


# Sage Activities At-a-Glance

# December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>~ Homemade Cinnamon Buns~</b>  <b>Wednesdays</b>  <b>hot from the oven 10:30am- \$3</b></p> <p>*Christmas Dinner tickets on sale                      Dinner is December 15                      can get tickets day of event, too.</p>	<p><b>~December~</b>  <b>Beginner Computer Classes</b>                      Nov. 30, Dec. 2,5,7,9,12,14                      Mondays &amp; Fridays 2:30pm                      Wednesdays 1pm                      (ran out of room on calendar!)</p>		<p>10:00 Scrabble time-café 1  <b>10:00 Councillor Knack visit-café</b>                      10:45 Sage Singers                      1:00 GeriActors &amp; Friends (Aud)                      1:00 Rainbow Group- Café  <b>1:00 Piano &amp; Voice Lessons (A)</b>                      1:30 Ukulele Jam Session-café                      *RSVP deadline Vol. appreciation</p>	<p>10-2pm BrainFitness Class 2                      9:30-12pm Drop-in Oil Painting  <b>10:30 Everyday Fitness (Sit &amp; Be Fit)</b>                      10:00 Bridge Lessons (pre-reg)                      11:30 Bridge Club- Mez                      12:15-3:30 Line Dancing Class                      2:00 Xi Yue Holistic Practice</p>	<p>3</p> 
<p>5                      10-2pm BrainFitness Class  <b>9:30 Intro Tai Chi (Aud)</b>  <b>11:20 Zumba Gold - FREE!</b>                      11:30 Bridge Club- Mez                      1:00 Travel Film                      1:00 Line Dancing (Beginner)</p>	<p>6                      9:00 Busy Fingers                      9:30 Blue Pencil café Writing Class                      10:00 Line Dancing- Beginners                      10:00 Coffee Group/10:30 Colouring  <b>10:45 Soul Food weekly group-3rd</b>                      12:00 Cree Conversation group                      1:00 Mahjong Drop-in- café</p>	<p>7                      10:00 Dominos/10-12 Device help                      10:30 Sudoku Class- café                      1:00 Mahjong Drop-in                      1-3pm Women's Sharing Circle-3rd  <b>1:00 Sage Volunteer Party</b>  <b>(RSVP'd volunteers only)</b></p>	<p>8                      10:00 Scrabble time-café                      10:45 Sage Singers                      1:00 Rainbow Group- Café                      1:00 Next Page Book Club- Mez                      1:00 GeriActors &amp; Friends (Aud)  <b>1:00 Piano &amp; Voice Lessons (A)</b>                      1:30 Ukulele Jam Session-café</p>	<p>9                      10-2pm BrainFitness Class                      9:30-12pm Drop-in Oil Painting  <b>10:30 Everyday Fitness (Sit &amp; Be Fit)</b>                      11:30 Bridge Club- Mez                      12:15-3:30 Line Dancing Class                      2:00 Xi Yue Holistic Practice</p>	<p><b>Try Something New</b>                      ~ Line Dancing                      ~ Oil Painting                      ~ Conversational Cree  <b>BrainFitness (brain training)</b>                      ~ Zumba Gold                      ~ Computers for Beginners                      ~ learn Scrabble                      ~ Computer &amp; Device help                      ~ Dominos                      ~ Criminal Justice Class                      ~ Ukulele for Beginners                      *Did you know that trying new things, learning &amp; meeting new people slows aging?!</p>
<p>12                      10-2pm BrainFitness Class  <b>9:30 Intro Tai Chi (Aud)</b>  <b>11:20 Zumba Gold - FREE!</b>                      11:30 Bridge Club- Mez                      1:00 Travel Film                      1:00 Line Dancing (Beginner)</p>	<p>10:00 Line Dance  <b>10:00 Types of Housing Pres.</b>                      10:00 Coffee Group/10:30 Colouring  <b>10:45 Soul Food weekly group-3rd</b>                      12:00 Cree Conversation group  <b>1:00 Roger's Retirement Party- d</b>                      1:00 Demetia presentation (Aud)  <b>* Deadline Hotel MacDonald</b></p>	<p>14                      10:30 Suduko Class                      10:00 Dominos/10-12 Device help  <b>10:30 Mind Your Money Pres.</b>  <b>Year end Global Market Review</b>                      12:15-3:30 Line Dancing Classes                      1-3pm Women's Sharing Circle-3rd  <b>1:30 Healthy Talk with Barb R.</b>  <b>"We all fall down" Fall Prevention</b></p>	<p>15                      10:00 Scrabble Time -Café                      10:30 Brainiacs                      11-1pm Avon &amp; Nutman sale-café  <b>11:30 Sage Christmas lunch -café</b>                      1:00 Rainbow Group/ GeriActors                      1:00 Piano &amp; Voice Lessons (A)                      1:30 Ukulele Jam Session-café                      *deadline rsvp X-mas tea Dec.22</p>	<p>16                      10:30 BrainFitness Info Session                      9:30-12pm Drop-in Oil Painting  <b>10:30 Everyday Fitness (Sit &amp; Be Fit)</b>                      11:30 Bridge Club- Mez                      12:15-3:30 Line Dancing Classes  <b>1:00 Movie &amp; Popcorn (Meet the Co</b>                      2:00 Xi Yue Holistic Practice (B)</p>	
<p>* Deadline January 25 Mayfield  <b>9:30 Intro Tai Chi (Aud)</b>  <b>11:20 Zumba Gold - FREE!</b>                      11:30 Bridge Club- Mez                      1:00 Travel Film                      1:00 Line Dancing (Beginner)  <b>6:00 Christmas Light Tour depart</b>  <b>(Sage doors open at 5:30pm)</b></p>	<p>20                      9:00 Busy Fingers                      10:00 Line Dancing- Beginners                      10:00 Coffee Group/10:30 Colouring  <b>10:45 Soul Food weekly group-3rd</b>  <b>11:15 Hotel MacDonald Yuletide</b>                      12:00 Cree Conversation group                      1:00 Poet's Corner/Jennie W. disc                      1:00 Mahjong Drop-in- café</p>	<p>21                      10:00 Dominos                      10-12 Device &amp; Computer help dro                      11:30 Bridge Club- Mez                      12:15-3:30 Line Dancing Classes</p>	<p>23  <b>10-12pm Free Christmas Tea-Rsvp</b>                      10:45 Sage Singers                      11:00 Sage Tour with Joan  <b>12:00 Birthday Party- café</b>                      1:00 GeriActors (Aud)                      1:00 Piano &amp; Voice Lessons (A)                      1:00 Rainbow Group- Café                      1:30 Ukulele Jam Session-café</p>	<p>24                      9:30-12pm Drop-in Oil Painting                      10-2pm BrainFitness Class                      10:00 Bridge Lessons (pre-reg)                      11:30 Bridge Club- Mez                      12:15-3:30 Line Dancing Class                      2:00 Xi Yue Holistic Practice</p>	<p><b>Christmas Eve</b>  <b>Sage Closed</b></p>
<p>26  <b>Boxing Day</b>  <b>Sage Closed</b></p>	<p>27  <b>Sage Closed</b></p>	<p>28  <b>Sage Closed</b></p>	<p>29  <b>Sage Closed</b></p>	<p>30  <b>Sage Closed</b></p>	<p>31  <b>New Year's Eve</b>  <b>Sage Closed</b>                      re-opens January 3rd</p>

See attached program sheet for details. For more information on these and other events at Sage, visit our website at [www.mysage.ca](http://www.mysage.ca) or check out our newsletter!