



Board Update

Happy New Year SEESA members! Hope that you all had time to relax and enjoy time with family and friends over the past few weeks.



New Faces at SEESA

We welcome Elder Care Edmonton staff and program participants to their new home at SEESA.

Graham Witten has joined the team as Volunteer and Events Coordinator.

Gina-Marie Garon has changed roles and is now Membership Services Coordinator.

Membership

As of December 31, 2023 we had 1,147 registered members. On January 8, 2023 we had 395 registered members and by January 23, 2023 there were 510 registered members. As of January 8, 2024 we have 872 members and anticipate this number will grow in January as people register for classes and clubs.

Lots of Work to Do

The first quarter of the year the focus of the Board will include completing proposed revisions to SEESA's bylaws, recruiting new Board members, continuing work on Board governance policies, hosting a Town Hall, and preparing for the Annual General Meeting while still raising awareness of the needs for learning and social engagement opportunities for seniors. We remain committed to being present at upcoming events as well as service volunteers.

Shelley, our Executive Director will be focusing on preparing grant proposals and reports for funders, bringing new staff on board, and working to advance the need for support for the operations of our centre.

Winter has arrived!

Warm-up at SEESA. SEESA offers many opportunities to warm up our bodies, mind, and soul through classes, clubs, volunteering, events, and Tillie's Café. We look forward to seeing you actively engaging in life.

SEESA Christmas Luncheon

On Friday, December 15, SEESA members enjoyed a wonderful festive meal lovingly prepared by our Chef Cherie and SEESA volunteers. During the festivities, The Melody Singers lead a sing-along, featuring many modern festive songs. At SEESA, we are an inclusive organization that brings together many facets of life and learning. The celebrations on December 15 included Christmas, Hanukkah, Kwanzaa, and the Aga Khan's 87th birthday. In the spirit of caring, members and visitors to SEESA were invited to leave a message on the SEESA Wish Tree. It was heartwarming to see so many messages of hope, love, and support.

Hanukkah (Chanukah) is the Jewish eight-day, wintertime 'festival of lights', celebrated with a nightly menorah lighting, special prayers, and fried foods. The Hebrew word Chanukah means dedication. Hanukkah is thusly named because it celebrates the rededication of the Holy Temple and marks



the dedication of a new home. Each year, Hanukkah begins on the 25th day of Kislev, which is the ninth month of the Jewish calendar. To learn more about Hanukkah, please visit Chabad.org.

December 13th is a day of celebration for Ismaili Muslims in honour of His Highness Aga Khan's birthday. The Aga Khan has dedicated his efforts to improving the quality of life of the most vulnerable populations, while emphasizing the view of Islam as a thinking, spiritual faith: one that teaches compassion and tolerance and that upholds human dignity. The Aga Khan reminds us "that there will always be more that unites us than divides us". To learn more about the Aga Khan, visit [The Aga Khan Development Network](http://TheAgaKhanDevelopmentNetwork).

Christmas, December 25, traditionally is a Christian festival celebrating the birth of Jesus. It is a special time of year for many around the world. For many of us, the celebrations of Christmas have shaped who we are and how we continue those traditions. The spirit of Christmas is about caring for our family, friends, and community. In the northern hemisphere, Christmas also coincides with the winter solstice which is a time of renewal and the return of light – as the birth of Jesus brought light into the world. To learn more about Christmas in Canada, visit [The Canadian Encyclopedia](http://TheCanadianEncyclopedia).

Kwanzaa is an annual holiday that celebrates history, values, family, community, and culture. Kwanzaa is primarily celebrated from December 26 to January 1, is rooted in the first fruit of harvest celebrations. Kwanzaa is a time for reaffirming the dignity of the human person in community and culture, the well-being of family and community, the integrity of the environment and our kinship with it,

Continued on page 3



and the rich resource and meaning of people's culture. Families and communities come together to remember the past and to celebrate community. To learn more about Kwanzaa, please visit the [National Museum of African American History & Culture](https://www.nmaahq.org/).

