


Sage Activities At-a-Glance

March

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>~ New! BrainFitness Express ~ Less time commitment than our original BrainFitness class but same great results! 4 weeks- starts March 27th. Register at Main reception</p>	<p>New! Blue Pencil Café Writing Group- classes begin March 28th Register at main reception</p>	<p>9-12am Piano & Voice lessons 1</p> <p>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 1:30 Wellbeing talk with Jennie W.</p>	<p>10:00 Scrabble Time -Café 2 11:30 Sage Singers 12:00 ESL Chat Group-Class B 1:00 Rainbow Group- Café 1:00 GeriActors & Friends (Aud) 1:30 Ukulele Jam Session-café</p>	<p>10am & 2pm Brain Fitness Class 9:30-12pm Drop-in Oil Painting 10:30 Sit & Be Fit/ 11:30 Bridge Club 12:30-3PM. Aging in Place Workshop 12:15-3:30 Line Dancing Class 1:00 Film Study Course (Neo-Noir) 2:00pm YiXue Holistic Practice</p>	4
5	<p>9:30 Tai chi Introduction 6 (try your 1st Tai Chi class free!) 10-2pm BrainFitness Class 11:20 Zumba Gold - FREE! 11:30 Bridge Lessons (pre-register) 1:00 Travel Film 1:00 Line Dancing (Beginner)</p>	<p>9:00 Busy Fingers 7 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring Group 12:00 Cree Conversation group 1:00 Bereavement Presentation 1:00 Mahjong Drop-in 1:30 Ukulele Classes</p>	<p>9:00 Piano & Voice Lessons (Aud) 8 10:00 Dominos/10-12 Device help 10:30 Sudoku Class- café 12:15-3:30 Line Dancing Classes 1:30 Healthy Talk with Barb R.</p>	<p>10:00 Scrabble time-café 9 10:30 Power of Positivity Pres. 10:45 Sage Singers/ 1:pm Next Pa 12:00 ESL Chat Group-Class B 1:00 GeriActors / 1:00 Book Club 1:30 Ukulele Jam Session-café</p>	<p>9:30-12pm Drop-in Oil Painting 10 10-2pm BrainFitness Class 10:30 Sit & Be Fit/12:30 Aging in Place 12:15-3:30 Line Dancing Class 1:00 Film Study Course (Neo-Noir) 2:00 Xi Yue Holistic Practice</p>	Try Something New
12	<p>9:30 Tai chi Introduction (try your 1st Tai Chi class free!) 11:20 Zumba Gold - FREE! 11:30 Bridge Lessons (pre-register) 1:00 Travel Film 1:00 Line Dancing (Beginner) 2:30 Microsoft Word Class/ Beg. Con</p>	<p>9:00 Busy Fingers 14 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring 12:00 Cree Conversation group 12:30 Let's Do Lunch "Japanese Village" 1:00 Grief Support Group (pre-reg) 1:00 Mahjong Drop-in- café 1:30 Ukulele Classes begin</p>	<p>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 Microsoft Word Class/ Beg. Comput 1-3pm Women's Sharing Circle 1:30 Wellbeing with Jennie "Worry</p>	<p>10:00 Scrabble/ 10:30 Brainiacs 1 11:15 Grade 4 student visit 11:30 Sage Singers 11-1pm Avon on site-cafe 12:00 ESL Chat Group-Class B 1:00 Happy Travellers "Spain-South 1:00 Rainbow Group/ GeriActors 1:30 Ukulele Jam Session-café</p>	<p>9:30-12pm Drop-in Oil Painting 17 10-2pm BrainFitness Class 10:30 Sit & Be Fit/ 11:30 Bridge Club 11:30 St. Paddy's \$2 Tea- café 12:15-3:30 Line Dancing Class 1:00 Movie & Popcorn 1:00 Gentle Yoga/ 2pm XiYue Holistic 1:00 Film Study Course (Neo-Noir)</p>	*Did you know that trying new things, learning & meeting new people slows aging?!
19	<p>9:30 Tai chi Introduction (try your 1st Tai Chi class free!) 10-2pm BrainFitness Class 11:20 Zumba Gold - FREE! 11:30 Bridge Lessons (pre-register) 1:00 Travel Film</p>	<p>9:00 Busy Fingers 21 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring 12:00 Cree Conversation group 1:00 Grief Support Group (pre-reg) 1:00 Jennie Wilting Discussion Group 1:00 Poets Corner with the Poet of Churchi 1:30 Ukulele Classes begin</p>	<p>9:00 Piano & Voice Lessons (Aud) 22 10:30 Mind Your Money Pres. "Exchange Traded Funds & Retirement 10-12 Device & Computer help drop- 12:15-3:30 Line Dancing Classes 1-3pm Women's Sharing Circle 1:30 Healthy Talk with Barb R.</p>	<p>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) 1:00 Monthly Birthday Party (Free cake & live music!) 1:30 Ukulele Jam Session-café</p>	<p>10:30 Sit & Be Fit/ 11:30 Bridge 24 9:30-12pm Drop-in Oil Painting 10:30 Everyday Fitness (Sit & Be Fit) 12:15-3:30 Line Dancing Class 1:00 Gentle Yoga 1:00 Film Study Course (Film Noir) 2:00 E-Books for Ipad 2:00 Xi Yue Holistic Practice</p>	25
26	<p>9:30 Intro Tai Chi (Aud) 27 10:00 River Cree Casino trip 10:00 Brainftiness Express begins 11:20 Zumba Gold - FREE! 1:00 Travel Film 1:00 Line Dancing (Beginner)</p>	<p>10:00 Line Dancing- Beginners 28 9:30 Blue Pencil Café Writing Class 10:00 Coffee Group/10:30 Colouring Group 12:00 Cree Conversation group 1:00 Grief Support Group (pre-reg) 1:30 Ukulele Classes</p>	<p>29 9-12pm Piano & Voice lessons 10-12 Device & Computer help drop- 1:00 We All Fall Down: Fall Prevention Presentation by Barb</p>	<p>10:00 Scrabble Time 30 11:00 Sage Tour with Joan 11:30 Sage Singers Perform 1:00 Monthly Birthday Party (Free cake & live music!) 1:30 Ukulele Jam Session-café</p>	<p>10:30 Sit & Be Fit/ 11:30 Bridge 31 10:30 Everyday Fitness (Sit & Be Fit) 12:15-3:30 Line Dancing Class 1:00 Gentle Yoga 1:00 Film Study Course (Film Noir) 2:00 E-Books for Ipad 2:00 Xi Yue Holistic Practice</p>	~ Wednesdays Sage Café Homemade Cinnamon Buns~ ~Raye Dolgoy Bridge Club meets 11:30am every Monday, Wednesday and Friday Bridge Lessons Mondays (register) ~

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