



Board Update

As the days grow longer, we are prompted to exit hibernation mode and engage with others. The voices and laughter of SEESA members is heard in all corners of the building.

Membership Continues to Grow

As of February 6, 2024 we have 935 members: 864 regular, 39 lifetime, 2 associate, and 30 reciprocal members.

Town Hall a Success

Thanks to all who attended the January 17 Town Hall. It was a great opportunity to update our membership on what's happening and to respond to your questions.

Annual General Meeting and Volunteer Appreciation — March 13

We hope to see you on March 13 from 2 – 4 pm. The Annual General Meeting will commence at 2 pm.

This year the AGM will include 2023 reports and election of Board of Directors. Also, there is a Special Resolution regarding proposed SEESA by-law revisions. A copy of the proposed by-law revisions document is available on the SEESA website, is posted on bulletin boards at SEESA, and a hard-copy of the document is available at the front desk.

Following the adjournment of the AGM, there will be a volunteer recognition presentation including coffee, tea and sweets.

Canadian Country Music Legends Concert

On March 3, SEESA will again be hosting this group. This is a great opportunity to enjoy traditional country music by those who have entertained Albertans for many decades. Get your tickets before it's sold out.

Planning Events for 2024

The SEESA Events Committee, together with staff, have been planning upcoming lunches, music and drama productions and numerous opportunities for SEESA members to connect.

Spring Re-Use/Rummage Sale

Donations will be accepted Tuesday, April 2 to Thursday, April 18 (until noon). The sale will take place April 20 and 21.

Come and Relax at SEESA

Enjoy food, beverages and treats at Tillie's Café. Chat with fellow members. Work on the puzzle. Find a book or puzzle at the John Sandercock Library to engage your mind. There's something for everyone!

Important Notice to Seesa Members

SEESA 2024 Annual General Meeting and Volunteer Appreciation

Wednesday, March 13, 2024
2 – 4 PM at SEESA

Program Includes:

- **2023 Reports**
- **Bylaw Revision — Special Resolution. Proposed changes will be:**
 - On website www.seesa.ca
 - Posted on the bulletin boards at SEESA, and
 - Hard copies are available at the front desk.
- **Election of Directors**
- **Volunteer Appreciation Presentation**

Tea, coffee and sweets to follow.

Nominations for the 2024–2025 Board are open. SEESA Nomination Applications forms are available from the front desk at SEESA or on the [SEESA website](http://www.seesa.ca).

Nominations close February 15, 2024.

RSVP to the Front Desk or call 780-468-1985 by Friday, March 8, 2024.

Everyone is welcome. Only current 2024 Regular or Lifetime Members are eligible to vote.



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



SEESA You belong here

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!"

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The members of the SEESA Accidental Drama Club would like to extend a great big THANK YOU to all the SEESA volunteers, non-member volunteers, and our very own front end staff members for the very generous help and support given to our club during our recent November production *The Adventures of a Comic Book Artist*. Special thanks and congratulations to the entire cast and crew members of the ADC for their many hours of rehearsals in preparation for the three-day show. We are in hot pursuit of our next production (dates to be announced) that, with your continued help and support, will be as good (or even better!) than the last one.

Nancie Graves, SEESA and ADC member.



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>



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
5950 82 Street NW, Edmonton, Alberta Canada T6C 2K8
780-468-1985 • info@seesa.ca • www.seesa.ca

LICENCE# 674976
600 TICKETS PRINTED

Celebrating International Pie Day at SEESA

On Tuesday, January 23, folks at SEESA came down to Tillie's Café to celebrate International Pie Day by enjoying a delicious meal of both savory and sweet pies. They say that everyone loves pie, and that certainly was the case for our attendees that day. Many compliments were passed onto our Chef, Cherie, as well as the hard-working volunteers who helped make the event happen. There was a choice of meat tourtière or veggie pot pie for the meal, and an array of dessert pies to choose from afterwards — with coconut cream and peach being the most popular. The crusts were warm, soft, and flaky and each pie filling was top-notch according to fellow pie-enthusiasts. A special thank you again must go out to our volunteers — from those who helped



set up the event to those working tirelessly in the kitchen and serving with a smile. We truly could not have had such a successful event without you. Thank you! And thank you to everyone who was able to join us. We look forward to our next ticketed meal together, a Valentine's Day Brunch on Wednesday, February 14.



More Pie Day photos on page 5.