Sharon, one of our SEESA members, expressed her gratitude in the inclusivity of various celebrations:

I wanted to say how much I appreciated the recognition of the many different annual celebrations of various religions such as Jewish, Hindu, etc. in addition to Christmas in the opening of the December 15 dinner. Please pass on my thanks. I think it is this type of loving mention that breaks down bias, racialization and slowly creates positive feelings, recognition, and acceptance of all people. It demonstrated both our sameness and our differences in such a peaceful, positive manner.

At SEESA, we would like to continue and grow the variety of celebrations throughout the year. As such, we ask our members to let us know of any celebrations you would

like highlighted throughout the year. Please send your suggestions to info@seesa.ca and if anyone has any artifacts, traditions, items you would like to share during these celebrations, we would be honoured to showcase them.

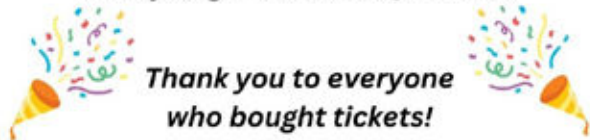
Below, Hanukkah and Kwanzaa displays



Congratulations!

To the Winners of our recent Raffles.

Chery Paran - Fall 50/50 Raffle.
Jill Redpath - Fall Cardigan Raffle
Wendy Ridge - Christmas Quilt Raffle



Thank you to everyone
who bought tickets!

Crochet hooks needed

The Quilting and Crafting Club is in need of crochet hooks. If you have some old hooks you can spare, please drop them off at the SEESA office.



Canadian Country Music

Hosted by



Legends

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

NOOA ARTWALK

Betty Dean, Artist



View my latest original creations at the March 15-17 NOA Art Walk at Bonnie Doon Shopping Centre. I'll be showing pieces from large to small with prices to suit any budget.

Appointments to view my work in my home are also available.

<https://www.art-by-betty.com>



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
SERVICES**

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



SEE SA

LOOKING FOR A FEW VOLUNTEERS

- Tillie's Café: Food Preparation & Café Attendants
- Monthly Birthday Party Coordination Liaisons

If you can lend a hand, please complete the volunteer application form available at the Front Desk or on our website at <https://seesa.ca/volunteering/>

Please contact Gina-Marie for more information (780) 468-1985 or email: gina-marie@seesa.ca

Thanks for helping out!

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

SEE SA

Invites you to celebrate
NATIONAL PIE DAY!
Tuesday, January 23, 2024
Drop in anytime between 12:00 - 1:30pm
Tillie's Cafe

Tickets: \$20.00

Your Choice of **Vegetarian Pot Pie or Tourtière (meat pie)** with a side salad, coffee/tea, and a slice of your choice of dessert pie.

Dessert Pies:
Apple, Cherry, Coconut Cream, Peach.
Gluten-Free options: Apple or Cherry.

Purchase tickets at SEESA front desk or by phone 780-468-1985 by: **NOON on January 19, 2024**

Whether you are old or young you're always the right age to enjoy pie... so come join us for a slice!

