

LIFE ENRICHMENT Activities ~ March 2017

Open to everyone, no membership required. Please register at main reception or call 780-423-5510 ext 301 for more information or to register.

It's never too late to try new things (or age pro-actively)! Here are some opportunities at Sage to keep your body and brain sharp, try new things, as well as meet some great people:

Trips and Outings

Please join us as we venture out and about. Must be able to go up and down several stairs and some ground may be uneven.

ESO & Winspear Overture Tours- The Edmonton Symphony Orchestra and the Winspear Centre invite you to a one-hour information session & backstage tour. Hear the history of the ESO & the Winspear and their vision for the future. You will then be taken on a fascinating backstage tour. Light lunch and beverages are provided! Register early as spaces are limited!

***NEW Date:** Wednesday, May 10th (changed from March 3rd)

Time: depart Sage at 11:30am **Location:** meet at Sage

Cost: \$5.00- includes lunch and tour

Ukrainian Village and Town of Mundare Tour- travel back in time as we tour the Ukrainian Village followed by a trip to the town of Mundare. Lunch included. Must pre-register. **Date:** Tuesday, May 30th

Time: Depart Sage at 9:00am **Cost:** \$59.00 members, \$71.00 non-members

River Cree Casino Monthly Outing - hop on Intrepid Charter's (Alan's) bus the 4th Monday of the month for a fun day at the casino. Includes voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. You must pre-register.

Date: Mondays- March 27, April 24, May 29 (due to holiday May 22nd)

Time: Depart Sage at 10:00am

Physical Activity Offerings:

Tai Chi Introduction with Master Ken- introduction to Tai Chi, which includes 10 simple Tai Chi movements, warm up exercises, sitting & walking Tai Chi movements. Health benefits include improving balance, coordination and range of movement! **Date:** Mondays- January 23-April 10th (11 weeks) resumes May 1-June 26th (8 weeks) **Time:** 9:30am **Location:** Auditorium

Cost: try your first week free! Drop-in fee is \$2/week

Gentle Yoga for Seniors- with volunteer yoga instructor Justine, this class is an hour of senior-friendly, gentle yoga movements. Good for all ages and abilities. Drop-in welcome. **Date:** March 17 to April 28th (6 classes)

Time: 1pm **Cost:** Free **Location:** Classroom B

Zumba Gold- a fun dance party with Latin-inspired dance styles. Zumba Gold simplifies the steps and makes them adaptable to all abilities. This is a great workout for everyone. **Date:** Mondays

Time: 11:20am **Location:** Auditorium **Cost:** Free! Bring a friend!

Everyday Fitness (Sit and be Fit)- stay active with this easy and fun exercise series lead by a volunteer instructor. All skill levels welcome.

Date: Fridays **Time:** 10:30am **Cost:** Free

Physical Activities cont'd:

Senior's Line Dancing Classes- a great opportunity to learn some line dances, have some fun and meet new people! Workout your body while you workout your brain learning new steps. Limited spaces are available.

Location: Auditorium **Cost:** \$2.00 a month

Classes:

- A) Advanced 12:15pm- Wednesday & Friday
- B) Intermediate 2:00pm- Wednesday & Friday
- C) Beginner 1pm- Mondays & Tuesdays 10am

YiXue Holistic Practice- cultivate health, elevate the vital life energy and stabilize your emotional heart with YiXue Practices and Methods from Grandmaster Wei Ling Yi. Focusses on your body's Qi and creating a light, balanced energy. Persons with limited mobility are also encouraged to participate. Drop-in. Open to all. **Date:** Fridays **Time:** 2:00pm

Location: meet in Sage lobby **Cost:** Free (donations are welcome)

Pole Walking Information Session and Demonstration- a great chance to learn more about Urban Pole Walking, the many health benefits and to try out some walking poles. Please pre-register. **Date:** Wednesday, April 5th

Time: 1:00 pm **Location:** Classroom B **Cost:** Free

Pole Walking Group- if you are looking for a regular opportunity to get out and get moving, this is the group for you. Rain or shine! Guidance and trial poles available. Drop-in but pre-registration recommended to be contacted about changes. Intro and demo April 5th. **Date:** Wednesdays starting April 12th

Time: 1pm **Location:** meet at main reception **Cost:** Free

Brain Health:

BrainFitness Information sessions- 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 is tailored to you and helps to keep your brain sharp. BrainFitness has been proven to help you think faster, improve problem-solving skills and improve memory & balance. Come in to try a demo or meet with Barb, our instructor, anytime. Must call to pre-book 780-423-5510 ext 305.

