



## Board Update

During this time of seasonal celebrations, we hope you can enjoy time with family and friends. With the human loss and turmoil that is happening in our world, may we also be conscious of what actions we can take to support others.

### **Purchase your 2024 SEESA Membership Now and Save**

Membership fees for 2024 will be increasing. Purchase your 2024 membership now and save! While you are doing so, consider what volunteer opportunities may be of interest to you.

### **A successful Christmas Market and Reuse Sale**

Thanks to the donors and many volunteers who helped make this sale a success. We raised \$8000 and brought some seasonal joy to many. From those purchasing items for their first Christmas tree, collectors of vintage Christmas items, and those seeking handcrafted gifts and Christmas goodies, smiles abounded. This event generated some new SEESA memberships as well as ticket sales for upcoming events and raffles.

A very special thank you to volunteers Eloise and Wendy for co-leading the event and to Darlene and other SEESA staff for their support.

### **Brava! Bravo!**

Congratulations to the members of the Accidental Drama Club whose recent performance brought joy and laughter to many.

Congratulations to the Melody Singers on their sold-out performance. The varied program of song and opportunity to sing together was enjoyed by all.



(Board Update continues on page 2)

(Board Update continued from page 1)

## What is SEESA's Financial Situation?

Our goal remains to support and sustain the operations of SEESA. Some have questioned where the resources are coming from to hire more staff. These positions were part of our annual budget plan. Through the efforts of our Executive Director, Shelley, we have secured additional grants to help fund these positions, as well as increased revenue through facility rentals and donations, Tillie's Café and programming. Working with the Executive Directors and Board Chairs of the other Seniors' Centres in Edmonton, we will continue to address the need for resources to support our seniors.

Thank you to all who have donated to SEESA this year. Your monthly and annual donations to SEESA support our work.

## A new year is just around the corner

We encourage you to take a class, join a club, volunteer, and invite your friends to join you. Tillie's Café has many delicious offerings that will help you forget the winter chill.

# HOUSE CLEANING

Don't have time to clean  
**Call Angela at 780-951-2929**  
She will get the job done!!!

- 18 years experience
- References available upon request
- Non smokers only please
- North/South: North Saskatchewan River to Argyll Road
- East/West: 15th Street N.W. to University



**Please Join Us**

**Riverdale School  
Elementary Music Choir Performance**

*A selection of music including Holiday Carols  
and two special songs*

**Thursday, December 21st at 11:00am**

**Tillie's Café**

Admission is **FREE**. Please consider bringing a donation  
for the Edmonton Food Bank.

*Mix & mingle with the students after their performance*

Tillie's Café open for lunch  
Hot special: Stuffed Pork with applesauce & all the fixings (\$12)  
Regular soups & sandwiches also available

**SEE SA** South East Edmonton Seniors Association  
9250 82 Street N.W. Edmonton Alberta Canada T6C 2X8  
780-468-1985 • info@seesa.ca • www.seesa.ca



*Do you have a birthday  
in December?*

# You're Invited

To SEESA's  
December  
Birthday Party

**Tuesday, December 19th**  
1:30 - 3:00pm  
Tillie's Café

Please call SEESA's  
Front Desk (780-468-1985)  
**by December 15th**  
to let us know if you (and a guest)  
will be attending.

**SEE SA** You belong here

# Christmas market a success

On Saturday, December 2, 2023, SEESA held the 3rd Annual Christmas Reuse Sale and Holiday Market. Many of our quilters, artists, card makers, soap stone carvers, and crafters showcased their talents — and a very talented group of members we have. These items made for great gifts and were snatched up quickly. Rumor has it that someone left very happy and proud to have purchased a green butterfly quilted wall hanging!



Market shoppers



Christmas crafters

“Reduce, Reuse, Recycle” is a phrase that encourages people to reduce the amount of waste they produce, reuse items as much as possible, and recycle materials that can be reused. Well at SEESA, we have truly taken this to heart!