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

Celebrating Birthdays

January 15 – February 14 Birthdays

Paul Amyotte

Evelyn Anderson

Ken Baran

John Baxter

Ronald Bell

Weston Benjamin

Louise Bennett

Lilia Biah

Tami Blanchette

Bonnie Bowes

Walter Butler

Sharon Chapelsky

Belinda Choban

Finn Christiansen

Diane Davies

Gord Demers

David Dorward

Cheryl Doty

Sandy Eggen

Ian Elliott

Elaine Essien

Harry Ference

Darryl Fischer

Barbara Flowers

Claire Fraser

Rita Free

Stella Galbraith

Donna Garner

Irene Getz

James Gibson

John Gillis

Natalie Hapchyn

Ida Elizabeth Hawley

Gloria Hay

Gregory Humphrey

Beverley Ingram

Mary Jones

Bruno Kante

Michael Langstone

Joanne Lobb

Linda Lukasewich

Dorothy Mayall

Antoinette Moquin

Marie Muszynski

Carolyn Nault

Sheila Nelles

Lynn Norris

Jean Northill

Rose Ostafichuk

Lois Ough

Betty Overacker

Celine Paradis

Donna Pickens

Roland Poulin

Cathy Pruden

Verna Radis

Mary Lou Reeleder

Dave Sawatski

Ellen Siegle

Sharon Simonato

Deborah Slugoski

Val Solash

Kathy Somerville

Donna Spanu

Verna Stevenson

Karen Stralak

Donna Thachuk

James Thomas

Kathryn Tkachuk

Elizabeth Tyler

Ina Verheul

Linda Wetzstein



Fay Wilson

Debra Wiltshire

Pat Winter

Gisele Wood

Sam Yakimishyn

Dawn Yanor

Shaunna Yaremchuk

Anne Yarmuch

William Yasunaka

Bonnie Yuremchuk



December birthday party participants.

**Do you have a birthday in February?
Your party is on Tuesday, February 20th at 1:30 pm.
Please RSVP by February 16th to 780-468-1985.**

Membership Fees 2024

Effective January 1, 2024, annual membership fees are:

- Regular Member — \$40
(anyone 55 years or older)
- Reciprocal Member — \$5
(must provide proof of full, paid membership and expiry date at participating senior centre before being able to register for SEESA programs or purchasing club tickets at member rates)
- Associate Member — \$50
(anyone aged 35 – 54 years)

Membership Benefits

- Receive member rates for Classes, Seminars, Special Events, and Fitness Centre
- Attend free SEESA member programs
- Voting privileges at the Annual General Meeting (AGM) are only for SEESA Regular and Lifetime Members



Winter 50/50 Raffle

TICKETS \$5 EACH

On Sale

January 10 - April 26, 2024

**Purchase at SEESA Front Desk
or Call 780-468-1985**

DRAW DATE APRIL 26, 2024



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

LICENCE# 674976
600 TICKETS PRINTED



**2024 - Session 2
(March 4 - April 26, 2024)**

Registration - February 13th @ 9:15am

Program Guide available February 5th

Ways to Register

- Online via MyActiveCenter
- In Person @ SEESA
- Drop Off @ SEESA front desk
- By Phone 780-468-1985

*See the Program Guide for
Registration Option Details*

**A Valid 2024 Membership
required for member prices**

"Not 55 yet? We'd love to have you too!"

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





Save the Date 2024

**ANNUAL GENERAL MEETING &
VOLUNTEER APPRECIATION**

**Wednesday, March 13, 2024
2:00 - 4:00 p.m.**

Further information and documents will be available
closer to the meeting date.

**2024 SEESA Regular, Lifetime or Honorary
membership is required to vote at the AGM.**

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



SEESA Shares Advertising Rates

SEESA accepts paid advertising
in *SEESA Shares*.

Advertising rates per single issue:

Business 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.

*Do you have a birthday
in February?*

You're Invited

To SEESA's
February
Birthday Party
Tuesday, February 20th
1:30 -3:00pm
Tillie's Cafe

Please call SEESA's
Front Desk (780-468-1985)
by February 16th
to let us know if you (and a guest)
will be attending.

SEESA *You belong here*



Alzheimer's Awareness Month

January is Alzheimer's Awareness Month in Canada. This month, the Alberta Community-Based Seniors Serving sector organizations raise awareness about Alzheimer's disease and dementia through events and resources. These initiatives aim to educate the public about the impact of Alzheimer's disease, provide support to individuals and families affected by the disease, and promote research efforts to understand and find treatments for Alzheimer's and other forms of dementia.

More information about Alzheimer's Awareness Month can be found on the [Alzheimer Society's website](#).



SEESA

Valentine's Day BRUNCH

14 FEBRUARY 2024

TILLIE'S CAFE

Seatings at 10:00am & 11:30am

Menu: Quiche, hashbrowns, a strawberry yogurt parfait, coffee/tea.
Gluten free and vegetarian options available.

Tickets: \$18.00

On sale January 19 - February 9

Purchase at SEESA front desk
or by phone at 780-468-1985

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



**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



MID-WINTER Cribbage Tournament

Saturday, February 17, 2024

Registration 9-10:30 am
Games start 11am

\$40 per team of 2 (includes light lunch)
* Pay at the Door *
1st, 2nd & 3rd place prizes

To pre-register | more information, contact ...

