
SageLINK

Seniors Association of Greater Edmonton

July - August 2014

You are warmly invited to the Sage

ANNUAL GENERAL MEETING

JUNE 11, 2014 at 10:00 am

Join us to learn about our activities and accomplishments over the past year. Sage staff will share stories from across the spectrum of our services.

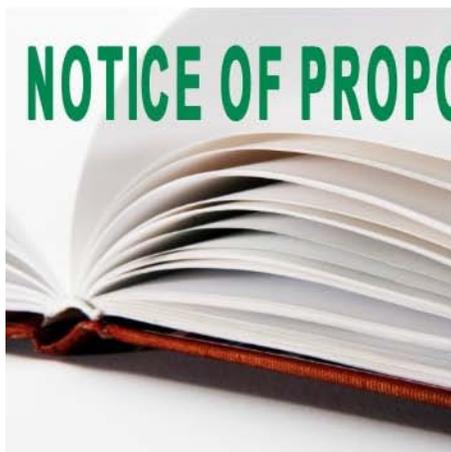
Members of Sage are especially encouraged to attend. Please RSVP to 780-423-5510 or info@MySage.ca

The Sage Annual Report is published for the Annual General Meeting and will be available for viewing at Sage or on our website ([MySage.ca/Publications/Annual Report](http://MySage.ca/Publications/Annual%20Report)) after June 11, 2014.

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NOTICE OF PROPOSED AMENDMENTS TO SAGE BYLAWS



The Sage membership will vote on proposed changes to our bylaws at the 2014 Annual General Meeting. The proposed changes are available for review at Sage. If you would like to receive an electronic copy of the proposed changes prior to the AGM, please contact us at (780) 423-5510 or by email at info@MySage.ca.



Message from the President

D. Lynn Skillen

Culture - a multifaceted word that conjures up different meanings for each of us. At Sage, the Board of Directors has a culture that is shaped by Sage by-laws and policies, Board members, and governance processes. Policies and by-laws determine the context. The diverse backgrounds that Board members bring to the discussions influence our deliberations. Governance practices ensure that we take a consensus-building approach in our interactions in an environment of respect, trust, fairness, and inquiry. Culture is what we are actually creating as we carry out the work of the Board; we create it by the nature of the relations we have with one another. It requires that we each be aware of our values, our beliefs, our assumptions, and what is meaningful to us. Being an interdisciplinary Board, we adhere to democratic principles, bring diverse perspectives, and strive to make decisions based on sound, accurate, best-available information.

Contributing to the Sage Board culture is the use by Board members of body language during meetings; attentive listening, eye contact, openness to alternative perspectives, and civility set the stage for informed discussion of seniors' issues. The nonverbal behaviours create the conditions for releasing the power of our collective wisdom to reach the best decisions. Members engage in asking the right questions, probing, being certain that the information they receive is accurate, insightful, and useful. In our consensus-seeking Board culture, body

language and verbal communication are both extremely important.

The culture of the Sage Board encourages an adaptive capacity, ability to recognise and anticipate potential consequences of decision-making, and effectiveness at drawing the best conclusions possible. Annually, the Board conducts a self-evaluation to make sure that its culture continues to support the mission, vision, and goals of Sage. Throughout the year, when Board members and Sage staff interact in workshops and events, it is apparent that we share the same values and beliefs in this seniors-serving organization.

A positive culture promotes teamwork and creativity. It is a privilege to be President in such a vibrant and transformative environment.

