


# Sage Activities At-a-Glance

# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
		<b>New!</b> <b>Face Book help 10-11am</b> <b>Tuesdays (pre-register)</b>	9-12am Piano & Voice lessons 1 <b>11:30 Chinese New Years Lunch-</b> <b>(lunch is on, party after is cancelled)</b> 10-12 Device & Computer help drop 11:30 Bridge Club- Mez( Wed & Fri) 12:15-3:30 Line Dancing Classes 1:00 Criminal Justice Course <b>1:30 Wellbeing talk with Jennie W.</b>	10:00 Scrabble Time -Café 2 11:30 Sage Singers <b>12:00 ESL Chat Group-cafe</b> 1:00 Rainbow Group- Café 1:00 GeriActors & Friends (Aud) 1:30 Ukulele Jam Session-café	<b>10am &amp; 2pm Brain Fitness Class</b> 9:30-12pm Drop-in Oil Painting 11:30 Bridge Club- Mez(Wed & Fri) 12:30-3PM. Aging in Place Worksho 12:15-3:30 Line Dancing Class <b>1:00 Film Study Course (Law on Film)</b> 1:pm-2:pm * New* Gental Yoga 2:00pm YiXue Holistic Practice	4			
5	<b>9:30 Tai chi Introduction</b> 6 10-2pm BrainFitness Class <b>11:20 Zumba Gold - FREE!</b> 11:30 Bridge Lessons (pre-register) <b>2:00 iPad for Beginners</b> 1:00 Travel Film 1:00 Line Dancing (Beginner)	7	9:00 Busy Fingers 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring Group <b>10:45am Soul Food (Feed your Soul)</b> 12:00 Cree Conversation group <b>1:00 We all Fall Down/</b> 1:00 Mahjong Dro <b>1:30 Ukulele Classes</b>	8	9:00 Piano & Voice Lessons (Aud) 8 10:00 Dominos/10-12 Device help 10:30 Sudoku Class- café 1:00 Criminal Justice Course 12:15-3:30 Line Dancing Classes <b>1:30 Healthy Talk with Barb R.</b>	9	10:00 Scrabble time-café 9 10:45 Sage Singers/ 1:pm Next Pa <b>10:00 Legal Documents youSho</b> 1:00 Rainbow Group- Café <b>1:00 Good Guy/Bad Guy Presentation</b> 1:00 GeriActors / 1:00 Book Club 1:30 Ukulele Jam Session-café	10	<b>Try Something New</b> ~ Line Dancing ~ Oil Painting ~ Conversational Cree <b>BrainFitness (brain training)</b> ~ Zumba Gold ~ Computers for Beginners ~ learn Scrabble ~ Computer & Device help ~ Dominos ~ Criminal Justice Class ~ Ukulele for Beginners <b>Did you know that trying new things, learning &amp; meeting new people slows aging?!</b>
12	9:30 Tai chi Introduction 10:30 Emergency Preparedness (Feb 1 <b>11:20 Zumba Gold - FREE!</b> 11:30 Bridge Lessons (pre-register) 1:00 <b>Travel Film/ 2:00 Ipad For Beg</b> 1:00 Line Dancing (Beginner) 2:00 & 11: Brain Fit Class	13	<b>11:30 Lets do Lunch - The Creperie</b> 14 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring <b>10:45 Soul Food weekly group</b> 12:00 Cree Conversation group 1:00 Poet's Corner/Jennie W. disc 1:00 Mahjong Drop-in- café <b>1:30 Ukulele Classes begin</b>	15	9:00 Piano & Voice Lessons (Aud) 15 10:00 Dominos with Udo & Jeff 10-12pm Device & Computer help 11:30 Bridge Club- Mez( Wed & Fri) 12:15-3:30 Line Dancing Classes 1:00 Criminal Justice Course <b>1-3pm Women's Sharing Circle</b> <b>1:30 Wellbeing with Jennie "Ange</b>	16	10:00 Scrabble Time -Café 16 10:30 Brainiacs 11:30 Sage Singers 11-1pm Avon on site-cafe 12:00 ESL Chat Group-cafe <b>1:00 Happy Travellers</b> 1:00 Rainbow Group/ GeriActors 1:30 Ukulele Jam Session-café	17	9:30-12pm Drop-in Oil Painting 17 10-2pm BrainFitness Class <b>10:30 Depart Ernest at Nait</b> 11:30 Bridge Club- Mez(Wed & Fri) 12:15-3:30 Line Dancing Class <b>1:00 Movie &amp; Popcorn( My Big Fat Gree</b> 1:00 Gentle Yoga/ 2pm XiYue Holistic
19	<b>9:30 Intro Tai Chi (Aud)</b> 20 <b>11:20 Zumba Gold - FREE!</b> 11:30 Bridge Lessons (pre-register) 1:00 Travel Film 1:00 Line Dancing (Beginner) <b>2:00 iPad for Beginners</b> <b>2:00 &amp; 11: Brain Fit Class &amp; Feb 27th</b>	21	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> 12:00 Cree Conversation group 1:pm Jennie Wilting Discussion Group 1:00 Poets Corner <b>1:30 Ukulele Classes begin</b>	22	9:00 Piano & Voice Lessons (Aud) 22 <b>10:30 Mind Your Money Pres.</b> Retirement Benefits of a tax Free Savir 10-12 Device & Computer help drop 12:15-3:30 Line Dancing Classes 1:00 Criminal Justice Course <b>1-3pm Women's Sharing Circle</b> <b>1:30 Healthy Talk with Barb R.</b>	23	10:00 Scrabble time-café 23 11:00 Sage Tour with Joan 11:30 Sage Singers- café 1:00 Rainbow Group- Café 1:00 GeriActors (Aud)/1:Next Pa <b>1:00 Monthly Birthday Party</b> <b>(Free cake &amp; live music!)</b> 1:30 Ukulele Jam Session-café	24	10-2pm BrainFitness 24 9:30-12pm Drop-in Oil Painting <b>10:30 Everyday Fitness (Sit &amp; Be Fit)</b> 12:15-3:30 Line Dancing Class 1:00 *New* Gentle Yoga <b>1:00 Film Study Course (Film Noir)</b> <b>2:00 E-Books for Ipads</b> 2:00 Xi Yue Holistic Practice
26	9:30 Intro Tai Chi (Aud) 27 <b>12:00pm-Depart Sage</b> <b>"The Patsy Cline Project"</b> <b>Holden (pre-register)</b> <b>10:00 River Cree Casino trip</b> 11:30 Bridge Lessons (pre-register) 1:00 Travel Film 1:00 Line Dancing (Beginner) <b>2:00 iPad for Beginners</b>	28	<b>10:00 Line Dancing- Beginners</b> 28 12:00 Cree Conversation group 10:00 Coffee Group- café 10:30 Colouring Group- café <b>1:00 Mahjong lessons- pre-reg</b> <b>1:30 Ukulele Classes</b>	29	<b>*New* ESL Chat Group</b> <b>Every Thursday 12-1pm</b> <b>A great chance to practice</b> <b>your English-speaking skills!</b>	30	<b>Beginner Computers</b> <b>Feb 1,3,6,8,10,13,15</b> <b>M &amp; F- 2:30pm &amp; Wed. 1pm</b>	31	<b>Sage Café</b> <b>Homemade Cinnamon Buns</b>  <b>Wednesdays</b> <b>only \$3.00!</b>

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!