Gerry at 780-929-6340
gerrose@telus.net

Beaumont 50+ Club
5204A - 50 Avenue, Beaumont

50/50 Raffle Door Prizes

BEAUMONT 50+ CLUB

"Meet you at Le Rendez-Vous!"

Donations to Edmonton's Food Bank accepted at SEESA

SEESA is honoured to be an Edmonton Food Bank drop off location. Over the years, we have collected non-perishable food items during various events and activities at SEESA for those struggling in our community. SEESA's last donation to Edmonton's Food Bank was 48 kilograms of food. Thank you for your support in helping those in need in our community.

Margorie Bencz, Food Bank Executive Director states:

Because of you, we are able to keep up with the rising need and help people like Rachel, a single mother of three young children who is only able to work part-time because child care is too expensive. As she juggles work and parenting, the money coming in is just not enough to make it the whole month.

The Edmonton Food Bank is an affiliated member of Food Banks Canada where they are committed to relieving hunger today and preventing hunger tomorrow. Their mission is to be stewards in the collection of surplus and donated food for the effective distribution, free of charge, to people in need in our community while seeking solutions to the causes



of hunger. Did you know, that in January of 1981, Edmonton's Food Bank become Canada's first food bank! Today, they serve approximately 34,000 people each month of which 40% are children and have distributed almost 6M kg of food in one year.

“Thank you for answering the phone and helping me and my family. It's not about answering my call you see me and make me feel like a person. Thank you for all that you do!” — Rachel

You can make a difference in someone's life. Donate a non-perishable item the next time you are at SEESA.



Call for Nominations — Board of Directors

We're building a bright future for the SEESA community. This doesn't happen without a strong Board of Directors — and we need YOU!

You've got creativity, energy, professional and life experience to offer. Dynamic individuals of all ages and stripes are encouraged to join the Board. Flex your muscles, exercise your prowess, and give back to your community — you will be personally and professionally rewarded!

While we look for board members with experience in governance and not-for-profit leadership, please consider the other unique skills you have to offer. Would you like to mentor and share your experience in areas like finance, government relations, marketing, communications, entrepreneurship, risk management and more? Diverse perspectives and expertise are invaluable. If you'd like to enhance your community leadership, build your resume and work as a team, we want to talk to YOU.

At present, the SEESA Board has nine members and we are recruiting for 3 – 4 new members. Successful candidates will begin their two-year terms starting at the AGM (March 15, 2024). Board members are expected to:

- Attend and actively participate in monthly Board meetings (approximately 2 hours long),
- Attend and/or volunteer at SEESA events and on committees from time to time,
- Attend the Annual General Meeting, and
- Maintain active membership status throughout their term.

Expressions of interest and nominations close February 15, 2024. Please contact Della Paradis, Chair, Nominations Committee at cell: 780.940.1874 or della.paradis@telus.net to discuss this opportunity or any questions you may have. The details of application process can be found on the [SEESA website](#).



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

- Jan 8 – Club Sandwich** \$13.00
- Jan 9 – Ukrainian Lunch (Perogies and Sausage)** \$14.00
- Jan 10 – Grilled Chicken with Rice Pilaf and Mushroom Sauce** \$14.00
- Jan 11 – Chili and Garlic Bread**..... \$12.00
- ***
- Jan 15 – Donairs with Tziki** \$13.00
- Jan 16 – Shepherd’s Pie**..... \$15.00
- Jan 17 – White Fish baked with Dill Sauce, Roasted Potatoes & Coleslaw** \$15.00
- Jan 18 – Fried Chicken Sandwich with Side Salad** \$13.00
- ***
- Jan 22 – Curry Veggies with Paneer and Flatbread**..... \$12.00
- Jan 23 – ‘Pie Day’ (Ticketed Event) Tortier or Vegetarian Pie, Salad, \$20.00
& Choice of Dessert Pie**
- Jan 24 – Salmon Rotini Alfredo**..... \$14.00
- Jan 25 – Beef Rouladin with Potato Dumplings** \$15.00

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

Riverdale School Elementary Music Choir



Danielle and Shelley groove to the tunes of the Riverdale School Elementary Music Choir.