Sage Board of Directors 2013-2014

President D. Lynn Skillen

President Elect Barb Burton

Past President Bauni Mackay

Secretary John Schiel

Treasurer Lindsay McGill

Members at Large

Adrien Tremblay Mohamed Assaf

Daniel Morrow Reg Joseph

Michael Phair Joyce Tustian

Tammy Pidner

Executive Director Roger Laing

Sage Staff Directory

Main Switchboard 780-423-5510

Life Enrichment - Rachel Tassone 780-701-9016

Home Services - Jeannie Karayiannis 780-701-9007

Home Services Assistant - Alexa Balen 780-701-9011

Home Service Requests 780-701-9011

Social Work Services

Support & Information 780-701-9019

Guardianship/Trusteeship & Co-Decision Making 780-701-9006

Karin Tully and Shelley McGowan

Housing & Multicultural Seniors Outreach 780-701-9018

Theresa Goba

Safe House 780-426-3746

Anjulie Talwar and Amanda Gravel

Food Services 780-701-9022

Duncan Scott - Manager 780-701-6022

Uma Nath

Jacqueline Giesbrecht

Ernest Manning

Sage Savories Orders 780-701-9025

Volunteer Services - Barb Carroll 780-701-9014

Administration

Executive Director Roger Laing 780-701-9001

Director of Operations Bernice Sewell 780-701-9002

Manager, Administration 780-701-9009

Director of Community Relations Karen McDonald 780-701-9008

Communications Coordinator Nicole Smith 780-701-9012

Asst. for Community Relations JoLynn Parenteau 780-701-9017

Manager, Finance Colleen Jahns 780-701-9003

■ Consideration was given to the Aging to Saging Project: how can we bring the wisdom and skills of seniors to bear on the United Way's Pathways out of Poverty initiative? This community development project will explore ways to engage seniors in addressing child poverty.

■ Providing outreach and in-house opportunities for seniors from diverse cultural backgrounds continues to be a matter of interest for the board.

■ Tammy Pidner joined the board in April.

Staff Changes

Kendra Sutherland joins Sage as our new Assessment Coordinator.

Join Sage's email list!

If you would prefer to receive the Sage LINK by email please contact JoLynn Parenteau at

JLParenteau@MySage.ca.

**Receive your Link earlier!
Read the Link in colour!**



Board Highlights January - April 2014

- Board members considered Sage's evolving relationship with its funders and possibilities for donor stewardship.
- Crowe MacKay presented the auditor's financial report, and praised Sage as setting an excellent standard for reporting. Self-generated revenue continues to be Sage's second biggest source of revenue; wages and benefits constitute the largest expense.
- Board members discussed the potential for seniors centres "without walls" that could provide social opportunities for house bound seniors via teleconferencing and other media.

8th | ANNUAL | AWARDS | Sage

Congratulations to the 2014 Sage Award Winners!



From Left: George Nikel, Bev Halisky, Earl Choldin, Hilary Gray, Dr. Gary Faulkner, Mary O'Neill, Eunice Barron, Clarence Hirsch, Victoria Van Vliet Vaitkunas, Jack O'Neill

Sage works to inspire and support all seniors to be the best that they can be, and on April 30 we gathered at the Sutton Place Hotel to celebrate the seniors who inspire *us* to be the best that *we* can be – in our work, in our communities, and in our lives.

Each of our Award Nominees and Recipients has demonstrated commitment, determination, and leadership throughout their lives, but with the Sage Awards we give special recognition to their work and accomplishments since the age of 60.

The breadth of experience and depth of impact represented by award nominees and recipients gave us much to celebrate.

We commend them all for their wisdom, vision, dedication and courage.

“ I [want] to extend a deeply sincere vote of thanks to the Sage President and her Board, as well as to you and your team, for the wonderful event. It was a lovely occasion and I was so happy to have been able to share it with some of the special people in my life. The award itself is beautiful and I will cherish it as a mark of how well my life has been lived since I retired from my teaching career.

I felt honoured to be sharing the occasion with such an incredible group of seniors, all, it seemed, with many more years of service to offer. ”

Hilary Gray
Recipient - Sage Environment Award



DAYTRIPS AT SAGE FOR 2014

(open to members and non-members)

Thanks to Connelly-McKinley Funeral Homes, whose donation makes these trips possible:

Passion Play and Drumheller area - a trip to southern Alberta to see some Drumheller sites as well as the renowned "Passion Play" (the portrayal of the life, death, and resurrection of Jesus Christ). Performed in the natural outdoor amphitheatre in Drumheller, this play has been named as one of Alberta's top cultural attractions. Truly a one of a kind experience! Please register quickly, as tickets are limited!

Date: Saturday, July 19

Time: depart Sage at 8:00am

Cost: \$75.00 (\$90.00 non-members) including bus, Passion Play, tour, and lunch.

Hutterite Colony and Elk Island Park - visit a Hutterite colony, be treated to a delicious lunch, and glimpse a traditional Hutterite farm. End the day touring beautiful Elk Island Park. Please pre-register.

Date: coming in August

Time: depart Sage at 9:00am

Cost: \$27.00 members (\$32 non-members) including bus, tour, and lunch.

Lougheed Hotel and Camrose area - enjoy Guinness World Record winning schnitzel for lunch at the Lougheed Hotel, followed by an afternoon touring Camrose area and Augustana College. A great Autumn day! Register by September 4.

Date: Friday, September 12

Time: depart Sage at 9:00am

Cost: \$30.00 (\$36.00 non-members) including bus, tour, and lunch.