***New* Express BrainFitness Program-** have you been interested in BrainFitness but the 12 week time commitment was too much? Try our new 4 week (8 class) express program. Keep your brain in shape with these tailor-made computer programs designed to stimulate the mind, sharpen hearing and enhance visual memory, improve problem-solving skills and improve memory & balance. Students in previous classes have reported great results. These programs require no previous computer experience and are guided by an amazing instructor. Pre-register. **Cost:** \$35.00 for each 4 week session

Time: am (10am) & pm (12:30pm) class available

Date: Mondays and Fridays March 27-April 25 or May 1-May 29th

Location: Sage Computer Lab

Wellbeing Talks with Jennie Wilting- a series of topics related to your well-being. Jennie is a retired nurse with a wealth of knowledge and experience related to the matters of the mind and a sense of humor sure to hit the funny bone! Come to one or come to all. Held at 1:30pm in the Craftroom the 1st and 3rd Wednesday of the month. Cost: \$1.00

March 1- Guilt, March 15- Worry, April 5- Depression, April 19- Stress

Jennie Wilting Discussion Group - a discussion group featuring interesting, controversial, and thought-provoking topics. Jennie will not lecture, only facilitate this group. Meets at 1pm on the 3rd Tuesday monthly. **Dates:** March 21, April 18, May 16th

'Brainiacs' Drop-in Activity group - have fun learning to challenge your brain with training games, and new tips & tools on how to maintain an active, healthy brain. Also a great chance to meet people and share some laughs. Held the 3rd Thursday of the month. **Date:** March 16, April 20, May 18th
Time: 10:30am **Location:** Raye Dolgoy Room **Cost:** Free

Healthy Talk (formerly Holistic Twist) – a discussion on how physical fitness, nutrition, socialization, stress management and mental stimulation impact brain health. There is a presentation, discussion & sharing of ideas or articles on wellness and holistic lifestyle topics, from nutrition, to exercise, to brain teasers. **Date:** Mar. 8 & 22, Apr. 12 & 26, May 10 & 24
Time: 1:30pm **Location:** Craftroom **Cost:** Free

Sudoku Class - learn how to do these simple math puzzles, or come and sharpen your skills. They are not only fun but keep your brain sharp too! Offered the 2nd Wednesday monthly. **Date:** March 8, April 12, May 10th
Time: 10:30am **Location:** Café **Cost:** Free

Games:

Mahjong (Tile Game) Drop-in- a great chance to play the world's most popular tile game. Mahjong is very similar to gin rummy. Caution: highly addictive! Open to everyone. **Date:** Tuesdays **Time:** 1pm **Location:** Café **Cost:** Free

Scrabble Time - join in a fun game of scrabble and spend time with some great people. If you've never played, this is a great time to start! **Date:** Thursdays
Cost: Free **Time:** 10:00am **Location:** Sage café

Dominos with Udo & Jeff- drop-in each week and enjoy the fun of dominos. Instruction or a game- open for everyone to join in! **Date:** Wednesdays
Time: 10:00am **Location:** Sage Café **Cost:** Free

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. to register. You **MUST** pre-register for lessons.
Date: Mondays **Time:** 11:30-1:30pm **Location:** Sage Raye Dolgoy Room
Cost: \$50.00 for 20 Comprehensive lessons (learn to play bridge) or \$5.00 for specific/refresher lesson

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 \$1.50 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

Games & Puzzle room! The Games Room is on the main floor of **Sage**. Come and play crib, scrabble, checkers, board games, mahjong or work on puzzles.

Creative Opportunities:

Oil Painting Drop-in: classes will focus on creating small oil paintings. Topics such as use of colour, composition, and contrast will be taught. Drawing experience is not necessary and all skill levels are welcome. **Date:** Fridays
Time: 9:30-12pm **Location:** Craftroom **Cost:** Supply costs only (Approx \$8/canvas and \$10 for paint and brushes as needed)

Creative Opportunities Cont'd:

Ukulele Jam Sessions- grab your ukulele and join the fun in our newest drop-in group! Strum & hum along. For all skill levels & open to all. **Date:** Thursdays
Time: 1:30pm **Location:** Sage café **Cost:** Free

Colouring Group- colouring is not just for kids! This is a great chance to express your creativity, de-stress and meet new people. **Date:** Tuesdays
Time: 10:30am **Location:** Sage café **Cost:** Free

Blue Pencil Café (Writing classes)- wanted to write but didn't know where to start or lacked the motivation? Join our weekly writing circle where your stories, poems, memoirs take center stage. You will find a supportive environment where you will receive constructive feedback from your classmates and instructor, Melle Huizinga. Small class size and no writing experience necessary. **Cost:** \$45.00
Date: Tuesdays- March 28- May 16th **Time:** 9:30am **Location:** Boardroom

Ukulele Classes- Sage is strumming and humming! Come and join the fun. Our instructor, Elaine Mann, offers 3 levels. You can enter at one level, and switch to another.