Many items were donated to the Christmas Sale by our members and the community; were meticulously checked, cleaned, and tested by a dedicated group of volunteers; and then sold at our Christmas Reuse Sale and Holiday Market. Unsold items

were donated to FIND Edmonton, a social enterprise of Homeward Trust Edmonton that provides essential furnishings free of charge to individuals and families transitioning out of houselessness through the Housing First Program. SEESA is proud of this partnership and the ability to play a part in helping families and individuals transition from houselessness. Because of the Christmas items we were able to donate on behalf of our members to FIND, some families will have the decorative trimmings just in time for Christmas.

A shopper who had been looking for a Christmas village was extremely happy that she was able to buy the whole village at our sale and was able to help the environment by recycling a preloved village. A young couple starting out were happy to be able to purchase a tree at our sale and some decorations to start their first Christmas together. It is through these stories that your contributions are making an impact. A huge thank you to all our volunteers, including the Vimy Ridge students, members, donors,



Friday setup crew

supporters, and staff, who assisted with the Christmas Reuse Sale and Holiday Market. With your support, \$8,600 (gross) was raised for SEESA.



# Giving Tuesday Campaign

Thank you all for your support for SEESA's GivingTuesday Campaign. SEESA set an ambitious goal of \$5,000 for our GivingTuesday Campaign and because of your support and generosity, we were able to raise \$4,446.50! or 89% of our goal. WOW and thank you so very much! We are grateful to everyone who supported us and continues to support the programs, clubs, and activities at SEESA.



GivingTuesday is a global movement unleashing the power of people and organizations to transform their communities. GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good things. The idea caught on, and has grown around the world, inspiring people to give, collaborate, and celebrate generosity. GivingTuesday was founded in 2013 in Canada by CanadaHelps.org, GIV3 and other founding partners. GivingTuesday has active movements in more than 80 countries, working year-round to inspire generosity around the world, with a common mission to create a world where giving is part of everyday life.

Thank you to our members, volunteers, donors, supporters and staff for your continued and unwavering support of SEESA, a volunteer driven, non-profit organization dedicated to enhancing the quality of life of people in our community

as we age. Your generosity is truly appreciated. Together, we can continue to grow an inclusive, positive, and fun organization for people 55+ by having fun, learning, sharing, and joining in programs, clubs, activities, and social gatherings. We are SEESA, and we thank you for being here.

Donations are accepted throughout the year. All donations made by December 31, 2023, will receive a 2023 tax receipt.

Here's how you can donate:

**IN PERSON** You can donate in person at SEESA, 9350 82 Street NW, between the hours of 8:30 am and 4:30 pm, Monday to Friday excluding Statutory Holidays. One of our Front Desk Reception volunteers would be happy to assist you in your donation.

**BY PHONE** You can call our Front Desk Reception at 780-468-1985 to make a donation by credit card. The Front Desk Reception is open from 8:30 am to 4:30 pm, Monday to Friday, excluding Statutory Holidays.

**BY MAIL** Download the [donation form](#) and mail it to SEESA at 9350 82 Street NW, Edmonton, AB, T6B 2X8. Please make sure your envelope is post marked by December 31, 2023, to qualify for a 2023 tax receipt.

**ON LINE** You can [donate online](#). All donations will need to be made by 11:59 pm on December 31, 2023, to qualify for a 2023 tax receipt.

## Celebrating SEESA Volunteers

Since 1985, International Volunteer Day has been held every year on December 5th. The day recognizes the efforts of volunteers in transforming their societies, economies, and environments. On this day, people focus on issues of concern in their communities. The goal of International Volunteer Day is not just to get others to volunteer for one day, but to encourage a change in attitudes and behaviors so that people become agents of change to build a better community in which we live, work, and play.

The theme for the 2023 International Volunteer Day is recognizing the power of collective action — If Everyone Did! If everyone volunteered, the world would be a better place. Limitless possibilities for sustainable development — food and education for everyone, clean environment and good health, inclusive and peaceful societies, and much more. Volunteerism is an enormous renewable resource



for social, economic, and environmental problem-solving.

At SEESA, volunteerism — the power of collective action — keeps us active, encourages diversity and inclusivity, and enhances the quality of life of people in our community as we age. We know that participating in activities, in volunteerism, brings a smile to our faces and enriches our lives. To everyone who has volunteered throughout the year, THANK YOU! Know that you do make a difference in so many lives.