Smokey Lake Pumpkin Festival - back by popular demand! Every October, the Town of Smoky Lake hosts the Great White North Pumpkin Festival. In addition to the gigantic pumpkins and gourds, there is also a threshing demonstration, a farmers market, fair grounds, car show, delicious lunch, and more! Ticket sales deadline is Thursday, October 2.

Date: Saturday, October 4

Time: depart Sage at 9:00am

Cost: \$5.00 (you must purchase your own lunch and gate admission at festival).

Thank you to our sponsors!

The Sage Awards would not be possible without the generous support of our sponsors - thank you for investing in our seniors!

Recipients

Arts & Culture - Eunice Barron

Community Building - George Nikel

Education - Earl Choldin

Environment - Hilary Gray

Health & Wellness - Mary O'Neill

Public & Non-Profit - Victoria Van Vliet Vaitkunas

Science & Technology - Dr. Gary Faulkner

Social Justice & Peace - Jack O'Neill

Sport & Leisure - Clarence Hirsch

Transportation - Bev Halisky

PARTNERSHIP PROFILE

Dignity Memorial and First Memorial

Dignity Memorial and First Memorial Funeral Services are committed to providing the families of Edmonton, St. Albert, and the surrounding area with funeral services that honour memories and celebrate lives. They have been an important supporter of Sage programs for many years, sponsoring the events and activities that help keep our members active, engaged, and vibrant.

Dignity and First Memorial provide the entertainment that make our monthly birthday parties such lively and entertaining events. They have also provided gifts and door prizes to help us honour our dedicated volunteers, and sponsor a bus for regular outings, including the Christmas Lights tours.

Because our partners at Dignity and First Memorial know how important it is for non-profit organizations like Sage to find the stable funding we need to plan ahead, they recently made a major commitment to our organization by committing to Gold Sponsorship of the Sage Awards for a

five-year period. It is their way of giving back to the community, and of contributing to happy moments filled with laughter and enjoyment. Their sponsorship is a way of demonstrating that they not only support Sage, but that they are invested in the work that we do.



Look for this symbol!

Life Enrichment events and activities that have been sponsored by Dignity and First Memorial are marked by this symbol. Their sponsorship means that these activities will be very affordable (or free!).

In Support of the Alberta Diabetes Foundation, please join Dignity Memorial (Memories Funeral Home, 13403 St. Albert Trail, Edmonton) for their 2nd annual Classic Car Cruise'n breakfast. Enjoy a free Pancake and Sausage breakfast, as well as a show and shine of classic, muscle, and new cars. Breakfast runs from 7:00 AM - 9:00 AM.

*Honouring Lives...
Celebrating Memories*

Hainstock's Funeral Home and Crematorium 9810- 34th Ave 780-440-2999 www.hainstockedmonton.com	Harmony Chapel 10541-81 Avenue 780-433-7335 www.firstmemorialfuneral.com	Memories Funeral Home and Crematorium 13403 St Albert Trail 780-454-9111 www.memoriesfuneral.com
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WELLNESS MATTERS

Barb Rankin

Beat the Heat

Summer has arrived and it's time to start enjoying this beautiful time of year! Summer is a wonderful time of year, but we must be aware of a hot weather hazard.

Heat Exhaustion or Dehydration

The signs: weakness, nausea, profuse sweating, rapid pulse, dizziness.

The treatment: find shade immediately, consume a cool beverage, a cold compress applied to the forehead or the back of the neck may be beneficial. If necessary, call for medical assistance (911) if signs of heat exhaustion or dehydration do not improve.

Cool Tips

- Block the sun: close curtains and blinds early in the day.
- Apply sun block of adequate strength - check with a pharmacist about the right strength for you.
- Dress for the heat: wear light, loose fitting, light coloured clothing.
- Shade up - wear a hat.
- Stay hydrated: replace moisture as you perspire; avoid extremely cold drinks. Drink a minimum of five to six glasses of water a day. Keep caffeine and sugars to a minimum and avoid alcohol. Keep a bottle of water handy.
- Eat lightly - salads, fresh fruits, and vegetables. Use the stovetop rather than the oven.
- All scream for ice cream – enjoy a popsicle!

- Think cool: a cold compress may help if the heat is too intense; use fans if they're available.
- De-stress: enjoy spending time outdoors, but walk slowly (early morning or before dark is cooler). Wear comfortable shoes/sandals.
- Seek the shade: there are medications that do not tolerate the sun, so if you're taking medication, ask your pharmacist about sun/heat restrictions.
- Avoid strenuous activities in warm temperatures. If you experience muscle cramps in your legs or abdomen, seek medical attention.