1) Absolute Beginner: Never held a ukulele and wonder if you'd like it? Several soprano ukuleles are available for you to try, and the *first class is free.*
2) Beginner/Intermediate: for those who know a few chords
3) Advanced: (various strumming and picking styles)
Date: Tuesdays- April 18-June 20 (10 weeks).
Time: Advanced: 1:30-2:15pm Beginner/Intermediate: 2:30-3:15pm
Absolute Beginner: 3:30-4:15pm
Cost: \$65 Early Bird (Register by April 7th) / \$80 Regular Price (after April 7th)
*Private ukulele lessons available- see Rachel

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. **Join in! This is a fun-loving choir for all skill levels!**

Piano Lessons and/or Vocal Lessons (individual lessons)- always wanted to learn how to play the piano or brush up your vocal skills? It's never too late! These lessons are a half hour to 45 minutes. Have fun while you learn. Open to all skill levels. **Must pre-register for lesson time.** **Date:** Wednesdays
Time: lessons start at 9:00am **Location:** Auditorium **Cost:** \$15/lesson

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. **Cost:** Free
Dates: March 21, April 18, May 16th **Time:** 1:00pm **Location:** Café

The **GeriActors and Friends** meet on Thursdays at 1:00pm in the auditorium. This is a dynamic theatre group with stories to tell and the 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 \$30.00 per year.

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. Knitting and crocheting are great ways to keep your hands and fingers nimble while exercising your brain!

Learning Opportunities:

Power of Positivity Presentation (or Mindfulness)- join Barb Rankin as she discusses how our thoughts and what we focus our attention on can impact many aspects of our lives in either a positive or a negative way. Please pre-register.

Date: Thursday, March 9th **Time:** 10:30am **Location:** Craftroom **Cost:** Free

Indigenous Culture Awareness Session- topics covered will include the meaning of the medicine wheel, the purpose of the Sharing Circle and sacred traditional medicines.

Date: Details to be announced. If you are interested give your name to main reception to be contacted. **Cost:** \$2.00

Women's Sharing Circle- bringing women together to connect and share. Sharing circles are an essential part of the oral tradition of Indigenous communities. Join Sophie Laboucan from Bent Arrow Healing Society. Women's Sharing Circles are open to everyone and are held at Sage several Wednesdays a month from 1-3pm. See April and May monthly calendar for more dates. **Date:** Wednesdays- March 15 & 22nd **Time:** 1-3pm

Location: 3rd floor small meeting room **Cost:** Free

Cree Conversation Group- learning a new language is a great way exercise your brain. This is a weekly gathering that is a great, informal opportunity to learn and share one of Canada's original languages. Open to all. Our group leader is Andre L'Hirondelle (780-421-7915) call for information.

Date: Tuesdays **Location:** Sage Craftroom **Time:** 12:00pm **Cost:** Free

Happy Travellers- Travel the globe without leaving your chair! This is an amazing opportunity to hear stories and see pictures right from the travelers themselves. Held the 3rd Thursday monthly at 1pm. \$1-2 donations appreciated. Join us for our upcoming travel presentations. Watch for our great travel destinations! **March 16th - Southern Spain**

Spiritual Health

Soul Food Weekly Gathering- Feed Your Soul. This group is facilitated by spiritual care provider Anthony White. This is a weekly, non-denominational reflection, non-judgmental sharing and examination of our spirituality – our search for meaning in this life. Topics will include: our history, values, beliefs, legacy and end of life supports. **Date:** Tuesdays **Time:** 10:45

Cost: Free **Location:** Small Meeting room

***this group is currently on hold due to low attendance. If you are interested please leave your name and number at main reception to express your interest in attending the group. Group will resume with enough interest.**

Preventative Offerings:

Grief Support Group- support for those who have dealt with grief and/or are still coping with grief. Includes an information session and a group support series about grief and loss. Must pre-register. Call Michael Yankowski at 780-454-1194 to register. **Date:** March 7 to April 25th **Time:** 1:00-3:00pm.