# Celebrating Birthdays

## December 15, 2023 – January 14, 2024 Birthdays

Roberta Adams

George Akagi

Maria Alexander

Judith Ashton

Allan Barclay

Susan Barker

Shirley Baynes

Elizabeth Bianchini

Dora Bilko

Claudette Boisvert

Donna Brant

Nora Bredo

Alana Broomfield

Patricia Cettiga

Catherine Charbonneau

Jean Chopoidaló

Noel Constantin

Anne Maureen Crighton

Gail Debenham

Cheryl Donnachie

Karen Doucet

Brenda Eadie

Kathleen Eichmann

Pam Ellenberger

Tracy Exnowski

Brian Fargher

Teresita Ferry

Lil Filewych

Colin Fraser

Darlene Fraser

Monica Gaal

Renee Gerdes

Mary Pat Gibson

Karen Gurba

Leonard Harms

Alexis Harper

Joan Hawkins

Joe Heilman

Bridget Henry

David Hildebrandt

Laureen Hollihan

John Holowaychuk

Dorothy Humphrey

Donna Ilnicki

Benno Kappel

Frances Kutschinski

Richard Labranche

Kirk Lambrecht

Louise Larson

Michael Lesanko

Thelma Lorentz

Judy Lynes

Carmen Machado

Bruce MacKenzie

Vivian Manson

Jane Mason

Carol McKinley

Malcolm McPhee

Anne Melnychuk

Donald Michaud

Alfred Mo

Sharon Moffatt

John Moir

Carol Morgan

Valerie Murphy

Jo-ann Nelson

Gina Nemet

Jim Normey

Dallis Nowoselski

Audrey Page

Marjorie Page

Annette Peters

Colleen Phillips

Heather Pick

Lorence Plitt

David Prestley

Claudia Ramsay

Laurel Raulin

Ethel Reid

Donald Retson

Twila Riopel

Diane Robitelle

Fred Runzer

Rosalyn Schilberg

Jan Schmitz

Yolanda Schultz

Lynda Sclater



Lucette Scott  
Raymond Sharp  
Jackie Simmonds  
Linda Smeland  
Roger Smeland  
Dan Smith  
Kelly Stanley  
Sharon Steeves  
Judy Stelck

Genie Tchoryk  
Clara Thomas  
Ron Tkachuk  
Shirley Tkachuk  
Imelda Trojek  
Erik Vandist  
Doug Vokins  
Annette Wagner  
Carol Warshawski

Les Westwood  
Barb Willis  
Mary Wood  
Allan Wright  
John Yadowski  
Debbie Young  
Duncan Young  
Gordon Young  
Kaye Zenchyson



November birthday party participants.

**Do you have a birthday in January?**  
**Your party is on Tuesday, January 16th at 1:30 pm.**  
**Please RSVP by January 11th to 780-468-1985.**

# SEESA explores Broadcast Messaging

Through SEESA's database, MySeniorCenter, we can send out broadcast messages by voice calls, text messages, or emails about reminders, cancellations, special events, registration day, etc. This is another tool at our disposal to communicate with our members and volunteers. On a monthly basis you may receive SEESAShares (mid-month) and What's Happening (beginning of the month), which provides information on upcoming activities and stories of past events. The broadcast messages allow for more immediate updates and information.

Over the past few weeks, we have been learning about Broadcast Messaging and have been testing various versions. Here are some things we have learned:

## Broadcast Calls

- These calls come from SEESA's main number — 780-468-1985.
- If you do not have SEESA's main number (780-468-1985) programmed into your phone, the call display will read Alberta.
- There may be a 10-15 second delay in the voice message once you answer the phone.
- Depending on the length of your incoming voice mail message, the start of our message may be cut off.
- If you do not pick up, do not have voice mail, or your line is busy, the message will not repeat and will not go through a second time.
- In some cases, even if you have voice mail, the voice call may not go through to your voice mail.

## Broadcast Texts

- These come from SEESA's SMS number — 1-855-669-6764.
- If you program the SMS number (1-855-669-6764) into your phone as a secondary SEESA number, then your text messages will appear as SEESA.
- Any phone number in a text message will appear blue and underlined. This allows you to click on that number and the phone will dial the number.
- Any date will also be underlined to allow you to click on it where you can create an event or reminder in your calendar.