VOLUNTEERING WITH SAGE

Why should you volunteer at Sage?

Edmonton is an unusually prosperous place. People have enormous opportunity to contribute here, and to show the best of themselves. We know this city gives you so many options to use your skills, your expertise, and your empathy. So why should you choose us?

At Sage, a powerful sense of mission influences everything we do. We want every Edmonton senior to live a full and healthy life, to do as much as they can, as well as they can, for as long as they can. We believe seniors built this city and this province, and that they are owed a place where they can keep building. If you believe it, too, come and volunteer with us!

Please contact Barb Carroll at 780-701-9014 or bcarroll@mysage.ca to apply. Volunteer applications can be picked up at our main floor reception desk or downloaded from our website at www.mysage.ca.

Delivery Available

Sage Members
\$5.00 +GST
Non Sage Members
\$10.00 +GST

sage. savories

Heat-up-at-home meal solutions

Many of our menu options are "Health Checked" by the Heart and Stroke Foundation. Please see message below for more information.

Baked Glazed Ham

Glazed with a sweet mustard sauce. Served with scalloped potatoes and green beans.

Breaded Pork Cutlet

Smothered in a mushroom gravy. Served with mash potato, peas & carrots.

Roast Chicken and Stuffing

Roasted chicken legs and thighs served with a savory bread stuffing, gravy, mash potato and kernel corn.



Roast Alberta Beef

With a rich pan gravy, mash potato and carrot coins.



Salisbury Steak

Smothered in a browned onion gravy. Served with mash potato and green beans.



Shepherd's Pie

Topped with mash potato and gravy. Served with a vegetable medley.

Chicken Pot Pie

Served with rice pilaf and peas & carrots.

Ukrainian Plate

Cheese perogies in sour cream onion sauce, baked cabbage rolls, meatballs in a mushroom gravy and glazed turnips.



Poached Salmon

A wild Salmon filet in a dill cream sauce. Served with rice pilaf and green beans.

Grilled Liver & Onions

Served with mash potato, gravy and brussels sprouts.



Roast Turkey and Stuffing

Served with gravy, mash potato and peas & carrots.



Roast Pork Loin

With an apple stuffing, smothered in gravy. Served with mash potato and peas & carrots.



Chicken Stir Fry

Oriental cut vegetables and chicken in a ginger stir fry sauce. Served with rice & peas.



Vegetarian Chili

Roasted vegetables and beans in a mildly spiced chili. Served with rice pilaf and green peas. Very Healthy!



Beef Stew

Served with parsley potatoes and peas.

Corned Beef & Cabbage

Topped with a mustard cream sauce. Served with parsley potato and green beans.

Baked 3 Cheese & Meat Lasagna

Served with a vegetable medley.

Quiche Lorraine

Fresh mushrooms and ham baked in a rich egg & cheese pie. Served with rice pilaf and peas and carrots.

Prices and menu subject to change. All meals are \$5.95 each. Buy 10 and get 1 FREE

SOUPS - \$3.25 each



- Beef Barley • Chicken Noodle
- Green Pea & Ham • Tomato Vegetable Rice

DESSERTS - \$3.50 each

- Rice Pudding • Bread Pudding
- Apple Crisp • Sticky Toffee Pudding
- Lemon Slice • Strawberry Slice



The Heart and Stroke Foundation's registered dietitians have reviewed the **Sage Savories** Health Check menu options to ensure they meet the specific nutrient criteria developed by the Health Check™ program based on the recommendations in Canada's Food Guide. A fee is paid by each participating restaurant to help cover the cost of this voluntary, not-for-profit program.

For more information, visit healthcheck.org.

Available at the Sunshine Cafe at Sage or delivered to your door

Website: SageSavories.ca Email: sagesavories@MySage.ca For Delivery Orders: 780.701.9025

LIFE ENRICHMENT

Please call Rachel @ 780-701-9016 or main floor reception for more information or to register for classes or activities.

SAGE FIELD TRIPS July-August

(open to members and non-members)

Please join us as we venture out and about:



Devonian Gardens Tour - join Sage for a lovely afternoon at the Devonian Gardens touring the flower gardens, relaxing on a bench and reading a book, enjoying a guided trolley tour, exploring the butterfly house, or strolling in the Japanese gardens. This trip is sponsored by Dignity Memorial. Must pre-register- limited seats available!

Date: Tuesday, July 29

Time: Depart Sage at 9:30am—approx. 3:00pm

Cost: \$5.00 - must purchase your own lunch or bring a bagged lunch

Rutherford House High Tea - Enjoy lunch or afternoon tea nestled in a cozy nook or the airy sun porch of the Arbour Room at historic Rutherford House. Register by August 18.

