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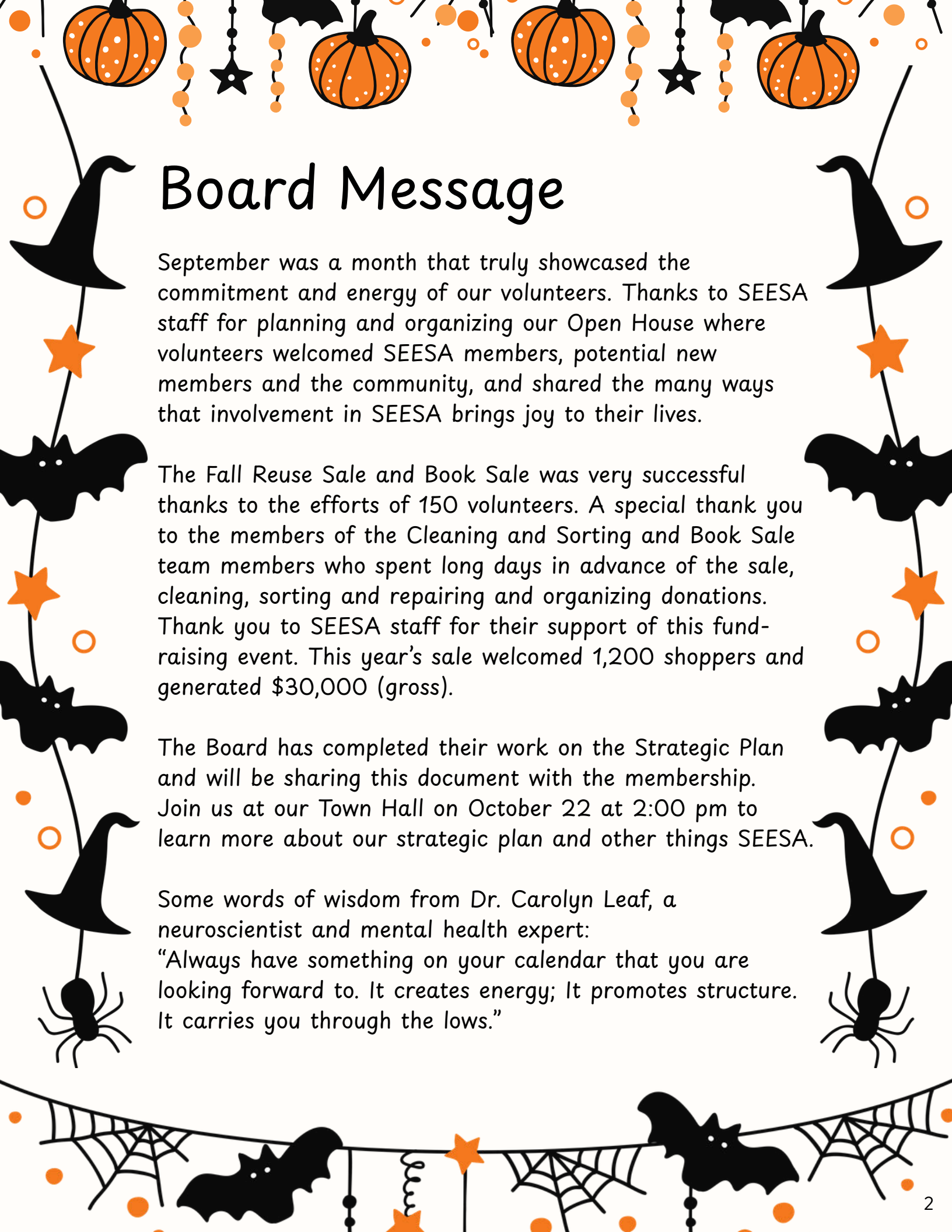
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Board Message

September was a month that truly showcased the commitment and energy of our volunteers. Thanks to SEESA staff for planning and organizing our Open House where volunteers welcomed SEESA members, potential new members and the community, and shared the many ways that involvement in SEESA brings joy to their lives.

The Fall Reuse Sale and Book Sale was very successful thanks to the efforts of 150 volunteers. A special thank you to the members of the Cleaning and Sorting and Book Sale team members who spent long days in advance of the sale, cleaning, sorting and repairing and organizing donations. Thank you to SEESA staff for their support of this fund-raising event. This year's sale welcomed 1,200 shoppers and generated \$30,000 (gross).