## Broadcast Emails

- These come from [null@myactivecenter.com](mailto:null@myactivecenter.com). The sender should appear as South East Edmonton Seniors Association.

Here are a couple of tips that may help you receive our messages:

- Program SEESA's name and main phone number (780-468-1985) and the SMS number (1-855-669-6764) into your phone system. If you do this, your phone display should read SEESA.
- When you answer the call from SEESA, and you hear no message, please wait 10–15 seconds before hanging up. If after 10–15 seconds you do not hear anything, the message is most likely lost.

If you are receiving the Broadcast Message, it is because you gave permission when you completed your membership / volunteer form with SEESA. If you do not wish to receive the Broadcast Message, at the end of any message (voice, text, or email) you

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can opt out. You can also opt out by letting the Front Desk Reception know the next time you are at SEESA or by calling us at 780-468-1985.

As we continue to review Broadcast Messaging and develop the process, frequency, and communication plan, your input is greatly appreciated. You can send your comments to Darlene at [darlene@seesa.ca](mailto:darlene@seesa.ca).

## Unlock the Potential of Your Volunteer Experience!

Join Volunteer Alberta's upcoming webinar, **Volunteer Rights: What Volunteers and Board Members Need to Know**, where you'll discover your rights as a volunteer and gain valuable insights into the protective legislation that ensures your safety and well-being. Hear from the co-founder of IntegralOrg, Yvonne Chenier, who will bring her legal counsel on the social impact sector. Empower yourself to find meaningful opportunities with organizations committed to your welfare. [Register now](#) and take the first step towards a rewarding and secure volunteering journey.

Tuesday, January 16, 2024

11 am – 12:15 pm

Online (Zoom)

## Discover More Living

Make the most of every moment with personalized service and meaningful experiences curated to your lifestyle. A place where you get to decide what every day looks like. That's more living.

Revera is where your journey continues.



### BOOK A TOUR TODAY

Talk to us about our exclusive move-in offers

[reveraliving.com/lifecontinued](https://reveraliving.com/lifecontinued)  
1-877-929-9222

**Our Parents' Home**  
10112 119 Street, Edmonton 780-935-9222



## Start the New Year Free 2 Free Months (January & February 2024)

Make the most of every moment with personalized service and meaningful experiences curated to your lifestyle. A place where you get to decide what every day looks like. That's more living. Our Parent's Home is where your journey continues.

Sign a lease by October 31, 2023 and you will get January and February 2024 **Free**.

Value up to \$10,882+ Two Bedroom \$7,416+ One Bedroom

**Exclusive Offer to Our Parents' Home.**

Terms and conditions apply.

Call today to learn more.

**Our Parents' Home**  
10112 119 Street, Edmonton 780-935-5922  
[reveraliving.com](https://reveraliving.com)





## ANNOUNCEMENT

As mentioned in the Board Update of the newsletter, we continue to develop potential partnerships by opening SEESA's doors to the community.

We are pleased to announce that SEESA is working with Elder Care Edmonton (ECE) and the City of Edmonton to finalize a sublease agreement for ECE to occupy the Ottewell Room and the Ottewell storage area until the end of SEESA's current lease, December 31, 2026. We anticipate a starting date of January 1, 2024.

Elder Care Edmonton's mission is to strengthen seniors' and their caregivers' independence and quality of life through excellence in recreational programming. It provides weekday services to a maximum of 20 seniors supporting the social, physical, and cognitive health for all participants. Other ECE program locations include Central Lions and Westend Seniors.

As a result, program locations will be adjusted. Aleeza will be in contact with instructors/liaisons regarding class and club locations. Further questions can be directed to the Executive Director, Shelley Williams, or the Board Chair, Wendy Doughty.

We are excited about this initiative because we are developing an important partnership that is compatible with SEESA's mandate and will help our financial revenue.