Date: Thursday, August 21

Time: Depart Sage at 11:00am

Cost: ETS fare and cost of your own meal

China Town Tour - an interesting day out: a trip to a Chinese herbalist followed by the Chinese art store and ending with a delicious, traditional

Chinese lunch. Must pre-register.

Date: Friday, August 8

Time: Depart Sage at 10:00am

Cost: \$17.00 plus ETS bus

St. Albert Farmer's Market - a day to wander downtown St. Albert and the farmers' market at your own pace. The St. Albert Farmers' Market is the largest outdoor market in Western Canada, with a variety of top market-quality products that are home baked, home grown, or handmade. Must pre-register.

Date: Saturday, September 6

Time: Depart Sage at 9:30am, return 1:30pm

Cost: \$15 member (\$18 non-member) bus only.

Lunch, purchases, etc. not included.

Steak Dinner at Bruce Hotel - enjoy a unique evening out with a steak dinner buffet in small-town Bruce, AB. This includes a 6oz steak cooked to order (chicken breast available), buffet, dessert, and coffee/tea all in the unique Bruce Hotel. See the countryside and enjoy a delicious dinner. Register by July 22.

Date: Friday, July 25

Time: depart Sage at 4:00pm

Cost: \$47.00 members (\$56 non-members)

River Cree Casino Monthly Outing - hop on the Lions bus the last Monday of the month for a fun day at the casino. Includes a voucher for free lunch at Tap 25 restaurant and a \$5.00 gambling voucher. You must pre-register.

Dates: July 28 and August 25

Time: Depart Sage at 10:00am

Cost: \$5.00 payable to Lions bus at departure

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SAGE PROGRAMS, COURSES and more: July-August

Legal Documents You Should Have -

A lawyer will present on essential planning documents - for example personal directives, power of attorney, and wills.

Date: Tuesday, July 22

Time: 10:00am

Location: Sage Room

Cost: Free

Triplet of Natural Cleaners (a do-it yourself workshop) - This triplet of natural cleaners is all you need to make your home gleam. The ingredients are inexpensive to buy and simple to make. In this class you'll start the infusion for the Herbal Vinegar Clean-All and make a Crystal Glass Cleaner & Citrus Scour Power from scratch. You will go home with a finished batch of each cleaner and the recipes, plus the confidence to replicate them at home. Register by July 14. Must have 10 registered.

Date: Tuesday, July 22

Time: 1:00-4:00pm

Location: Sage Craftroom

Cost: \$25 members (\$30 non-members)

All About Faces That Glow! Natural Face Cream, Cleanser & Eye Gel (a do-it yourself workshop) - Let your beauty show and your face glow! Aunt Milly's all-natural face cream, face cleanser & eye gel recipes are easy to make in your own kitchen. You'll look radiant and save money galore on beauty products best made at home with products you can name. And, the products keep for months without refrigeration, so let's get started! Register by July 21. Must have 10 people registered.

Date: Wednesday, July 30

Time: 1:00-4:00pm

Location: Sage Craftroom

Cost: \$45 member (\$54 non-member)

Sage Walking Group (with poles or no poles) - a great opportunity to get out and get moving with a fun group of people! Open to everyone. Bring your Nordic Poles if you have them. Group goes rain or shine (the ped-ways in the rain).

Date: Wednesdays

Time: Depart Sage at 10:00am

Location: Meet in the Sage lobby.

Cost: Free

iPad Intro Session presented by EPL - hands-on session on iPads (focusing on how to get library ebooks onto an iPad). Also intended for people to get more information if you are considering purchasing an iPad, or if you already have one, to learn more about them. (Bring your own iPad if you have one.) Please pre-register.

Date: Wednesday, August 6

Time: 1:00pm

Location: Sage Room

Cost: \$2.00

Travel and Language Resources at the EPL - great resources right at your fingertips! Learn all that your library has to offer. You must pre-register.

Date: Tuesday, August 26

Time: 10:30am

Location: Sage Room

Cost: Free

YiXue Yoga Classes - The YiXue practices are simple, refreshing, and ideal for any age group. Persons with limited mobility are also encouraged to participate. All practices can be integrated into daily life, giving practitioners immediate access to capturing a greater sense of well-being whenever and wherever they wish.

