


# Sage Activities At-a-Glance

# January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Sage Closed</b></p>	<p>9:00 Busy Fingers</p> <p>10:00 Line Dancing- Beginners</p> <p>10:00 Coffee Group</p> <p>10:30 Coliouring Group</p> <p><b>10:45 Soul Food weekly group-3rd</b></p> <p>12:00 Cree Conversation group</p> <p>1:00 Mahjong Drop-in- café</p>	<p>10:00 Dominos</p> <p>10-12 Device &amp; Computer help dro</p> <p>11:30 Bridge Club- Mez</p> <p>12:15-3:30 Line Dancing Classes</p> <p><b>1:00 Criminal Justice Course begins</b></p> <p><b>1:30 Wellbeing talk with Jennie W. "Passive Aggressive Behavior"</b></p>	<p>10:00 Scrabble time-café</p> <p>10:45 Sage Singers</p> <p>1:00 Rainbow Group- Café</p> <p>1:30 Ukulele Jam Session-café</p>	<p>9:30-12pm Drop-in Oil Painting</p> <p>11:30 Bridge Club- Mez</p> <p>12:15-3:30 Line Dancing Class</p>	
<p>10-2pm BrainFitness Class</p> <p>11:30 Bridge Club- Mez</p> <p>1:00 Travel Film</p> <p>1:00 Line Dancing (Beginner)</p>	<p>9:00 Busy Fingers</p> <p>10:00 Line Dancing- Beginners</p> <p>10:00 Coffee Group/10:30 Colourin</p> <p>12:00 Cree Conversation group</p> <p><b>12:30 Let's Do Lunch - Sorrentino's</b></p> <p>1:00 Mahjong Drop-in- café</p> <p><b>1:30 Ukulele Classes begin</b></p>	<p>9:00 Piano &amp; Voice Lessons (Aud)</p> <p>10:00 Dominos/10-12 Device help</p> <p>10:30 Sudoku Class- café</p> <p>1:00 Criminal Justice Course</p> <p><b>1:30 Healthy Talk with Barb R.</b></p>	<p>10:00 Scrabble time-café</p> <p>10:45 Sage Singers</p> <p><b>11:30 Ukrainian Christmas lunch</b></p> <p>1:00 Rainbow Group- Café</p> <p>1:00 Next Page Book Club</p> <p>1:00 GeriActors &amp; Friends (Aud)</p> <p>1:30 Ukulele Jam Session-café</p>	<p>9:30-12pm Drop-in Oil Painting</p> <p>10-2pm BrainFitness Class</p> <p><b>10:30 Everyday Fitness (Sit &amp; Be Fit)</b></p> <p>12:15-3:30 Line Dancing Class</p> <p><b>1:00 Film Study Course</b></p> <p>1:00 *New* Gentle Yoga</p> <p>2:00 Xi Yue Holistic Practice</p>	<p><b>Try Something New</b></p> <p>~ Line Dancing</p> <p>~ Oil Painting</p> <p>~ Conversational Cree</p> <p><b>BrainFitness (brain training)</b></p> <p>~ Zumba Gold</p> <p>~ Computers for Beginners</p> <p>~ learn Scrabble</p> <p>~ Computer &amp; Device help</p> <p>~ Dominos</p> <p>~ Criminal Justice Class</p> <p>~ Ukulele for Beginners</p> <p><i>*Did you know that trying new things, learning &amp; meeting new people slows aging?!</i></p>
<p>10-2pm BrainFitness Class</p> <p><b>11:20 Zumba Gold - FREE!