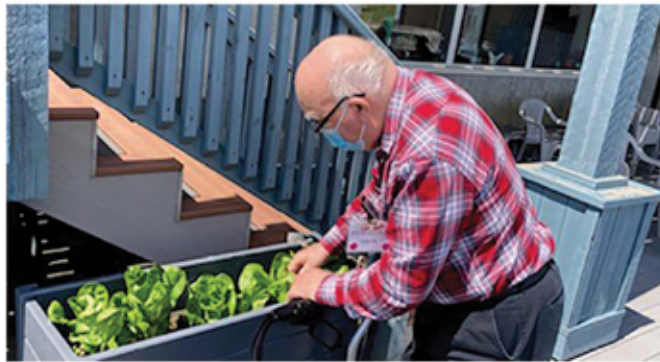
Please join the Board and Executive Director in welcoming Elder Care Edmonton to our facility.

Further information and opportunities will be posted as we move forward with this initiative.



# ElderCare EDMONTON

Society for Adult Day Programs



## LOCATIONS

**CENTRAL LIONS**  
11113 - 113 ST

**FULTON PLACE**  
10310 - 56 ST

**WESTEND SENIORS**  
9629 - 176 ST

## ABOUT US

Founded in 1980, ElderCare Edmonton (ECE) is a non-profit organization that supports adults and their caregivers through recreational adult day programs. Funded for adults living independently in the community, our social/recreation Day Programs set us apart from other medical-based programs in the Edmonton region. Our programs allow participants to engage in therapeutic recreation independently from their caregivers to help adults maintain independence and reduce isolation.

## WHO CAN JOIN

Clients are eligible for adult day programs with a valid Alberta health-care card and who live in a community setting. Programs are suitable for those who are:

- Able to attend regularly
- At risk of losing their ability to manage independently in the community
- Increasing healthcare usage
- Experiencing chronic or complex medical conditions
- Having signs and symptoms of cognitive impairment
- Whose caregiver is in need of respite

## COST

The program includes a food service fee of \$10 per day. There is no additional charge for the program.

(780) 434 - 4747

WWW.ELDERCAREEDMONTON.CA

INFO@ELDERCAREEDMONTON.CA





## Canadian Country Music Legends

Hosted by



www.seesa.ca

*Featuring!*



ALFIE MYHRE



JOYCE SMITH



RANDY HOLLAR



EDDY CHWYL



RICK MORGENSTERN

### Sunday, March 3, 2024 – 2 pm

### South East Edmonton Seniors Association

9350 82 Street – Edmonton, Alberta

Complimentary Refreshments!  
Everyone Welcome!

Reserve Tickets Only:  
Available Nov. 20, 2023 to March 3 2024  
**\$30.00**  
Call: 780 468 1985

Doors Open  
At 1 pm  
Show at 2 pm



# Melody Singers Christmas Performance

On Sunday, December 10th, SEESA's Melody Singers presented their 'Getting 'In the Mood' for Christmas performance full of joyful and celebratory Christmas music. Even though the weather outside wasn't exactly 'Christmas weather', from Christmas classics like "Joy to the World" to movie classics like "White Christmas" to jazzy tunes like "Cool Yule," the audience was brought 'In the Mood' for Christmas through the strong delivery of SEESA's Melody Singers. There was also a wonderful singalong experience for all audience members. A special guest trumpeter, Anna Heintzman, joined in the performance. Many of the guests left humming and singing, which is a true testament to the warmth of the presentation.

SEESA's Melody Singers began in 1981 and have grown to a choir of 48 members. Lead by Musical Director, Brad Heintzman, the Melody Singers continue to grow and strengthen their performances. If you would like to join this club, please contact Maria Yakula ([myakula@shaw.ca](mailto:myakula@shaw.ca)) for more information.





# Tillie's Café

Monday - Friday – Open 9 - 4

Breakfast served from 9:00 am - 10:30 am Lunch served from 11:30 am - 1:00 pm

Beverages and Goodies are available outside of meal times.