The Board has completed their work on the Strategic Plan and will be sharing this document with the membership. Join us at our Town Hall on October 22 at 2:00 pm to learn more about our strategic plan and other things SEESA.

Some words of wisdom from Dr. Carolyn Leaf, a neuroscientist and mental health expert:

"Always have something on your calendar that you are looking forward to. It creates energy; It promotes structure. It carries you through the lows."

FALL TOWN HALL

**Join us for a discussion on what's
happening at SEESA!**

- **Operational and board updates**
- **Strategic Plan updates**

21 October 2026

2:00 - 3:30pm

Tillie's Cafe

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

Town Hall
Meeting

Welcome

NEW MEMBERS

Are you a new member in 2026?

JOIN US

Thursday, October 29th

1:30 to 2:30 pm

**for a social event
in TILLIE'S Cafe**

Please sign up with the Front Desk
or by calling 780-468-1985 (ext 0)
by Wednesday, October 21



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.



780-468-1985 ext 224
darlene@seesa.ca

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).

Volunteer Highlight

Iris Neufeld



After retiring from a 32 year career as a secretary at Westburn Electric, Iris realized she wanted something meaningful to fill her days. Encouraged by friends at SEESA, she met with Gina-Marie and began volunteering at the front desk. Now approaching her third year, Iris spends Friday mornings welcoming members and visitors to the centre.

For Iris, one of the best parts of volunteering is meeting inspiring people. She recalls registering an 80 year old woman who plays pickleball “Every time you feel lazy and you’re sitting on the couch, the people here are amazing and inspirational” she shared. Seeing members stay active motivates her and reminds her of the importance of community connections.

Iris believes volunteering brings purpose and helps people avoid isolation after retirement. She enjoys welcoming new members who discover SEESA for the first time and become excited about joining activities, meeting friends, and connecting with others. Beyond SEESA, Iris and her husband also volunteer with their community league, helping organize barbecues, chili nights, and Christmas markets.

For anyone considering volunteering at SEESA, Iris encourages you to take the first step. “It’s much better to get out and volunteer no matter what you do. It’s better to get out and meet people.” She also emphasizes that volunteers always have staff support and are never expected to know everything right away. Thank you Iris, for helping make SEESA a warm and welcoming community!



CRIBBAGE Tournament

Saturday, October 24, 2026

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

Games start at 11:00am

Check-in & Payment (cash only) 9:30 - 10:30am

\$25 per person

\$50 per team of 2

(includes a light lunch)

1st, 2nd & 3rd place cash prizes!

Highest hand cash prize!



Prizes for the
Best Costume



**19 Pot!
\$0.25**

**Registration is now FULL -
Accepting Waitlist**

To add your name to the waitlist, contact Pam Ellenberger
at 780-668-4815 or pam.ellenberger23@gmail.com

**Door
Prizes!**

**Peg
Vendor
Cash or
e-transfer
only**

**50/50
Raffle**

Remembrance Day Lunch

Tuesday, November 10th

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

Lunch Menu: Roast Beef, Yorkshire Pudding,
Mashed Potatoes, Roasted Root Vegetables,
Black Forest Cake for dessert, and coffee/tea

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

Tickets \$25

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

**Last day to purchase tickets is
Wednesday, November 4**

SEESA
You belong here



SEESA's Accidental Drama Club Presents

PLAY ON!

By Rick Abbott

A community theatre group tries desperately to put on
a play despite its eccentric author whose continuous
changes create hilarious mayhem.

**Tickets on
Sale Now!**

November 13, 7:00 pm / November 14 and 15, 2:00 pm

Doors open ½ hour before the show.

Concession available

Tix \$20 (general seating)

Purchase at SEESA (9350 - 82 St NW)
or at 780-468-1985

Content warning:
Verbal threats, loud noises,
simulated alcohol use and smoking,
mild swearing, suggestive
language and behavior

Produced by special arrangement
with Concord Theatricals Corp.



SEESA
You belong here

SEESA
You belong here

SEESA EUCHRE Tournament

Calling all Euchre fans to join us for
our Upcoming Euchre Tournament

FRIDAY, NOVEMBER 20
SEESA, 9350 82 ST NW
Check-in: 1:00 pm
Game starts 1:30 - 3:30 pm

**Just \$5 entry fee
to join the fun**

**Top 3 winners
will receive
prizes**

To Register : contact Pam Ellenberger
at 780-668-4815 or
pam.ellenberger23@gmail.com



**Lone Hand pot:
\$1 for each
successful Lone
Hand**

Together We Grow



Free to attend!