On Thursday, December 21, SEESA was excited to host the Riverdale School Elementary Music Choir. The students from grades four through six serenaded members and guests with a variety of modern and classic festive songs. The performance brought such delight into the hearts of those in attendance. Members were singing along, and some were even grooving to the beat! At the conclusion of the performance, the students presented SEESA members with Christmas cards. Members agreed that the concert itself was amazing, and the distribution of Christmas cards was the 'icing on the cake' to send us into the holidays.

Riverdale School offers a collaborative, inclusive, and safe environment for K-6 students to express themselves, learn, and grow in preparing them for the adventures of junior high school and beyond. Along with academic excellence, students can learn and enjoy life through sporting activities, the arts, and community impacts. The 2023 – 2024 school year marked Riverdale School's 100th Anniversary. "Riverdale has earned a reputation as a small school with a big heart, and it's a reputation we're proud to embrace." — Karen Teague, Principal

We thank Riverdale Elementary School for their time and presentation. SEESA hopes to engage with other choirs and groups in the future.

FYI Seminars, January – February, 2024

Biomarkers for Alzheimer's

Tuesday Jan 23 (1:30 - 3:00 pm) Presenter: Dr. Steven Trevor

Improving Diabetes Outcomes

Wednesday Jan 24 (1:30 - 3:00 pm) Presenter: Farah Saebh

Annual 2023 Global Financial Market Review and 2024 Outlook

Tuesday Jan 30 (1:30 - 3:00 pm) Presenter: Wei Woo

'In & Above Edmonton' (Aviation & Photography)

Wednesday Jan 31 (1:30 - 3:00 pm) Presenter: Shane Blakely

Bring Your Own Device Digital Content

Thur Feb 1 (10:00 - 11:30 am) Presenter: Wendy Gronnestad-Damur

The Art & Science of Sleep

Wednesday Feb 7 (1:30 - 3:00 pm) Presenter: Terri Jones

Headache and Migraine Relief

Wednesday Feb 14 (1:30 - 3:00 pm) Presenter: Farah Saeb

FYI Seminars continues on page 15

FYI Seminars, January – February, 2024 (continued)

What it Means to be a Good Executor

Tuesday Feb 20 (10:00 - 11:00 am) Presenter: Gina Vilet

PrePlanning and Insurance Options

Tuesday Feb 20 (1:30 - 3:00 pm) Presenter: Alex Paterson

Beyond Boundaries: Reimagining Your Life with Strong, Pain-Free Hips, Back and Knees!

Wednesday Feb 21 (1:30 - 3:00 pm) Presenter: Dr. Joseph Tanti

Alternative Investing for Retirement Income

Wednesday Feb 28 (1:30 - 3:00 pm) Presenter: Wei Woo

Location: Edmonton Room (Class limit 20 unless otherwise noted)

Fee: \$3.00, members and non-members

See the 2024 Session 1 Program Guide for detailed information on these sessions and options for registration.



South East Edmonton Seniors Association

9350 82 Street N.W. Edmonton Alberta Canada T6C 2X8

780-468-1985 • info@seesa.ca • www.seesa.ca

Chartwell FYI Series, January – February 2024

SEESA is pleased to present the Chartwell FYI Series.

Where: Edmonton Room, 1:30 – 3:30 pm. Class limit: 20

Fee: \$3.00, members and non-members

Demystifying Medical Cannabis for Seniors

Monday Jan 22 *Presenter: Irene Donohue*

Join us for a candid conversation about our Endocannabinoid System; cannabis plants and their medicinal compounds; top conditions seniors look to treat or relieve; consumption and dosing methods (therapeutic only); side effects, and lastly, we will touch on products; what to look for and what is legal or not legal. We will also be addressing some of the myths associated with cannabis consumption. Participants will leave with a better understanding of medical benefits with cannabis therapy, basic knowledge of our Endocannabinoid System and how cannabis interacts with it to bring our bodies into balance.