## Breakfast:

|  |         |
|--|---------|
| Big Breakfast - 2 eggs, 2 toast, bacon/sausages & hash browns .....  | \$11.50 |
| Small Breakfast - 1 egg, 1 toast, bacon/sausages & hash browns ..... | \$8.00  |
| Pancakes (2) - bacon/sausages .....                                  | \$8.00  |
| Oatmeal.....   | \$2.50  |
| Special - as posted and as priced                                    |         |

## Lunch:

|                                      |             |
|--------------------------------------|-------------|
| Sandwiches (Egg Salad or Tuna Salad) |             |
| Half/Full sandwich .....             | \$3.50/6.00 |
| Soup .....                           | \$5.00      |

## ENTRÉES

|  |         |
|--|---------|
| Dec 4 - Chef's Choice .....  | \$TBD   |
| Dec 5 - Pork Ribs and Kraut.....                                   | \$12.00 |
| Dec 6 - Vegetarian Lasagna .....                                   | \$14.00 |
| Dec 7 - Beef Pot Pie.....  | \$14.00 |
| ***  |         |
| Dec. 11 - Chef's Choice .....                                      | \$TBD   |
| Dec. 12 - Turkey Pot Pie.....                                      | \$13.00 |
| Dec. 13 - Perogies & Sausage.....                                  | \$12.00 |
| Dec. 14 - Liver & Onions with Mashed Potatoes .....                | \$12.00 |
| Dec. 15 - Christmas Dinner (Ticketed Event & Closed to the Public) |         |
| ***  |         |
| Dec. 18 - Chef's Choice .....                                      | \$TBD   |
| Dec. 19 - Taco Salad.....  | \$12.00 |
| Dec. 20 - Orange Chicken with Rice & Stir-fry Vegetables .....     | \$14.00 |
| Dec. 21 - Stuffed pork with Applesauce & all the fixings .....     | \$12.00 |
| Dec. 22 - Breakfast Special – Eggs Benedict & Fruit Salad .....    | \$10.00 |
| (Served from 9:00 – 11:00 a.m. – Closed at noon)                   |         |

## Beverages:

|   |        |
|---|--------|
| Coffee/Tea (1 refill), Hot Chocolate..... | \$2.00 |
| Bottled Water .....                       | \$2.00 |

## Baked Goods:

|                                |        |
|--------------------------------|--------|
| As available and as priced     |        |
| Thursdays: Cinnamon buns ..... | \$4.00 |

## Frozen Selections to take home:

|                                    |        |
|------------------------------------|--------|
| Soups.....                         | \$4.00 |
| Entrées as available and as priced |        |

## Closures

### Friday, December 15

Closed for Christmas Luncheon. No breakfast or lunch service.

### Friday, December 22

Serving brunch only (eggs bennie) until 11:00 am. Building closes at noon.

### Monday, December 25 & Tuesday, December 26

Building closed

### Wednesday, December 27 & Thursday, December 28

No meal service. Open for beverages and goodies from 9:00 am – 4:00 pm.

### Friday, December 29

No meal service. Open for beverages and goodies until noon. Building closes at noon.

### Monday, January 1

Building closed

### Tuesday, January 2

Regular meal service resumes: Breakfast 9:00 – 10:30 am; Lunch 11:30 am – 1 pm.





***Adventures of a Comic Book Artist***, directed by Linda Acheson, was performed by SEESA's Accidental Drama Club on November 17, 18 and 19. Stephanie, played by Dorothy Mayall, wanted nothing more than to be a comic book artist. This action-packed spoof of the comic book genre was complete with singing superheroes and dancing villains. Twenty-one cast and crew members were involved in putting on the production and they are now making plans for the next production.

“Drama Club play *Adventures of a Comic Book Artist* was funny and entertaining. One of their best!”

From *The Book of Fabulous*, observances from SEESA participants.



## Keep Moving in Winter

Staying independent and doing your daily activities can be challenging during winter with the snow, ice, and cold weather.

Adapting the way you walk on icy, snow-covered surfaces can help you prevent falling.

Below are some tips for safely walking in winter:

- » Take your time and avoid rushing.
- » Wear shoes or boots with a wide, flat heel.
- » Choose footwear with soles that stay flexible in the cold.
- » Make sure footwear has the proper amount of grip - not too much and not too little.
- » Wear ice grips over your shoes or boots to get better grip. Remove ice grips when indoors because they can be slippery.
- » If you use a cane, put a retractable ice pick on the end of it.
- » Carry a small bag or container of sand to sprinkle.