Drop in or register

Seniors join children ages 0-3 and their caregivers for songs, rhymes, and stories followed by the opportunity to play and connect

Fridays, 10am - 11am in SEESA's "Idylwyde Room" from Oct. 2 - Nov. 6

9350 82 St.
780-468-1985
www.seesa.ca

Cross-cultural Event

In partnership with South East Edmonton Seniors Association & Africa Center - Coordinated by Edmonton Seniors Coordinating Council.

Join us for a meet & greet, African board game, and light breakfast!

SEESA members:
Registration required through Front Desk



Free to attend!

Address: SEESA
9350 82 St NW

Date: Nov 25, 2026

Time: 10:00 am - 12:00 pm



Operation Friendship
SENIORS SOCIETY

#SOCKTOBER

Collecting 10,000 pairs of warm (new) winter socks

Warm, new socks only for seniors in need

**COLLECTING AT SEESA
FROM OCT 1 - 31**

In the hallway by the main washrooms

Flu Clinic at SEESA

Get the flu shot here

Tuesday October 27
9:00am-11:00am
Edmonton Room

Flu vaccines are available to everyone attending the clinic.

Additional vaccines may also be available (some with a cost) on-site based on individual eligibility determined by the pharmacist:

- COVID-19
- Pneumococcal
- Tetanus Booster
- RSV

Please sign up at the Front Desk to book your time slot.

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





Alberta Energy Rebate Extended to October 31, 2026

Until October 31, eligible Albertans can get \$100 to help with the costs of everyday essentials.

The application period for the Alberta Energy Rebate has been extended. Submit your application by October 31, 2026.

To be eligible:

- You must be 18 years of age or older as of July 1, 2026
- You must be an Alberta resident
- You must have filed your 2025 tax return
- Your household total income must be \$225,000 or less

Albertans receiving the Alberta Seniors Benefit and those enrolled in Assured Income for the Severely Handicapped (AISH) – including AISH clients transitioned to the Alberta Disability Assistance Program (ADAP) – and Income Support will be automatically enrolled to receive their rebate. No application is required.

[Hello Seniors: Energy Rebate Guide](#)



SEESA Fall Reuse & Book Sale

Sept 26 & 27, 2026



On Saturday, September 26, and Sunday, September 27, shoppers coming to SEESA for our Annual Fall Reuse Sale finding hidden treasures, fill their bags, and connect with local community.

This fall, we welcomed incredible 1,200 visitors, including 950 shoppers on Saturday! Thanks to the dedication of our volunteers, the sale raised approximately \$30,000 in gross revenue—the best sale yet! These funds will support SEESA's essential needs and help keep this place warm and accessible for our members and guests.

A special thank you to Mary and her Book Sale volunteers for their continued support in hosting a book sale for the weeks leading up to and including on the reuse sale days.



One of this year's highlights was the tremendous number of donations received right from the first day, quickly filling our hallway. Fortunately, our strong Cleaning and Sorting team kept everything moving smoothly. A heartfelt thank you to Joanne, Bonnie, and all our Cleaning and Sorting volunteers for their hard work and teamwork.



We also extend our appreciation to the Holyrood Community League for helping us receive additional donations through the Holyrood Big in Event.





SEESA Fall Reuse & Book Sale

Sept 26 & 27, 2026



We would like to thank the group from ATCO who assisted in the Friday set-up of table and chairs. Once the ATCO folks were done, SEESA's incredible volunteers took over, setting out and pricing all the items for sale. With the volume that came in this year, we are grateful for their efficient set up and pricing of an array of treasures for our shoppers.

We would also like to thank Thai Avenue Restaurant for donating 340 bottles of water and Safeway Bonnie Doon and Unity Square for their donations to provide snacks for our volunteers. Your generous support is greatly appreciated.

Thank you also goes out to the Edmonton Police Service Cadets that came out to help with the movement of tables and chairs at the end of the sale on Sunday.

This successful weekend would not have been possible without the leadership of our Reuse Sale Co-Chairs Wendy and Eloise, Mary and book sale volunteers, our team leads, the 150 volunteers who contributed their time and energy leading up to and during the sale.

Special thanks to Shirley from the Crafters and Quilters Club who made new aprons for our volunteers.



And we can not forget to that our Kitchen Coordinator Cherie and her dedicated stream of volunteers for providing food service for our volunteers and shoppers.



