



# sage LINK

In this issue, **SAGE CELEBRATES OUR SENIORS!**

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## Celebrating an amazing volunteer!

### 95 years young and 30 years volunteering at Sage



Doris began volunteering at Sage 30 years ago, shortly after she retired in May, 1987. The Society for the Retired and Semi-retired (SRSR), as it was known at the time, came to her attention when she noticed a line-up of seniors outside the doors of the Baker Annex - it was a line-up for SRSR course registration!

It didn't take long for Doris to check out what this organization had to offer, and to become a member and volunteer. She became part of the Writer's Group, and took art classes, calligraphy, and other activities to cultivate her 'crafty' nature.

Doris has had many roles over her 30 years at Sage, and currently enjoys meeting and interacting with people as a receptionist on the main floor. Our name and location may have changed, but Doris has remained a dedicated volunteer, supporting Sage through the various changes.

Doris just celebrated her 95<sup>th</sup> birthday and still lives in and maintains her own house, is an active member of her church, and enjoys following the activities of her great grandchildren. She is a shining example of an active senior and is an inspiration to us all!



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# Welcome to Summer at Sage!

## MESSAGE FROM THE PRESIDENT

For the first time, Canadian seniors outnumber our youth - 5.9 million seniors, compared to 5.8 million Canadians 14 and under. What better time for Sage to celebrate seniors!

Seniors are an important part of our society, helping to build our economy and culture, mentoring, and enhancing communities. To showcase this truth, the 11<sup>th</sup> Annual Sage Awards *presented by Servus Credit Union* honoured ten Award Recipients and nine Nominees with a gala luncheon celebration on May 10<sup>th</sup>. These trailblazing older adults are making a difference in education, science and technology, transportation, and beyond, making our community, province, nation, and world a better place to live, work, and play! Be inspired by their stories at [www.mysage.ca/events/awards](http://www.mysage.ca/events/awards).

Over 200 volunteers are making a difference right here at Sage every day, giving nearly 25,000 hours of their time each year to support Sage programming. Read about our longest resident volunteer, Doris, on the front cover of this issue!

Find new ways to connect in this issue – there are many trips and classes you can take that could also expand your social circle! Meanwhile, Sage is in the community working to connect isolated seniors, and the City has launched a ‘Hello, How Are You?’ campaign that you can join!

Seniors Week is June 5-9—Bring a friend!

Reg Joseph  
Board President

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## STAFF ANNOUNCEMENTS

**Sandie Price** joins Sage in the role of Guardianship/Trusteeship Coordinator, and **Michelle Bembridge** joins Safe House as Follow-up & Outreach Coordinator. Welcome, Michelle & Sandie!

We say farewell to **Milijana Setka** and **Leon Coates**. Thank you Leon & Milijana for your good work at Sage!

**Give. Gift. Engage.**

[www.mysage.ca/supporting-sage/donate](http://www.mysage.ca/supporting-sage/donate)

### Board of Directors

President	Reg Joseph
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Past President	Barb Burton
Treasurer	Tammy Pidner

### Members at Large

Daniel Morrow	Jean Waters
Michael Phair	Hubert Kammerer
Gabrielle Betts	Raj Pannu
Greg Springate	

**Executive Director** Karen McDonald

### Connect with Sage!

15 Sir Winston Churchill Square  
Edmonton AB T5J 2E5

Tel: 780-423-5510 Fax: 780-426-5175

email: [info@mysage.ca](mailto:info@mysage.ca)

[www.mysage.ca](http://www.mysage.ca)

## PHONE DIRECTORY

### Main Switchboard 780-423-5510

Life Enrichment	780-701-9016
Assessment and Housing Support Services	587-773-1764
This Full House (Hoarding)	780-701-9005
Community Navigators and Animators	780-423-5510
Guardianship/Trusteeship & CoDecision Making	780-701-9013
	780-701-9006
Safe House Intake	780-702-1520
Food Services	780-701-9022

### Administration

Executive Director	780-701-9008
Director of Operations	780-701-9002
Director of Research and Community Engagement	780-701-9012
Finance Manager	780-701-9003
Safe House Manager	780-628-1139
Administrative Coordinator	780-701-9009
Community Relations Coordinator	780-701-9017
Communications and Project Coordinator	780-701-9007
External Relations Coordinator	780-701-9010



### Did you know?

You can call  
**780-423-5510**  
**ext. 338**  
to hear a recording of  
current & upcoming  
Life Enrichment  
activities!