### There are also health-related considerations for the winter months:

- » Social isolation, loneliness and depression may be more common because it can be more difficult to visit with friends and family, exercise, do errands, and attend events in your community.
- » Talk to friends and family and continue your daily routine including being active, building your strength and challenging your balance.
- » Do things you enjoy, set your intentions and work toward your goals.
- » Getting groceries may be more challenging in the winter. Nutrition is an important part of healthy aging so be sure to eat a well balanced diet with plenty of fruits and vegetables, protein and whole grain foods.
- » Drink 6-8 cups of fluids throughout the day.



## Winter Walking Resources: Finding Balance



### Tips to Walk Safely in Winter (8.5x11)

» [Download yours](#)



### Footwear & Foot Care Tips (8.5x11)

» [Download yours](#)



### Eating Well as You Age (8.5x11)

» [Download yours](#)



### Keeping Well Booklet

» [Download yours](#)

## Additional Resources:

### Safe Winter Walking in Canada - For newcomers and long-time residents:

Winter in Canada can be a time of great fun and enjoyment, or it can be a time when people may be tempted to just isolate themselves at home.

[Read more »](#)

### Rate My Treads - the best information for non-slip boots:

Wearing the proper footwear can reduce your risk of slipping and falling on ice in harsh winter conditions. We want to provide you with the right footwear so you can stay safe, whenever and wherever you go. The KITE Research Institute is the research arm of the Toronto Rehabilitation Institute at the University Health Network located in Toronto.

[Read more »](#)

### Walk Like a Penguin:

Ever noticed that penguins walk really well on snow and ice? Walk like a penguin to prevent falls and injuries.

[Read more »](#)



### **Welcome to Canadian winter - Preparing newcomers for their first winter:**

The idealized impression of life in a snowy country, however, may distract from some important realities our newcomer friends will encounter this winter.

[Read more »](#)

### **Welcome to Canadian winter - Dressing for winter conditions:**

Dressing appropriately for the weather is one of the best ways newcomers can protect themselves from cold-related emergencies.

[Read more »](#)

### **Safety Tips for Winter Walking:**

Winter can be a challenging time of year to get out and about. Freezing rain, icy surfaces and piles of hard-packed snow pose a hazard for the innocent pedestrian.

[Read more »](#)

### **Your balance systems and considerations in the Winter:**

Our bodies are constantly using input from our environment to help assess and respond to our environment.

[Read more »](#)

### **Identifying Outdoor Winter Walking Programs and Resources for Older Adults:**

A scoping review of the grey literature.

[Read more »](#)



To order resources, please visit the [findingbalancealberta.ca](https://findingbalancealberta.ca) or go directly to the resource [order form](#).

For more information, please call 780-492-6019 or email [info@findingbalancealberta.ca](mailto:info@findingbalancealberta.ca)

## Social Media

### **Share your events and stories!**

Start or join a conversation about falls prevention:

**Facebook:**

@FindingBalanceAlberta

**X (Twitter):**

@StopFalls #PreventFalls2023 #BeActive

#BuildStrength



[facebook.com/findingbalancealberta](https://facebook.com/findingbalancealberta)



[twitter.com/stopfalls](https://twitter.com/stopfalls)



Stay Independent.   
Prevent Falls.

[findingbalancealberta.ca](https://findingbalancealberta.ca)

*Finding Balance* is a seniors' falls prevention initiative developed by the Injury Prevention Centre at the University of Alberta.





## SEESA Holiday Closures

**Friday, December 22**  
Building closes at noon

**Monday, December 25 &  
Tuesday, December 26**  
Building closed

**Friday, December 29**  
Building closes at noon

**Monday, January 1**  
Building closed



# 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](http://www.heathermcpherson.ndp.ca)



## Foot Care Clinic

Certified nursing staff from  
*Edmonton Foot Care*  
are onsite at SEESA the **2nd Thursday**  
of the month to provide foot care.