Date: TBA

Time: TBA

Location: TBA

Cost: Free



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Understanding Seniors' Benefits - for seniors turning 65, or those who already are, learn about eligibility, how and where to apply for Old Age Security (OAS)/Guaranteed Income Supplement (GIS): Can I continue to work? If so, how much of my employment income is clawed back? How does my employer's pension plan affect my eligibility for OAS/GIS? As a senior, what other health benefits am I entitled to? How do I report Seniors' Benefits on Income Tax Returns? How do I access other financial and community resources? Please pre-register.

Date: Tuesday, July 22

Time: 10:00am

Location: Sage Room

Cost: Free

Beginner Computers - an introduction to computer basics, including learning how to use the mouse and working up to using internet and e-mail. Classes will be offered in small groups on Mondays and Wednesdays. You must pre-register.

Dates: July 7-28 and August 13-September 8

Time: 1:00pm

Location: Sage Computer lab

Cost: \$5.00

Bridge Lessons - an opportunity to learn to play the game of bridge or freshen up your skills. Offered by Raye Dolgoy Bridge Club's game director Henry Chung. Call Rachel at 780-701-9016 for more info, or to register. You MUST register for lessons.

Date: Wednesdays & Fridays

Time: 10:00-11:00am

Location: Sage Raye Dolgoy Room

Cost: \$50.00 for 20 Comprehensive lessons (learn to play bridge) or \$5.00 for specific or refresher lessons

Summer Storms, Power Outages & Floods: Be Prepared! Join Sage's Emergency Preparedness Workshop from Barb Rankin, to find out what you need in case of emergency. Please pre-register.

Date: Tuesday, July 15

Time: 10:00am

Location: Sage Room

Cost: Free

BrainFitness and Insight Classes - keep your brain in shape with these computer programs designed to stimulate the mind and enhance visual memory. Students in previous classes have



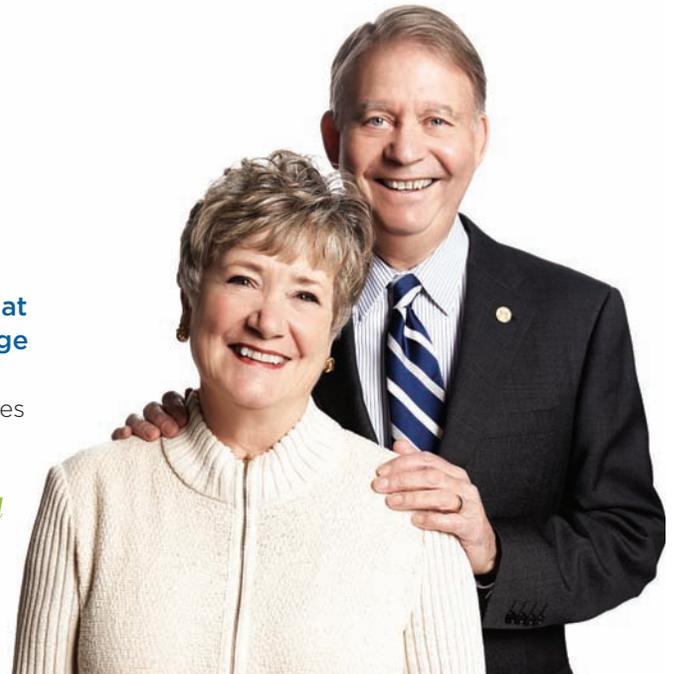
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reported great results. These programs require no previous computer experience and are guided by an amazing instructor who focuses on holistic health. Register now for the Fall 2014 session (September 8 – December 19). Spaces are limited so register early!

Date: Mondays, Tuesdays, and Fridays

Time: am and pm classes available

Location: Sage Computer Lab

Cost: Only \$75 - thanks to ECALA grants!

Kidney Health Screening Clinic- Did you know that an estimated 2.5 million Canadians have or are at risk of kidney disease? The two leading causes of kidney disease are diabetes and renal vascular disease (including high blood pressure). Folks 65 or older make up over 50% of those affected. Are you a risk candidate? Sign up for this free clinic. Measurement tests include: BMI, blood pressure, blood sugar, urinalysis, creatinine, and eGFR (kidney function). There is an opportunity to meet with a registered nurse to discuss results.

Date: Thursday, July 31

Time: 9:00-4:00pm

Location: TBA

Cost: No Charge - Please pre-register. 15 minute appointments

Photo Organizing/ Preservation Presentation

- Got Photos? Get Organized! Learn how to create a plan to finally get those printed and digital photos organized so that you and your family can enjoy them, not just have them stuck in the back of a closet! Please pre-register.

