


Sage Activities At-a-Glance

April

(Revised as of March 28th)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
<p>3</p> <p>9:00 Busy Fingers</p> <p>9:30 Tai chi Introduction Free!</p> <p>10-2 pm BrainFitness Class</p> <p>11:20 Zumba Gold - FREE!</p> <p>11:30 Bridge Lessons (pre-register)</p> <p>1:00 Travel Film</p> <p>1:00 Line Dancing (Beginner)</p>	<p>4</p> <p>9:00 Busy Fingers</p> <p>9:15 Blue Pencil Café (Writing Class)</p> <p>10:00 Line Dancing- Beginners</p> <p>10:00 Coffee Group/10:30 Colouring Group</p> <p>12:00 Cree Conversation group</p> <p>1:00 Mahjong Drop-in- Café</p> <p>1:00 Grief Support Group (pre-reg)</p>	<p>5</p> <p>9-12am Piano & Voice lessons</p> <p>10:00 Dominos/10-12 Device help</p> <p>11:30 Bridge Club- Mez(Wed & Fri)</p> <p>12:15-3:30 Line Dancing Classes</p> <p>1:00 Pole Walking Info. Class B</p> <p>1:00 Computers for beginners</p> <p>1:30 Wellbeing talk Jennie on Depression</p>	<p>6</p> <p>10:00 Scrabble Time -Café</p> <p>11:30 Sage Singers</p> <p>11:15-11:30 Grade 4 visit</p> <p>12:00 ESL Chat Group</p> <p>1:00 Rainbow Group- Café</p> <p>1:00 GeriActors & Friends (Aud)</p> <p>1:30 Ukulele Jam Session-café</p>	<p>7</p> <p>10am & 2 pm Brain Fitness Class</p> <p>9:30-12 pm Drop-in Oil Painting</p> <p>10:30 Sit & Be Fit</p> <p>11:30 Bridge Club- Mez</p> <p>12:15-3:30 Line Dancing Class</p> <p>1:00 Gentle Yoga</p> <p>2:00 pm YiXue Holistic Practice</p> <p>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!</p> <p>10-2 pm BrainFitness Class</p> <p>11:20 Zumba Gold - FREE!</p> <p>11:30 Bridge Lessons (pre-register)</p> <p>1:00 Travel Film/Line Dancing (Beg.)</p> <p>2:30 Computers for beginners</p>	<p>11</p> <p>9:00 Busy Fingers</p> <p>9:15 Blue Pencil Café (Writing Class)</p> <p>10:00 Line Dancing- Beginners</p> <p>10:00 Coffee Group/10:30 Colouring Group</p> <p>12:00 Cree Conversation group</p> <p>12:30 Let's Do Lunch(Cactus Club)</p> <p>1:00 Mahjong Drop-in Café</p> <p>1:00 Grief Support Group (pre-reg)</p>	<p>12</p> <p>9:00 Piano & Voice Lessons</p> <p>10:00 Dominos/10-12 Device help</p> <p>10:30 Sudoku Class- café</p> <p>11:30 Easter Dinner Buffet (reg)</p> <p>11:30 Bridge Club- Mez(Wed & Fri)</p> <p>12:15-3:30 Line Dancing Classes</p> <p>1:00 Computers for beginners</p> <p>1:00 Pole Walking meet in reception</p> <p>1:30 Healthy Talk with Barb R.</p> <p>**Registration Deadline**</p> <p>**Snow Goose Chase**</p>	<p>13</p> <p>10:00 Scrabble Time -Café</p> <p>10:30 Cancer Presentation</p> <p>10:45 Sage Singers</p> <p>12:00 ESL Chat Group</p> <p>1:00Next Page Book Club</p> <p>1:00 Rainbow Group- Café</p> <p>1:00 GeriActors / 1:00 Book Club</p> <p>1:30 Ukulele Jam Session-café</p>	<p>14</p> <p>Good Friday</p> <p>SAGE is Closed</p>		<p>22</p> <p>New Snow Goose Chase</p> <p>8:15 Sage pick up</p> <p>Sage will be open at 7:45</p> <p>TRY SOMETHING NEW</p> <p>~ Line Dancing</p> <p>~ Dominos, Scrabble, Puzzles</p> <p>~ Tai Chi Intro</p> <p>~ Let's Do Lunch</p> <p>~ Computers for Beginners</p> <p>~ Device & Computer help</p> <p>~ Cree Conversation Class</p> <p>Did you know that trying new things & meeting people slows aging!!</p>				