Ten Tips for Rightsizing vs Downsizing

Feb 5 *Presenter: Karen Bodoano*

You have identified that you would like to change your life, possibly even move. In this session, Professional Organizer and Move Coordinator, Karen Bodoano, will share some of her best tips for actually getting the work done; and choosing the things that will help support you and bring you joy.

Chartwell FYI Series continues on page 27

Chartwell FYI Series, January – February 2024 (continued)

Real Estate Overview: 5 Things You Want to Know When We're Knocking on Your Door

Feb 12 *Presenter: Lynn Masters*

Speaker Lynn Masters, an accredited Seniors Real Estate Specialist and Seller Representative Specialist, will share some information with you on the who, what, where, when of real estate and why and how they matter.

Fraud Prevention for Older Adults

Feb 26 *Presenter: Jocelyn Ching*

Did you know that Seniors are being targeted every day by criminals? Join us for an insightful presentation from the Royal Bank, showing you some of the ways you are being targeted and how you can prevent it.

**More information about these sessions is available at www.seesa.ca
Register in person or by phone**



South East Edmonton Seniors Association

9350 82 Street N.W. Edmonton Alberta Canada T6C 2X8




780-468-1985 • info@seesa.ca • www.seesa.ca

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Tamil Heritage Month	1 New Year's Day	2 CLUBS begin today Tillie's Open	3	4	5 Jam Session 6:45 – 10:00pm 	6
7 Orthodox Christmas	8 CLASSES begin today	9	10	11	12	13
14	15	16 Monthly Birthday Party Tillie's Cafe 1:30 – 3:00pm 	17	18	19 Jam Session 6:45 – 10:00pm 	20
21	22	23 National Pie Day Ticketed Event Tillie's Cafe	24 World Day for African and Afrodescendant Culture Robbie Burns Day	25	26 Club and Activity Liaisons Meeting	27 International Holocaust Remembrance Day
28	29	30	31	50/50 Raffle Jan 5 – Apr 23 \$5/Ticket Pie Day Jan 23 meal – \$20/Ticket Country Music Legends Mar 3 \$30/Ticket		

FYI Sessions:

- Jan 10 (1:30 - 3:00 pm) Adult 65+ by the Canada Revenue Agency (CRA)
- Jan 17 (1:30 - 3:00 pm) Wills
- Jan 23 (1:30 - 3:00 pm) Biomarkers for Alzheimers
- Jan 24 (1:30 - 3:00 pm) Improving Diabetes Outcomes
- Jan 30 (1:30 - 3:00 pm) Annual 2023 Global Financial Market Review and 2024 Outlook
- Jan 31 (1:30 - 3:00 pm) 'In & Above Edmonton' (Aviation & Photography)

Updated: December 28, 2023

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Black History Month Winter 50/50 Raffle on Sale. \$5/ticket – Draw Date: April 26, 2024				1	2 Jam Session 6:00 – 9:00pm 	3
4	5 2024 Session 2 Program Guide Available	6	7	8	9	10 Chinese New Year Year of the Dragon 
11	12	13 Registration 2024 Session 2	14 Valentine’s Day Brunch (Ticketed Event) Tillie’s Café 	15	16 Jam Session 6:00 – 9:00pm 	17
18	19 FAMILY DAY SEESA CLOSED	20 Monthly Birthday Party Tillie’s Café 1:30 – 3:00pm 	21	22	23	24
25	26	27	28	29	Mar 3 – LEGENDS Country Music Concert. (Tickets \$30/person)	

FYI Sessions:

- | | |
|---|--|
| Feb 1 Bring Your Own Device Digital Content (EPL) | Feb 20 What it Means to be a Good Executor |
| Feb 6 The Many Benefits of an e-bike for Seniors | Feb 20 PrePlanning and Insurance Options |
| Feb 7 The Art & Science of Sleep | Feb 21 Beyond Boundaries: Reimagining Your Life with |
| Feb 14 Headache and Migraine Relief | Strong, Pain-Free Hips, Back, and Knees! |
| | Feb 28 Alternative Investing for Retirement Income |

Updated: January 15, 2024