Date: Monday, July 21

Time: 10:00am

Location: Sage Room

Cost: Free

BrainFitness Information session - thinking of signing up for BrainFitness, but want to learn about it first? This is an opportunity to learn about Sage's one-of-a-kind program that helps to keep your brain sharp. BrainFitness has been proven to help you think faster and improve memory. Classes begin September 8.

Date: Thursday, August, 7

Time: 1:00pm

Location: Sage Room

Cost: Free



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Zumba on the Square - have some free summer fun and fitness! Join a group from Sage and head over to Churchill square for some fun, latin-dance inspired exercise.

Date: Mondays and Fridays

Time: Depart Sage at 12:00pm

Location: Sir Winston Churchill Square

Cost: Free

Personal Training Sessions - a great chance to get some exercises customized just for you! Classes are instructed by a personal trainer who can also offer tips, exercises, and at-home workouts. Must pre-register.

Date: Mondays

Time: 2:00pm

Location: Auditorium

Cost: \$40/week or less if you share your trainer with a friend!

SAGE LUNCHES, PARTIES & more July-August

(Open to members and non-members)



Canada Day Party - join the fun celebrating Canada's birthday (just a little early!). There will be entertainment, treats, goodies, prizes, fun facts and more! Sponsored by Dignity Memorial.

Date: Thursday, June 26

Time: 1:00pm

Location: Sage Café

Cost: Free

K-Days Parade - join Sage in our 'reserved' seating for the parade. Please pre-register for seats to be saved.

Date: Friday, July 18

Time: 11:00am - approx. 12:00pm

Location: Sage

Cost: Free

Klondike Party with Klondike Kate - get out your Klondike gowns and gear (or come as you are) and join us for an afternoon of fun! There will be singing and dancing with live music. Sponsored by The Churchill by Revera and Connelly McKinley Funeral Homes.

Date: Friday, July 18

Time: 1:30pm

Location: Sage Café

Cost: Free (refreshments not included)

\$8 Monthly Lunch Deal - join Sage the 3rd Tuesday of the month for an opportunity to meet other members and enjoy a delicious lunch, including your main meal, dessert, and tea/coffee for just \$8.00! Plus a draw to win next month's lunch for free. Purchase tickets by Fridays, July 11 and August 15.

Date: Tuesdays, July 15 and August 19

Time: 11:30am

Location: Sage Café

Cost: \$8 members/\$10 non-members

Let's do Lunch is a group that comes together on the second Tuesday of each month at 12:30pm (or 1:00pm at restaurant) and ventures out to new dining experiences. Must pre-register. Call Sage to register.

July 8 - Tavern 1903 (9802 Jasper Ave)

August 12 - The Harvest Room (10065-100st)



Sage Monthly Birthday Party:

Sage celebrates birthdays the last Thursday of every month at 1:00pm with birthday cake and live entertainment. This party is for everyone, so join in the fun, even if it isn't your birthday month! Sponsored by Dignity Memorial.

Dates: June 26 (Canada Day party), July 31, August 28

Location: Sage Café

Cost: FREE Cake and Live Music!

DROP-IN ACTIVITIES AT SAGE July-August

(Open to members and non-members)

New* 'Brainiacs' Drop-in Activity group - have fun learning to challenge your brain with training games, and new tips and tools on how to maintain an active, healthy brain. Also a great chance to meet people and share some laughs. Held the 3 & last Thursday of the month.

Date: July 24, July 31, Aug 21, and Aug 28

Time: 10:00am

Location: Small Meeting Room



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Cost: Free

Holistic Twist - an informal, twice per month gathering to share ideas or articles on wellness and holistic lifestyle topics, from nutrition, to exercise, to brain teasers.

Date: 2nd & 4th Wednesdays of the month

Time: 1:30pm

Location: Craft Room

Cost: Free

***New Time* Scrabble Time** - join in a fun, monthly game of scrabble. If you've never played, this is a great time to start!

Date: 1st Thursday of month

Time: 10:00am

Location: Sage café

Cost: Free

Sudoku Class - learn how to do these simple logic-based puzzles, or come and sharpen your skills. They are not only fun but keep your brain sharp too! Offered the 2nd Wednesday of the month.

Date: July 9 and August 13

Time: 10:30am

Location: Sage Café

Cost: Free

Monthly Movie & Popcorn - come and join us in the Auditorium at 1:00pm the 3rd Friday of the month for a movie and popcorn for just \$1.00!

New Date July 25 "Philomena" (Based on the true story) - When her baby was taken away by the nuns for adoption in America, Philomena

spent the next fifty years searching for him in vain...