<p>17</p> <p>Easter Monday</p> <p>Sage is Closed</p>	<p>18</p> <p>9:00 Busy Fingers</p> <p>9:15 Blue Pencil Café (Writing Class)</p> <p>10:00 Line Dancing- Beg</p> <p>10:00 Coffee Group/10:30 Colouring</p> <p>12:00 Cree Conversation group</p> <p>1:00 Grief Support Group (pre-reg)</p> <p>1:00 Jennie Wilting Discussion Group</p> <p>1:00 Mahjong Drop-in- café</p> <p>1:00 Poet's Corner Hosted by Kevan Lyons</p> <p>1:30 Ukulele Classes Begin</p>	<p>19</p> <p>9:00 Piano & Voice Lessons</p> <p>10:00 Dominos/10-12 Device help</p> <p>10:30 Implications of Trump Presidency</p> <p>11:00 Dim Sum Lunch in China Town</p> <p>11:30 Bridge Club- Mez(Wed & Fri)</p> <p>12:15-3:30 Line Dancing Classes</p> <p>1:00 Pole Walking</p> <p>1:00 Computers for beginners</p> <p>1-3pm Women's Sharing Circle</p> <p>1:30 Wellbeing Jennie (Stress)</p> <p>2:00-3:30pm EPL ebooks on Ipad</p>	<p>20</p> <p>10:00 Scrabble Time -Café</p> <p>10:30 Brainiac's Drop-In Activity G</p> <p>11:30 Sage Singers</p> <p>11-1pm Avon on site-cafe</p> <p>12:00 ESL Chat Group-Class B</p> <p>1:00 Happy Travelers Cambodia</p> <p>1:00 Rainbow Group</p> <p>1:00 Geri Actors</p> <p>1:30 Ukulele Jam Session-café</p>	<p>21</p> <p>9:30-12pm Drop-in Oil Painting</p> <p>10-2pm BrainFitness Class</p> <p>10:30 Sit & Be Fit/ 11:30 Bridge Club</p> <p>12:15-3:30 Line Dancing Class</p> <p>1:00 Movie & Popcorn (Jackie Robinson Story)</p> <p>1:00 Gentle Yoga/ 2pm Yue Holistic</p> <p>2:30 Windows 10 or Microsoft Word Help</p> <p>2:30 Computer Beginners</p>			<p>24</p> <p>10:00 Outing River Cree Casino</p> <p>10-2 pm BrainFitness Class</p> <p>11:20 Zumba Gold - FREE!</p> <p>11:30 Bridge Lessons (pre-register)</p> <p>1:00 Travel Film</p> <p>1:00 Line Dancing (Beginner)</p> <p>2:30 Windows 10 or Microsoft Word Help</p> <p>2:30 Computer Beginners</p>	<p>25</p> <p>9:00 Busy Fingers</p> <p>9:15 Blue Pencil Café (Writing Class)</p> <p>10:00 Line Dancing- Beginners</p> <p>10:00 Coffee Group/10:30 Colouring</p> <p>12:00 Cree Conversation group</p> <p>1:00 Mahjong Drop-in- café</p> <p>1:00 Grief Support Group (pre-reg)</p> <p>1:30 Ukulele Classes</p>	<p>26</p> <p>9:00 Piano & Voice Lessons</p> <p>10:00 Dominos</p> <p>10-12 Device help</p> <p>12:15-3:30 Line Dancing Classes</p> <p>1:00 Pole Walking</p> <p>1:30 Healthy Talk with Barb R.</p>	<p>27</p> <p>10:00 Scrabble time-café</p> <p>11:30 Sage Singers- café</p> <p>12:00 ESL Chat Group-Class B</p> <p>12:30 Sage Tour with Joan</p> <p>1:00 Monthly Birthday Party (Free cake & live music)</p> <p>12:00 ESL Chat Group-Class B</p> <p>1:00 Geri Actors</p> <p>1:00 Rainbow Group</p> <p>1:30 Ukulele Jam Session</p>
<p>Sage, visit our website at www.mysage.ca or check out our newsletter! Call (780) 423-5510 ext 301</p>										