pm	28 Outreach Worker On Site (1pm – 4pm)	29	30 SEESA Closed Truth & Reconciliation Day	10 Reuse Sale Collection - Sept 10 to Sept 24 – 9am to 4:30pm – Monday to Friday) & Sat, Sept 12 and 19 – 10 am to 3 pm. Book Sale – Sept 14 to 24 – 9 am to 4pm – Partial closure – Tues, Sept 15 – 12:30 pm to 4 pm		