Pie Day celebrations, continued



Celebrating Birthdays

January 15 – February 14 Birthdays

Marilyn Albert

Sheila Almdal

Alexandra Anderson

Thea Avis

Therese Beaulieu

Sandra Bell

Claudette Belyea

Carol Benoit

Gordon Block

Guy Bodnarchuk

Karen Bolstler

Gerard Borle

Robert Boyko

Gabrielle Byrne

Alcide Constantin

May Dalziel

Margaret Davidson

Colleen Densmore

Wendy Doughty

Judith Droessler

Debbie Durrance

Richard Edgington

Debora Erichsen

Lorraine Fiske

Lori Fitt

Annette Fuchs

Marj Gilhespy

Paula Gill

Helen Gledhow

Donna Harker

Kenneth Harrison

Karen Hayny

Margaret Hensel

Murray Hoke

Francis Jo

Shirley John-Agard

Cheryle Kachman

Alma Kessel

Linda Kowand

Margaret Lange

Lesia Levytsky

Marco Levytsky

Tammy Locke

Doris Lynch

Joanne Macaskill

Harold Martin

John Maunder

Joan McCracken

Alice McTavish

Valerie Melville

Laura Meyer

Joyce Miller

Laura Miller

Jean Naciuk

Dolores Osadchy

Danielle Paradis

Nora Parker

Sharon Patriquin

Orleen Pearson

Kathleen Pongar

Charlotte Quelch

Andrew Rathbone

Dianne Reddekopp

Wendy Ridge

Charlie Sams

Deanna Scott

Vivian Shelton

Cheryl Silver

Joyce Simunkovic

Jane Squire Howden

Elsie Stannard

Doug Striker

Sue Stuparek

Merrill Tanner

Joanne Tkachuk

Patricia Ursuliak
Lori Verhun
Rod Wacowich

Linda Wadley-Courtemanche
Jean Weekes
Leslie Wellman

David Winitoy



January birthday party participants.

**Do you have a birthday in March?
Your party is on Tuesday, March 19th at 1:30 pm.
Please RSVP by March 15th to 780-468-1985.**



CALLING ALL DOMINO PLAYERS

SEESA is hoping to set up a Dominos Club -- are you interested in joining?

Whether you're a beginner or a seasoned player -- we'd love to see you.

The Club will meet weekly on Tuesdays mornings (time to be determined)

Cost: \$3.00 Member / \$6.00 Non-Member

Contact Aleeza at 780-468-1985 if you are interested in joining or for further information.



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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



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

The atmosphere here is warm and the dinner was delicious. SEESA is wonderful.

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

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*.



ANNOUNCEMENT

Announcement Date: February 7th, 2024

Custodian

SEESA is pleased to announce that Nuruh Nambirige has accepted the position of Custodian (Mondays, Tuesdays, Thursdays, and Fridays).

Her first day was January 31, 2024. Nuruh comes to us with a variety of custodial experience.

Please welcome Nuruh to SEESA. Nuruh reports directly to Shelley, and will be gradually working towards making SEESA shine again over the next few months.

If you identify any area(s) that require additional or emergency cleaning, please report it directly to the front desk to have it brought to Shelley's attention for consideration.





in partnership with



Free, Mobile Drop-Off Tax Clinic

March 11, 11:00am – 12:30pm and April 2, 11:00am – 12:30pm

Location: At SEESA in the Edmonton Room

Sign up begins on Tuesday, February 20

How it works:

- Only open to those age 55+ with a modest income (approx. \$35,000 individually or \$45,000 as a couple) and a simple tax situation (e.g. not self-employed, no investment over \$1000, no rental income, etc.)
- Call or visit the SEESA Front Desk to sign up for a drop-off date (limited capacity). Sign up begins on Tuesday, February 20.
- Pick up the required personal information forms from the SEESA front desk and complete on your own time.
- Bring completed forms and your tax slips to the Edmonton Room during your scheduled drop-off time for Strathcona Place Society (SPS) to collect.
- Your taxes will be filed electronically by SPS within approximately two weeks. Taxes will not be filed on site at SEESA during the clinic. You can expect a Notice of Assessment from the CRA within 10 business days.
- SPS will bring your tax return to SEESA when completed. It will be securely stored, and we will contact you to let you know it is available for pickup.
- SEESA does not provide direct support with filing your taxes or other information related to your taxes.
- You can contact SPS if you have any tax related questions by email, at finance@strathconaplace.com, or indicate your questions on your personal information form during your drop-off.



