

Sage Activities At-a-Glance

April

(Revised as of March 28th)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3</p> <p>9:30 Tai chi Introduction Free! 10-2 pm BrainFitness Class 11:20 Zumba Gold - FREE! 11:30 Bridge Lessons (pre-register) 1:00 Travel Film 1:00 Line Dancing (Beginner)</p>	<p>4</p> <p>9:00 Busy Fingers 9:15 Blue Pencil Café (Writing Class) 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring Group 12:00 Cree Conversation group 1:00 Mahjong Drop-in- Café 1:00 Grief Support Group (pre-reg)</p>	<p>5</p> <p>9-12am Piano & Voice lessons 10:00 Dominos/10-12 Device help 11:30 Bridge Club- Mez(Wed & Fri) 12:15-3:30 Line Dancing Classes 1:00 Pole Walking Info. Class B 1:00 Computers for beginners 1:30 Wellbeing talk Jennie on Depression</p>	<p>6</p> <p>10:00 Scrabble Time -Café 11:30 Sage Singers 11:15-11:30 Grade 4 visit 12:00 ESL Chat Group 1:00 Rainbow Group- Café 1:00 GeriActors & Friends (Aud) 1:30 Ukulele Jam Session-café</p>	<p>7</p> <p>10am & 2 pm Brain Fitness Class 9:30-12 pm Drop-in Oil Painting 10:30 Sit & Be Fit 11:30 Bridge Club- Mez 12:15-3:30 Line Dancing Class 1:00 Gentle Yoga 2:00 pm YiXue Holistic Practice 2:30 Computers for beginners</p>	 <p>New Parole Course!</p> <p>Register by April 25</p> <p>Starts May 2 - June 13th</p> <p>Spanish For Seniors</p> <p>Register by April 21</p> <p>Starts Friday May 5</p>
<p>10</p> <p>9:30 Tai chi Introduction Free! 10-2 pm BrainFitness Class 11:20 Zumba Gold - FREE! 11:30 Bridge Lessons (pre-register) 1:00 Travel Film/Line Dancing (Beg.) 2:30 Computers for beginners</p>	<p>11</p> <p>9:00 Busy Fingers 9:15 Blue Pencil Café (Writing Class) 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring Group 12:00 Cree Conversation group 12:30 Let's Do Lunch(Cactus Club) 1:00 Mahjong Drop-in Café 1:00 Grief Support Group (pre-reg)</p>	<p>12</p> <p>9:00 Piano & Voice Lessons 10:00 Dominos/10-12 Device help 10:30 Sudoku Class- café 11:30 Easter Dinner Buffet (reg) 11:30 Bridge Club- Mez(Wed & Fri) 12:15-3:30 Line Dancing Classes 1:00 Computers for beginners 1:00 Pole Walking meet in reception 1:30 Healthy Talk with Barb R. **Registration Deadline** **Snow Goose Chase**</p>	<p>13</p> <p>10:00 Scrabble Time -Café 10:30 Cancer Presentation 10:45 Sage Singers 12:00 ESL Chat Group 1:00Next Page Book Club 1:00 Rainbow Group- Café 1:00 GeriActors / 1:00 Book Club 1:30 Ukulele Jam Session-café</p>	<p>14</p> <p>Good Friday SAGE is Closed</p>	
<p>17</p> <p>Easter Monday Sage is Closed</p>	<p>18</p> <p>9:00 Busy Fingers 9:15 Blue Pencil Café (Writing Class) 10:00 Line Dancing- Beg 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 Mahjong Drop-in- café 1:00 Poet's Corner Hosted by Kevan Lyons 1:30 Ukulele Classes Begin</p>	<p>19</p> <p>9:00 Piano & Voice Lessons 10:00 Dominos/10-12 Device help 10:30 Implications of Trump Presidency 11:00 Dim Sum Lunch in China Town 11:30 Bridge Club- Mez(Wed & Fri) 12:15-3:30 Line Dancing Classes 1:00 Pole Walking 1:00 Computers for beginners 1-3pm Women's Sharing Circle 1:30 Wellbeing Jennie (Stress) 2:00-3:30pm EPL ebooks on Ipad</p>	<p>20</p> <p>10:00 Scrabble Time -Café 10:30 Brainiac's Drop-In Activity G 11:30 Sage Singers 11-1pm Avon on site-cafe 12:00 ESL Chat Group-Class B 1:00 Happy Travelers Cambodia 1:00 Rainbow Group 1:00 Geri Actors 1:30 Ukulele Jam Session-café</p>	<p>21</p> <p>9:30-12pm Drop-in Oil Painting 10-2pm BrainFitness Class 10:30 Sit & Be Fit/ 11:30 Bridge Club 12:15-3:30 Line Dancing Class 1:00 Movie & Popcorn (Jackie Robinson Story) 1:00 Gentle Yoga/ 2pm Yue Holistic 2:30 Windows 10 or Microsoft Word Help 2:30 Computer Beginners</p>	
<p>24</p> <p>10:00 Outing River Cree Casino 10-2 pm BrainFitness Class 11:20 Zumba Gold - FREE! 11:30 Bridge Lessons (pre-register) 1:00 Travel Film 1:00 Line Dancing (Beginner) 2:30 Windows 10 or Microsoft Word Help 2:30 Computer Beginners</p>	<p>25</p> <p>9:00 Busy Fingers 9:15 Blue Pencil Café (Writing Class) 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring 12:00 Cree Conversation group 1:00 Mahjong Drop-in- café 1:00 Grief Support Group (pre-reg) 1:30 Ukulele Classes</p>	<p>26</p> <p>9:00 Piano & Voice Lessons 10:00 Dominos 10-12 Device help 12:15-3:30 Line Dancing Classes 1:00 Pole Walking 1:30 Healthy Talk with Barb R.</p>	<p>27</p> <p>10:00 Scrabble time-café 11:30 Sage Singers- café 12:00 ESL Chat Group-Class B 12:30 Sage Tour with Joan 1:00 Monthly Birthday Party (Free cake & live music) 12:00 ESL Chat Group-Class B 1:00 Geri Actors 1:00 Rainbow Group 1:30 Ukulele Jam Session</p>	<p>28</p> <p>9:30-12pm Drop-in Oil Painting 10-2pm BrainFitness Class 10:30 Sit & Be Fit/ 11:30 Bridge Club 12:15-3:30 Line Dancing Class 1:00 Gentle Yoga 2:00 Xi Yue Holistic Practice</p>	<p>TRY SOMETHING NEW</p> <ul style="list-style-type: none"> ~ Line Dancing ~ Dominos, Scrabble, Puzzles ~ Tai Chi Intro ~ Let's Do Lunch ~ Computers for Beginners ~ Device & Computer help ~ Cree Conversation Class <p>Did you know that trying new things & meeting people slows aging!!</p>

Sage, visit our website at www.mysage.ca or check out our newsletter! Call (780) 423-5510 ext 301