To everyone who has continued to support the Reuse Sale year after year, and to everyone who donated, volunteered, shopped, or helped behind the scenes, thank you! Your generosity, commitment, and community spirit make this event a success and help keep SEESA a welcoming place for everyone. 10

BUS OUTING

NANAKSAR GURDWARA EDMONTON

Experience an immersive visit to the local Gurdwara to learn about Sikh spirituality, culture, and community through an educational presentation, a guided tour of the Prayer Hall and community kitchen, and an open Q&A session, all concluding with a shared vegetarian lunch. Please dress modestly, as head coverings are required (scarves provided) and shoes must be removed upon entry. The space is accessible via stairs or elevator, with both floor and bench seating available in the Prayer Hall. All questions are encouraged in this welcoming environment designed for open, honest learning. Please arrive to SEESA at 10:00 so we can watch a video about the Gurdwara before we go.

Date: Thursday, November 12

Time: 10:00am-2:00pm

Depart SEESA: 10:30am

Depart Gurdwara: 2:00pm

Cost for the Bus and contribution to the Gurdwara: \$25

Max 27 Spaces - 2 wheelchairs
and some walkers

Sign up by October 26 by calling
780-468-1985 or at the front desk



SEESA
You belong here

Outreach Program

Mon, Oct 26 - 1 to 4 pm
Thurs, Nov 12 - 9 to noon
Mon, Nov 23 - 1 to 4 pm
Wed, Dec 9 - 9 to noon

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 emergent needs: call 211-2

FOR MORE INFORMATION

780-468-1985
9350 82 Street
seesa.ca

SEESA
You belong here

Lest We Forget

They gave their tomorrows
so we could have our
today....

**SEESA will be
CLOSED on
Wednesday,
November 11
in recognition of
Remembrance Day.**

SEESA
You belong here

SEESA
You belong here

**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.

SKIPTHEDEPOT
RECYCLING & FUNDRAISING

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

Thanksgiving Lunch - Oct 9

Celebrating Culture and Connection



Thanksgiving is a time to appreciate what we are grateful for and reconnect with the people around us. This year, SEESA's Thanksgiving Luncheon on October 9 offered members a wonderful opportunity to gather before the holiday season, enjoy a delicious meal, and celebrate the diverse cultures that make our community special.

SEESA welcomed guest speakers from the Edmonton Korean Canadian Association, who introduced members to Chuseok, or Korean Thanksgiving, a traditional holiday that brings families together to celebrate the harvest and honour their roots. Members also enjoyed a Ganggangsullae performance, a traditional Korean circle song and dance associated with Chuseok. Chuseok Also known as Hangawi in the past, meaning the middle of autumn which takes place under the full moon of the eighth lunar month.

In Korean culture, the full moon can symbolize longing, happiness, and the feeling of being complete with loved ones. Like a mother holding her child, its fullness represents warmth and joy. Chuseok is therefore a time when people return to their family homes to reunite with their parents and loved ones, reminding us of the importance of connection and togetherness.

We hope everyone had a wonderful time and learned something new! Thank you to our guest speakers from the Edmonton Korean Canadian Association for sharing their culture and traditions, to our Chef, for preparing a wonderful meal, and to our kitchen and café volunteers for their dedication. Together, you made this Thanksgiving a meaningful celebration of culture, gratitude, and community at SEESA.





A Winning Hand: Laurie's Decade of Bridge and Community

When Laurie first joined the Southeast Edmonton Seniors Association (SEESA), she was simply looking for a welcoming place close to home to enjoy her favorite game: bridge. Finding a great schedule and a wonderful atmosphere, she quickly felt right at home. About ten years ago, when the club's previous liaison could no longer continue, Laurie stepped up to help out—and she has been a dedicated bridge club liaison ever since.

While she focuses her energy entirely on the bridge club—hosting contract bridge games and teaching lessons on Monday afternoons—it is the community that keeps her coming back week after week. Laurie loves connecting with members, hearing their life stories, and doing her part to ensure they have a fantastic group to play with.

While there isn't just one single standout moment, Laurie shares that every week brings its own brand of joy and laughter as members catch up. Just recently, a member was nervous about attempting a difficult contract, but when she successfully pulled it off, she let out a proud, joyful scream that brought smiles to the whole room. It is moments like that, Laurie says, that make her ten years of volunteering so worthwhile.





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
 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.