</b></p> <p>11:30 Bridge Club- Mez</p> <p>1:00 Travel Film</p> <p>1:00 Line Dancing (Beginner)</p>	<p>9:00 Busy Fingers</p> <p>10:00 Coffee Group/10:30 Colourin</p> <p><b>10:45 Soul Food weekly group</b></p> <p>12:00 Cree Conversation group</p> <p>1:00 Poet's Corner/Jennie W. disc</p> <p>1:00 Mahjong Drop-in- café</p> <p><b>1:30 Ukulele Classes begin</b></p>	<p>9:00 Piano &amp; Voice Lessons (Aud)</p> <p>10:00 Dominos/10-12 Device help</p> <p><b>10:30 Mind Your Money Pres. Retirement Income Blueprint</b></p> <p>12:15-3:30 Line Dancing Classes</p> <p>1:00 Criminal Justice Course</p> <p><b>1:30 Wellbeing talk with Jennie W. "Manipulation"</b></p>	<p>10:00 Scrabble Time -Café</p> <p>10:30 Brainiacs</p> <p>11-1pm Avon on site-cafe</p> <p><b>1:00 Happy Travellers</b></p> <p>1:00 Rainbow Group/ GeriActors</p> <p>1:30 Ukulele Jam Session-café</p>	<p>9:30-12pm Drop-in Oil Painting</p> <p>10-2pm BrainFitness Class</p> <p><b>10:30 Everyday Fitness (Sit &amp; Be Fit)</b></p> <p>12:15-3:30 Line Dancing Class</p> <p>1:00 Movie &amp; Popcorn</p> <p><b>1:00 Film Study Course</b></p> <p>1:00 *New* Gentle Yoga</p> <p><b>1:00 Aging in Place Workshop</b></p>	
<p><b>9:30 Intro Tai Chi (Aud)</b></p> <p><b>11:20 Zumba Gold - FREE!</b></p> <p>11:30 Bridge Club- Mez</p> <p>1:00 Travel Film</p> <p>1:00 Line Dancing (Beginner)</p> <p><b>2:00 iPad for Beginners (Jan. 23, 30, Feb 6, 13,20,27)</b></p>	<p>9:00 Busy Fingers</p> <p>10:00 Line Dancing- Beginners</p> <p>10:00 Coffee Group/10:30 Colourin</p> <p><b>10:45 Soul Food weekly group-3rd</b></p> <p>12:00 Cree Conversation group</p> <p><b>1:00 Mahjong Lessons-pre-reg</b></p> <p><b>1:30 Ukulele Classes begin</b></p>	<p>9:00 Piano &amp; Voice Lessons (Aud)</p> <p>9:45 Depart to Mayfield Theatre</p> <p>10:00 Dominos</p> <p>10-12 Device &amp; Computer help dro</p> <p>11:30 Bridge Club- Mez</p> <p>12:15-3:30 Line Dancing Classes</p> <p>1:00 Criminal Justice Course</p> <p><b>1:30 Healthy Talk with Barb R.</b></p>	<p>11:00 Sage Tour with Joan</p> <p>1:00 Rainbow Group- Café</p> <p>1:00 GeriActors (Aud)</p> <p><b>1:00 Monthly Birthday Party</b></p> <p><b>1:00 Service Canada Senior's Benefits Presentation</b></p> <p>1:30 Ukulele Jam Session-café</p>	<p>10-2pm BrainFitness</p> <p>9:30-12pm Drop-in Oil Painting</p> <p><b>10:30 Everyday Fitness (Sit &amp; Be Fit)</b></p> <p>12:15-3:30 Line Dancing Class</p> <p>1:00 *New* Gentle Yoga</p> <p><b>1:00 Film Study Course</b></p> <p><b>1:00 Aging in Place Workshop</b></p> <p>2:00 Xi Yue Holistic Practice</p>	
<p>9:30 Intro Tai Chi (Aud)</p> <p><b>10:00 River Cree Casino trip</b></p> <p>1:00 Travel Film</p> <p>1:00 Line Dancing (Beginner)</p>	<p>12:00 Cree Conversation group</p> <p><b>1:00 Mahjong lessons- pre-reg</b></p> <p><b>1:30 Ukulele Classes</b></p>	<p><b>Feb. 1st</b></p> <p><b>Sage's Chinese New Year Celebration!</b></p>	<p><b>Beginner Compputers</b></p> <p><b>January 4,6,9,11,13,16,18</b></p> <p><b>M &amp; F- 2:30pm &amp; Wed. 1pm</b></p>	<p><b>Raye Dolgoy Bridge Club</b></p> <p><b>meets 11:30am every Monday,</b></p> <p><b>Wednesday and Friday</b></p>	<p><b>Sage Café</b></p> <p><b>Homemade Cinnamon Buns</b></p> <p><b>Wednesdays</b></p> <p><b>only \$3.00!</b></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!