


Sage Activities At-a-Glance

May

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|--|
|  | 9:30 Tai chi Introduction Free! 1 11:20 Zumba Gold - FREE! 11:30 Bridge Lessons (pre-register) 12:30 pm BrainFitness Express Class 1:00 Travel Film 1:00 Line Dancing Beginners | 9:00 Busy Fingers 2 9 : 15 Blue Pencil (Writing Class) 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring 12:00 Cree Conversation group 1:00 Mahjong Drop-in 1-3pm Parole Course 1:30 Ukulele Classes | 9-12am Piano & Voice lessons 3 10:00 Dominos/10-12 Device help 11:30 Bridge Club- Mez(Wed & F) 12:15-3:30 Line Dancing Classes 1:00 Computers for beginners 1:00 Pole Walking 1:30 Wellbeing talk Jennie on (Summary) | 10:00 Scrabble Time -Café 4 11:00 Grade 4 Student Visit 11:30 Sage Singers 12:00 EAL Chat Group 1:00 Rainbow Group- Café 1:00 GeriActors & Friends (Aud) 1:30 Ukulele Jam Session-café | 9:00 Senior Choir Fling 5 9:30-12pm Drop-in Oil Painting 10:30 Sit & Be Fit/11:30 Bridge Club 12:00 Gentle Yoga (May 5-June 30) 12:30 pm BrainFitness Express Class 12:15-3:30 Line Dancing Class 2:00 pm YiXue Holistic Practice 2:30 Computers for Beginners |
| TRY SOMETHING NEW ~ Line Dancing ~ Dominos, Scrabble, Puzzles ~ Tai Chi Intro ~ Let's Do Lunch Computers for Beginners ~ Device & Computer help ~ Cree Conversation Class * Did you know that trying new things & meeting people slows aging! | 9:30 Tai chi Introduction Free! 8 11:20 Zumba Gold - FREE! 11:30 Bridge Lessons (pre-register) 12:30 pm BrainFitness Express Class 1:00 Travel Film 1:00 Line Dancing Beginners 2:30 Computers for beginners | 9:00 Busy Fingers 9 9 : 15 Blue Pencil (Writing Class) 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring 12:00 Cree Conversation group 12:30 Let's Do Lunch! Haweli India 1:00 Mahjong Drop-in/1:30 Ukulele 1-3pm Parole Course | 9-12am Piano & Voice lessons 10 10:00 Dominos/10-12 Device help 10:00 Healthy Talk 10:30 Sudoku Class/11:30 Bridge 11-1:30 Sage Awards/11:30 ESO 11:30 Bridge Club- Mez 12:15-3:30 Line Dancing Classes 1:00 Pole Walking 1:00 Computers for beginners | 10:00 Scrabble Time -Café 11 10:30 Power of Positivity Pres. 10:30 Cancer Presentation 10:45 Sage Singers 1:00Next Page Book Club 12:00 EPL Chat Group-Class B 1:00 Rainbow Group- Café 1:00 GeriActors / 1:00 Book Club 1:30 Ukulele Jam Session-café | 9:30-12pm Drop-in Oil Painting 12 10:30 Sit & Be Fit/11:30 Bridge Club 12:30 pm BrainFitness Express Class 12:15-3:30 Line Dancing Class 2:00 pm YiXue Holistic Practice |
| | 9:30 Tai chi Introduction Free! 15 12:30 pm BrainFitness Express Class 11:20 Zumba Gold - FREE! 11:30 Bridge Lessons (pre-register) 12:30 Kookum Senior Women's Group 1:00 Travel Film 1:00 Line Dancing (Beginner) 1:00 Mahjong Drop-in- café 1:30 Ukulele Classes begin 2:30 Computers for Beginners | 9:00 Busy Fingers 16 9 : 15 Blue Pencil (Writing Class) 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring 12:00 Cree Conversation group 1:00 Jennie Wilting Discussion Sumr 1:00 Mahjong Drop-in- café 1:00 Poet's Corner Hosted by Kevan 1-3pm Parole Course 1:30 Ukulele Classes | 9:00 Piano & Voice Lessons 17 10:00 Dominos/10-12 Device help 10:30 Implications of Trump Presiden 10:30 Estate Planning 11:30 Bridge Club- Mez 12:15-3:30 Line Dancing Classes 1:00 Computers for Beginners 1:00 Pole Walking/Women's Share 1:30 Wellbeing with Jennie "Wo 2:00-3:30pm EPL Learning Resour | 10:00 Scrabble Time -Café 18 10:30 Brainiac's Drop-In Activity Gr. 11:30 Sage Singers 11-1pm Avon on site-cafe 12:00 EAL Chat Group-Class B 1:00 Happy Travelers (Myanmar) 1:00 Rainbow Group 1:00 Geri Actors 1:00 Jennie Wilting Discussion Group 1:30 Ukulele Jam Session-café | 9:30-12pm Drop-in Oil Painting 19 10:30 Sit & Be Fit/ 11:30 Bridge Club 12:15-3:30 Line Dancing 12:30 pm BrainFitness Express Class 1:00 Movie & Popcorn (The Wild) 2:00 pm YiXue Holistic Practice |
| | Victoria Day Sage Closed | 9:00 Busy Fingers 23 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring 12:00 Cree Conversation group 1:00 Mahjong Drop-in- café 1-3pm Parole Course 1:30 Ukulele Classes | 9:00 Piano & Voice Lessons 24 10:00 Dominos/Bridge Club 10:00 Annual General Meeting 10-12 Device help 12:15-3:30 Line Dancing Classes 1:00 Pole Walking 1:30 Healthy Talk with Barb R. | 10:00 Scrabble time-café 25 10:45 Sage Singers/11:30 SageTour 12:00 EAL Chat Group-Class B 1:00 Monthly Birthday Party (Free cake & live music) 1:00 Geri Actors/Rainbow Group 1:30 Ukulele Jam Session | 9:30-12pm Drop-in Oil Painting 26 10-2pm BrainFitness Class 10:30 Sit & Be Fit/ 11:30 Bridge Club 12:15-3:30 Line Dancing Class 2:00 Xi Yue Holistic Practice |
| 28 LaRonde Brunch pre-register Chateau Lacombe Hotel Reservation 11:30 | 9:30 Tai chi Introduction Free! 29 12:30 pm BrainFitness Express Class 10:00 Outing River Cree Casino 11:20 Zumba Gold - FREE! 11:30 Bridge Lessons (pre-register) 12:30 Kookum Senior Women's Group 1:00 Travel Film/Line Dancing (Beg.) | 9:00 Busy Fingers 30 9:00 Ukrainian Village/Mundare 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring 12:00 Cree Conversation group 1-3 Parole Course/1:30 Ukulele Clas | 9:00 Piano & Voice Lessons 31 10:00 Dominos/Annual Gen Mtg 10-12 Device help 12:15-3:30 Line Dancing Classes 1:00 Pole Walking 1:30 Healthy Talk with Barb R. 2:00 Internet Safety Basics | | |
| Sage, visit our website at www.mysage.ca or check out our newsletter! Call (780) 423-5510 ext 301 | | | | | |

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