Location: Classroom A **Cost:** Free

We All Fall Down- Easy Steps to Prevent Falls- don't wait until it is too late! Everyone is at risk of falling even if you are perfectly healthy. Join retired nurse Barb Rankin to find out some simple steps to keep safe in your home and outdoors as well as good habits to remember. Please pre-register. **Cost:** Free **Date:** Wednesday, March 29th **Time:** 1pm **Location:** Craftroom **Cost:** Free

Mind Your Money- Monthly Financial Presentations with Wei Woo:

1) The Role of Exchange Traded Funds in Retirement Portfolios – Like mutual funds, ETFs allow investors to spread risk over a series of investments, as opposed to one or two stocks or bonds. Like all types of investments, there are both benefits and risks, as there is no such thing as a perfect investment. Come join Wei Woo as we discuss the pros and cons of using this category of investments in a retirement portfolio. **Date:** March 22nd **Time:** 10:30am

2) Implications of a Trump Presidency for your Retirement Portfolio- One of the major questions many retirees may have is what does this presidency mean for our economies, the markets, and ultimately how it impacts their retirement finances. Come join Wei Woo as we discuss how to position one's retirement portfolio for success with the new political and economic environment. **Date:** April 19th **Time:** 10:30am

3) Estate Planning - More than just investments, a successful estate plan is about caring for family, friends and special organizations through some simple preplanning. It's never too early to plan for your family's future. A lawyer will be present to answer legal questions, while Wei Woo will answer the financial and investment questions. Included in this presentation are the new increased taxation rates with setting up an estate testamentary trust.

Date: May 17th **Time:** 10:30am

Social Opportunities:

Coffee Group- drop-in and join Barb Rankin for interesting conversation and a great chance to meet new people. Participants are encouraged to bring news clippings to discuss. Coffee available in café for purchase if you like.

Date: Tuesdays **Time:** 10:00am **Location:** Sage café **Cost:** Free

Women's Sharing Circle- women getting together, sharing stories, connecting. Sharing circles are an essential part of the oral tradition of Indigenous communities. Join Sophie Laboucan from Bent Arrow Healing Society. Open to everyone. 1-3pm **Date:** Wednesdays- March 15 & 22. **Cost:** Free

EAL Chat Group- a great chance to get out of the classroom and practice speaking English while meeting friends. Group has a volunteer leader. Open to all. Drop-in. **Date:** Thursdays (starting in February)

Time: 12-1pm **Location:** Sage Café **Cost:** Free

Sage Tours - new to Sage? Want to meet new people? Enjoy a tour of Sage led by one of our friendly volunteers. Stay after the tour and enjoy "reserved" seating and live music at our monthly birthday party. Tours are the last Thursday of the month at 12:30pm. Meet at main floor reception.

Date: March 30th, April 27, May 25th

Social Opportunities Cont'd:

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. (Hainstock's Funeral Home 9810-34 Ave & Memories Funeral Home 13403 St. Albert)** **Date:** March 30th, April 27, May 25th
Time: 1pm **Location:** Sage Café **Cost:** Free Cake and Live Music!

Monthly Movie & Popcorn - come and join us in Classroom B at 1:00pm the third Friday of the month for a movie and popcorn. Cost is \$1.00 for popcorn.
"The Intern"- March 17 "42"(the Jackie Robinson Story)- April 21

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

Avon Calling! A chance to look at the latest Avon products, and to place or pick-up orders. **Dates:** March 16, April 20, May 18th
Time: 11-1pm **Location:** Sage Café

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.

Parties, Luncheons & More:

St. Patrick's Toonie Tea- be Irish for a day! Join Sage for some live entertainment, cake and tea/coffee. Drop-ins welcome. **Cost:** \$2.00
Date: Friday, March 17th **Time:** 11:30am **Location:** Sage cafe

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. Cost: must pay own lunch costs +ETS **March 14-** Japanese Village (10238 104St)
April 11- Cactus Club (Jasper Ave)

Easter Dinner Buffet- join Sage for a delicious Easter dinner including baked ham, meatballs, scalloped potatoes, veggies, salads, dessert, coffee/tea and more. Pre-registration recommended **Date:** Wednesday, April 12th
Time: 11:30am **Location:** Sage Cafe
Cost: \$15.95 members, \$17.95 non-members

Computers

Windows 10 or Microsoft Word help- need help with Windows 10 or Microsoft Word? Bring you device or use the Sage computers to navigate the new Windows environment or Word! Includes opportunities for questions and 1-1 help. **Date:** March 13, March 15, April 21, April 24, May 15, May 17th
Cost: Free **Time:** Mondays 2:30pm & Wed. 1pm **Location:** Computer lab

Computers for Beginners- 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. You must pre-register. **Location:** Computer lab
Dates: March 1,3,6,8,10,13,15 April 5,7,10,12,19,21,24 **Time:** 2:30pm
Monday/Friday, 1:00pm Wed. **Cost:** \$5.00- thanks to ECALA grants

Device and Computer help- drop-in for some 1-1 volunteer help- whether it is a computer question, Microsoft Word, emails, internet, laptops, ipads, cell phones, etc. **Date:** Wednesdays **Time:** 10-12pm **Location:** Computer lab **Cost:** Free