Pink Shirt Day

Join us in wearing a pink shirt to SEESA on Wednesday, February 28 to stand against bullying!



Pink Shirt Day began in 2007 when a student in Nova Scotia was bullied for wearing a pink shirt to school. It has since been recognized annually worldwide as a day to stand against bullying. Pink Shirt Day encourages us to be inclusive, welcoming, and supportive with friends, family, and our communities. Join SEESA in wearing a pink shirt on Wednesday, February 28!



Canadian Country Music Legends

Hosted by



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



Table Tennis Club looking for a few more members

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



Come and join us!

Monday - 3:30 to 5:30 PM

Friday - 2:30 to 4:15 PM

Drop in fees

\$3.00 SEESA members

\$6.00 Non-members

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

We would love to see you.

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



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*Do you have a birthday
in March?*

You're Invited

To SEESA's
March
Birthday Party
Tuesday, March 19th
1:30 - 3:00pm
Tillie's Cafe

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

SEESA *You belong here*



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



Need some help around the house?

At Mia 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



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:

Feb 12 – Curried Veggies with Paneer and Flatbread	\$12.00
Feb 13 – Hot Turkey Sandwich.....	\$14.00
Feb 14 – Closed for Ticketed Event (Valentine's Brunch)	\$18.00 in advance
Feb 15 – Cabbage Rolls with Sausage	\$14.00

For updated menu please see [Tillie's Cafe – SEESA – South East Edmonton Seniors Association](#)

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

Wednesday, February 14

- No breakfast or lunch
- Closed for Valentine's Day Brunch, ticketed meal

Monday, February 19

- SEESA and Tillie's closed for Family Day

“ So good to have Tillie's Café open again so we can come to visit. Thank you. ”

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

SEESA FYI Seminars, February 2024

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.

Headache and Migraine Relief

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

What it Means to be a Good Executor

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

PrePlanning and Insurance Options

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

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

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

Alternative Investing for Retirement Income

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



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Chartwell FYI Series, February 2024

SEESA is pleased to present the Chartwell FYI Series.

Where: Edmonton Room, 1:30 – 3:00 pm. Class limit: 20

Fee: \$3.00, members and non-members

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.

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**



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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 No Meal Service Tillie's Cafe	6	7	8	9 Liver & Onions Entrée at Tillie's Café (regular fare also available)	10 Chinese New Year Year of the Dragon 
11	12	13 Registration Day 2024 Session 2 9:15-12:00	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 Cafe 1:30 – 3:00pm 	21	22	23	24
25	26	27	28 Registration Cut-off for 2024 Session 2	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 |

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Winter 50/50 Tickets (\$5/ticket) – Draw Date: April 26, 2024 March 1 - SESSION 1 Classes & Clubs End					1 Jam Session 6:00 – 9:00pm 	2
3 LEGENDS Country Music Concert (2pm – GYM) Ticketed Event	4 Session 2 Classes & Clubs Begin	5	6	7	8 <i>International Women's Day</i>	9 <i>Ramadan Begins</i> <i>March 10</i>
10  Daylight Savings Time Begins	11 Mobile Tax Clinic Drop-Off 11:00am-12:30pm Edmonton Room <i>Sign up required</i>	12	13 SEESA AGM & Volunteer Appreciation 2:00 – 4:00pm Tillie's Cafe	14	15 Jam Session 6:00 – 9:00pm 	16
17 St. Patrick's Day 	18	19 Monthly Birthday Party 1:30 – 3:00pm 	20 AB Curling Assoc Tournament Gym/Tillie's Café <i>(Tillie's Café closed to the public)</i>	21 <i>International Day of the Elimination of Racial Discrimination</i>	22	23
24	25	26	27	28 Easter Lunch Tillie's Cafe Ticketed Event	29 Good Friday SEESA OFFICE CLOSED	30
31 Easter Sunday 	FYIs: Mar 4 – Understanding Dementia Mar 5 – Cooking Up Calm: Make your Mental Health Conversation More Palatable Mar 11 – Introduction to Cannabis for Therapeutic Purposed of Seniors Mar 12 – Indentity & Fraud Prevention Mar 19 – Fall Prevention Mar 20 – Personal Directive & Power of Attorney Mar 26 – Exercise Guidelines for Older Adults Mar 27 – Dividend Investing for Inflationary Times Mar 28 – Bring Your Own Device: cloudLibrary (Express Titles)					