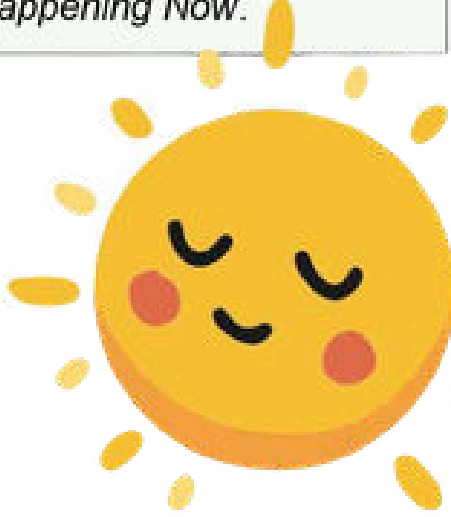
Heather McPherson
 Member of Parliament
 Edmonton Strathcona

- 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



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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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





**SAVE
the
DATE**

Festive Market & Reuse Sale

**NOVEMBER 28, 2026
10:00AM - 3:00PM
9350 - 82 ST NW**

Get a head start on your shopping.

**Unique gifts & items handcrafted by SEESA's Artists,
Quilters & Crafters and Woodworkers & Soapstone Carvers**

**Reuse area - great selection of gently used
items for the Festive Season**

**Donations accepted Monday - Friday 9am - 4:30pm
November 12 - 26 (until Noon)**

**Additional donation day
Saturday, November 21st, 10am - 3pm**

Truth and Reconciliation

This September, for Truth and Reconciliation Day, SEESA featured an interactive art installation to honour the children who were taken from their families and sent to residential schools.

SEESA members had the opportunity to fill the blank orange T-shirt shape with orange sticky notes, each carrying a personal message. These notes represent our commitment to giving back what was taken away by showing our support for Indigenous voices and working together toward a better future.



Many thanks to Makhoos for sharing knowledge and personal experiences, as well as providing valuable feedback that helped us approach this event with care and respect. Also, many thanks to the special events decoration volunteers for putting together all the incredible artworks, and to everyone who contributed a heartfelt note and helped complete the Orange Shirt. Every note made this installation a meaningful step toward reconciliation.





SEESA'S BIRTHDAYS

OCTOBER 15 TO NOVEMBER 14

Dale Anderson
Irene Dickau
Debbie Dickson
Annette Evans
Rick Falls
Berni Fuchs
Jim Gizowski
Dawn Hague
Dave Heatley
Brian Heidecker
Roger Helfrick
Trudy Hensel
Anne Hughes
Bonnie Jacques
Elaine Jensen
Brenda Juntunen
Mary Anne King
Debbie Knight-Braams
Reg Kostash

Claire Kotun
Bill Leeming
Carol Leonard
Susan Lobkowicz
Richard Mack
Vicki Pickard
Fay Pytel
Irene Robb
Margaret Russell
Charlene Schneider
Velta Smith
Malcolm Smith
Kathy Sweenie
Janice Thomas
Mary Toma
Marilyn Wakaruk
Sylvia Whitson
Jude Wilson
Carmen Wuensch

SEESA October Birthday Party!

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

**Featuring a performance from
SEESA's Ukulele Students**



TUESDAY, OCTOBER |20|

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, October 16th to RSVP

SEESA November Birthday Party!

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

**Featuring a performance from
SEESA's TCB Band**



TUESDAY, NOVEMBER | 17 |

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, November 13th to RSVP



TILLIE'S CAFE OCTOBER 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

DAILY LUNCH FEATURES

Features - Chef may substitute as required:

OCT 1 TO 2

Thurs, Oct 1 - Liver and Onions \$15

Fri, Oct 2 - Chef's Special As Priced

OCT 5 TO 9

Mon, Oct 5 - Shepherd's Pie \$15

Tues, Oct 6 - Vegetarian Samosas \$6 - each

Wed, Oct 7 - Macaroni and Cheese \$6

Thurs, Oct 8 - Ham and Scalloped Potatoes \$15

Fri, Oct 9 - Thanksgiving Lunch - Ticketed Event \$25

OCT 12 TO 16

Mon, Oct 12 - SEESA Closed - Thanksgiving Day

Tues, Oct 13 - Pulled Pork Tacos \$10

Wed, Oct 14 - Beef Rouladin and Potato Dumplings \$16

Thurs, Oct 15 - Tofu Bowl on Quinoa \$12

Fri, Oct 16 - Chef's Special As Priced

OCT 19 TO 23

Mon, Oct 19 - Chicken Mushroom Swiss Burgers \$7

Tues, Oct 20 - Vegetarian Lasagna \$15

Wed, Oct 21 - Fish and Chips - 1 piece \$13
- 2 pieces \$15

Thurs, Oct 22 - Wor Wonton Soup \$15

Fri, Oct 23 - Chef's Special As Priced

OCT 26 TO 30

Mon, Oct 26 - Ruben Sandwich \$11

Tues, Oct 27 - Veal Schnitzel with Mushroom Sauce \$12

Wed, Oct 28 - Philly Cheese Steak \$15

Thurs, Oct 29 - Beef Stew with Dumplings \$15

Fri, Oct 30 - Chef's Special As Priced



Sept 28, 2026



TILLIE'S CAFE CLOSURE

OCTOBER 2026

Full Day Closure

October 9 - Thanksgiving Lunch - Ticketed Event

October 12 - Thanksgiving

Partial Closure

October 15 - Workshop - 1:30 pm to 5 pm

October 20 - Birthday Party - 1 pm to 4 pm

October 21 - Town Hall - 2 pm to 4 pm

October 28 - Travel Club - 3 pm to 4:30 pm

October 29 - New Member Welcome - 1:30 pm to 3 pm

Pop-up Cafes

October 9 - All Day - Cloak Room

October 15 - 1 pm to 5 pm - Cloak Room

October 20 - 1 pm to 4 pm - Cloak Room

October 21 - 1:30 pm to 4 pm - Cloak Room

October 28 - 2:30 pm to 4:30 pm - Cloak Room

October 29 - 1 pm to 3:30 pm - Cloak Room





LIVER & ONIONS

TUESDAY, NOV 3



\$15

**Purchase your pre-pay tickets at the Front Desk
to secure your meal. Tickets available until Oct 27**

**Tillie's Cafe will be open for
regular service.**

SEESA
You belong here

October 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
Oct 8 – Age-Friendly Reel – Stories and Conversations with Older Adults – 1:30pm to 4pm – Whitemud Crossing Library – 4211 106 St				1 National Seniors Day – LIVER AND ONIONS – LUNCH FEATURE – prepurchase tickets at FDR	2	3
4	5	6	7	8 SEESA Table at Bonnie Doon Mall 9 am to 2 pm	9 THANKSGIVING LUNCH 11am / 12:30pm \$25	10
11	12 SEESA Closed Thanksgiving 	13 Registration Day Session 6 9:15 am	14 Outreach Worker On Site (9:00am - NOON)	15 Fraud Prevention Workshop 2 pm \$5 – Tillie's Cafe	16	17
18	19	20 Monthly Birthday Party 1:30 – 3:00pm Tillie's Cafe	21 Town Hall 2 – 3:30pm Tillie's Cafe	22 SEESA Table at Reach Resource Connect – Edmonton Convention Centre 10am to 4pm	23	24 Fall Cribbage Tournament \$25 per player
25	26 Outreach Worker On Site (1pm – 4pm)	27	28	29 New Member Welcome 1:30 – 2:30pm Tillie's Cafe	30	31 HALLOWEEN 

November 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	2	3 LIVER AND ONIONS – LUNCH FEATURE – prepurchase tickets at FDR	4	5	6	7
8	9	10 REMEMBRANCE DAY LUNCH Tickets \$25 Doors open at 10:15 am	11 SEESA Closed Remembrance Day	12 Outreach Worker On Site (9:00am - NOON)	13 Accidental Drama Evening Production 7:00 pm Tix \$20	14 Accidental Drama Afternoon Production 2:00 pm Tix \$20
15 Accidental Drama Afternoon Production 2:00 pm Tix \$20	16	17 Monthly Birthday Party 1:30 – 3:00pm Tillie's Cafe	18	19	20 Euchre Tournament \$5 per player 1:30 to 4:30 pm	21
22	23 Outreach Worker On Site (1pm – 4pm)	24	25 Africa Centre Partnership Program at SEESA 10am to noon	26	27 SEESA Closed Festive Market & Reuse Sale Setup	28 Festive Market & Reuse Sale 10am to 3pm
29	30	Festive Market & Reuse Sale Collection – Nov 12 to Nov 26– 9am to 4:30pm – Monday to Friday, Thursday, Nov 26 collection till noon Sat, Nov 21 – 10 am to 3 pm.				

Updated: February 3, 2026

SEESA You belong here