**For more information or  
to book an appointment:**

**Phone: 780-488-5878 or**

**Email: [info@edmontonfc.net](mailto:info@edmontonfc.net)**

**Appointment Cost:**

**\$32 (SEESA Member) - \$37 (Non-Member)**

***Paid directly to Nursing Staff***



## Ottewell Pharmacy Clinic



**GET THE BEST TREATMENT AT  
YOUR COMMUNITY PHARMACY**

**FOR YOUR HEALTH,  
WE COME TO YOU**

Call our friendly pharmacist from your home and we will  
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780-465-0371



[www.ottewellpharmacy.ca](http://www.ottewellpharmacy.ca)



9245 – 50 ST, T6B 3B6



Ottewell Pharmacy will be hosting  
information presentations at SEESA

Scan here to visit our website

## SEESA Shares Advertising Rates

SEESA accepts paid advertising in *SEESA Shares*.

### Advertising rates per single issue:

|                     |               |          |
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| Business card size: | 3.5" w x 2" h | \$25.00  |
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Send submissions to: [info@seesa.ca](mailto: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*.

“It's so good to see people in our hallways, to hear people laughing, to hear music being played again. Welcome back everyone.”

From *The Book of Fabulous*, observances from SEESA participants.



SEESA



## Fall Cardigan Raffle



TICKETS: \$4.00

Draw Date: December 19, 2023

Beautiful hand-knit Cardigan  
(Lady's Size large)  
100% Pure Canadian Virgin Wool  
Timeless, Traditional Aran Pattern  
Generously donated by a SEESA member.



On Sale: October 18, 2023

Purchase at SEESA Front Desk  
or by phone 780-468-1985

Licence #659509  
400 Tickets Printed





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Is now accepting:


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Please place in Library Donation Bin  
in hallway to Tillie's Café

**SEESA**

| Sun.  | Mon.  | Tue.  | Wed.   | Thu.  | Fri.  | Sat.   |
|---|---|---|--|---|---|--|
|   |   |   |  |   | 1<br>No Classes or Clubs<br><b>Café closed for Special Event</b>                    | 2<br><b>Christmas Re-use Sale and Festive Market</b><br>10am – 3pm |
| 3   | 4<br>Session 1 (2024) Program Guide Available   | 5   | 6  | 7   | 8<br><b>Last day to buy tickets for Christmas Lunch</b>                             | 9  |
| 10<br>Melody Singers Christmas Performance<br>2:00pm  | 11  | 12<br>Registration 2024 Session 1   | 13   | 14  | 15<br>Fall 50/50 Draw<br>Christmas Ticketed Ham Lunch                               | 16   |
| 17  | 18  | 19<br>Monthly Birthday Party<br><b>Raffle Draws: Christmas Quilt Fall Cardigan</b>                      | 20   | 21<br>Riverdale School Elementary Music Choir 11:00am<br>Tillie's Café Free Admission | 22<br>Winter Session 5 Classes End<br>Clubs until 12<br><b>SEESA Closes at Noon</b> | 23   |
| 24  | 25<br>Christmas Day<br>  | 26<br>Boxing Day<br> | 27<br><b>No Meal Service</b><br>SEESA Open for Clubs and Memberships | 28<br><b>No Meal Service</b><br>SEESA Open for Clubs and Memberships                  | 29<br><b>No Meal Service</b><br>Clubs until 12<br><b>SEESA Closes at Noon</b>       | 30   |
| 31<br>New Year's Eve<br> | 2024 Clubs may return Tuesday, January 2 <sup>nd</sup> – Check with your Club Liaison<br>2024 Session 1 Classes Begin Monday, January 9 <sup>th</sup> |   |  |   |   |  |



| Sun. | Mon.                       | Tue.  | Wed. | Thu. | Fri.   | Sat. |
|------|----------------------------|---|------|------|--|------|
|      | 1<br><b>New Year's Day</b> | 2<br><b>CLASSES &amp; CLUBS begin today</b>   | 3    | 4    | 5<br>Jam Session<br>6:45 – 10:00pm<br>    | 6    |
| 7    | 8                          | 9   | 10   | 11   | 12   | 13   |
| 14   | 15                         | 16<br>Monthly Birthday Party<br>Tillie's Cafe<br>1:30 – 3:00pm<br> | 17   | 18   | 19<br>Jam Session<br>6:45 – 10:00pm<br> | 20   |
| 21   | 22                         | 23<br>National Pie Day<br>Ticketed Event<br>Tillie's Cafe   | 24   | 25   | 26   | 27   |
| 28   | 29                         | 30  | 31   |      |  |      |