August 15 "American Hustle" (R) - Oscar-nominated film based on a con man, Irving Rosenfeld, along with his seductive partner Sydney Prosser, forced to work for a wild FBI agent, Richie DiMaso, who pushes them into a world of Jersey powerbrokers and mafia.



Jennie Wilting Discussion Group - a discussion group featuring interesting, controversial, and thought-provoking topics. Jennie will not lecture, only facilitate this group. This group meets on the 3rd Tuesday of the month. They do not meet in July & August.

Drop-in Travel Films - join us on Mondays as we travel around the globe.

Date: Every Monday

Time: 1:00pm

Location: Sage Lobby

Cost: FREE

Its Game Time! The Games Room is on the main floor of Sage. Come and play scrabble, checkers, board games, or do puzzles.

Avon Calling! Join Sage the 3rd Thursday of the month to look at the latest Avon products, and to place or pick-up orders.

Date: July 17 and August 21

Time: 11:00-1:00pm

Location: Sage Café

Downton Abbey Fan Club - do you love the show and want a chance to discuss it with fellow fans? Here's your chance! Join Sage's newest club and meet other enthusiasts! Every 1st Thursday of the month but will not be meeting in July and August.

The Happy Travelers Slide and Video Shows are on the 3rd Thursday of each month in the auditorium. There are many superb narrated slideshows from around the world. There is no need to reserve a spot - just come on down and join us! The club accepts loonie/toonie donations for Sage. Destinations to be announced! Happy Travelers do not meet in July & August but will meet again in the fall.

Poet's Corner: hosted by Kevan Lyons - do you write poems, have a favorite poem you would like to recite, or want to be an audience member? Join Sage the 3rd Tuesday of the month for this great drop-in program.

Dates: July 15 and August 19

Time: 1:00pm

Location: Sage Café

Cost: Free

Tile Rummy Game - a twist on the original card game! Find a way to get rid of all your tiles first - a great chance to work your brain while making friends! Held on the last Tuesday of the month.

Date: July 29 and August 26

Time: 10:00am

Location: Sage Café

Cost: Free

Weekly Crib Game - a great chance to play crib while meeting other people. Join us every Wednesday!

Date: Wednesdays

Time: 10:30am

Location: Sage Café

Cost: Free

GROUPS AND CLUBS AT SAGE

Sage Members Only

The Raye Dolgoy Bridge Club meets each Wednesday and Friday from 11:30-4:00pm in the Raye Dolgoy Room. Club members gather to enjoy games of bridge and have fun. The cost is \$1.00 per play. Anyone wishing to learn how to play or refresh their bridge skills is welcome to register for lessons. Register by calling Rachel at (780)701-9016.

Busy Fingers is a year round crafting group that meets every Tuesday in the craft room from 9:00-11:30am. They are currently focusing on knitting and crocheting. Come and join these amazing women (men are welcome!) as they create beautiful pieces. Guidance and instruction is available.

The Sage Singers perform sing-a-long favorites every Thursday in the Sunshine Café. This fun group meets from 10:45-12:30pm for a warm-up and then performance. This is a fun-loving choir for all skill levels. They will be off mid-July and August.

The GeriActors and Friends meet on Thursdays at 1:00pm in the auditorium. This is a dynamic theatre group with stories to tell and a passion for performing in front of audiences. Consider joining a group that loves to have fun! A student ensemble from the U of A has joined to create an exciting inter-generational theater experience. The cost to join is \$20.00 per year. They are off July & August.

The Next Page Book Club will meet for a new reading adventure on the 2nd Thursday of every month at 1:00pm in the Raye Dolgoy Room. The style of book will vary from mystery to biographies. Please register at the front desk. Dates: July 10 and August 14.

Snap-Happy Photography Group - do you love to take pictures and want a chance to show them off or discuss them with a great group of people? Do you need some help operating your digital camera? Join Sage's NEW photography group. We will meet the 2nd Thursday of every month at 10:30am in the Raye Dolgoy Room. This group is free to join! Dates: July 10 and August 14

Over The Rainbow Discussion Group

This support group is for Gay, Bi-Sexual, or transgendered seniors, and/or seniors who would like to understand their gay family members. You can just drop by, phone Jeff at (780) 474-8240 or email at tuff@shaw.ca

Date: Every Thursday

Time: 1:00pm

Location: Sage Craftroom

Cost: FREE

E.A.L (English as another language) is offered for those aged 55-100 at Sage and two other locations. This is a great way to meet new friends, have fun, and improve your English! Classes are free and can be attended regularly or on a drop-in basis. We have classes for all levels. Please contact Lesley for more information.

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