Free Drop-in Single  
Session Counselling  
is available at Sage  
every Thursday from  
10am—3pm

## Building success.

Our fund at Edmonton Community Foundation (ECF) enables us to contribute to building success in our community. The fund encourages our children to demonstrate our values of sharing and appreciation for our own good fortune.

*Thank you ECF!*

*Maggie & John Mitchell*



**Give. Grow. Transform.**

Call 780-426-0015 or visit our website [www.ecfoundation.org](http://www.ecfoundation.org)

**EDMONTON  
COMMUNITY**  
FOUNDATION



**VOLUNTEER NEWS**

**BARB CARROLL**  
**VOLUNTEER COORDINATOR**

**Interested in volunteering?** For more information, contact Barb: 780-701-9014 or email [bcarroll@mysage.ca](mailto:bcarroll@mysage.ca)

**Help Fundraise for Sage!**

**Casino Volunteers Needed**

**When: August 7 & 8, 2017**

**Where: Grand Villa Casino, 10224 104 Ave**

Available shifts

General Manager or Banker: 9am-7pm or 6:30pm-4am

Cashiers: 9:10am-7pm or 6:15pm-3:30am

Chip Runners:

9:25am-7:15pm or 6:50pm-3:30am

Count Room Volunteers: 11pm-3:45am

**If interested, please contact Barb**

780-701-9014 or email [bcarroll@mysage.ca](mailto:bcarroll@mysage.ca)

*In Memoriam*



Arlene West passed away on February 12, 2017. Arlene was a very special volunteer and had been with Sage for 24 years on the main floor reception desk. We will always remember Arlene's warm smile and welcoming manner. She will be sadly missed but never forgotten.



**Sakaw Terrace**

**Fall 2017**  
Applications Open\*

**Fall 2018**  
Building Opens\*

\*Dates listed are tentative



**For more information**  
780-482-6561  
[www.gef.org](http://www.gef.org)

# LIFE ENRICHMENT PROGRAMS

Open to members and non-members

It's never too late to try new things (or age pro-actively)! Here are some opportunities to keep your body and brain sharp, try new things, and meet some great people. Open to all, no membership required. **Please register at main reception or call 780-423-5510 ext 301.** Refunds are not guaranteed. Please see Rachel for details.

## TRIPS & 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.

**Devonian Gardens Tour** Join us for a lovely day at the Devonian Gardens, touring the flower gardens, relaxing on a bench and reading a book, enjoying a guided trolley tour, the butterfly house, or stroll the Japanese gardens. This trip is sponsored by Dignity Memorial (Hainstock's Funeral Home 9810-34 Ave & Memories Funeral Home 13403 St. Albert) Trail). Must pre-register - seats are limited!

**Date:** Friday, June 9

**Time:** Depart Sage at 10am - approx 3pm

**Cost:** \$5.00 (normally \$40 for bus, admission and guided tour). Must purchase your own lunch or bring a bagged lunch.

**Barr Estate Winery and Strathcona County Tour** Enjoy a driving tour of Strathcona County, including a stop at the Strathcona Wilderness Center where you can walk trails, enjoy nature or just relax, lunch in Ardrossan and end the day with Barr Estate Winery. Enjoy a tour and a wine tasting at this unique local winery. They use their scientific training to create fruit wines of impeccable quality. Register by July 25.

**Date:** Monday, July 31

**Time:** Depart Sage 9am

**Cost:** \$37.00 (\$42.00 non-member) includes winery tasting, tour, and lunch. Coach bus donated by Connelly-McKinley.

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9395 - 172 Street, Edmonton. Visit our website: [www.thewaterford.ca](http://www.thewaterford.ca)

**Rimbey's PasKaPoo Park Historical Museums and The Smithsonian International Truck Museum** A trip to the town of Rimbey. See its history in several museums and historic village. Lunch included in trip. End the day with an ice cream (purchase your own) and a peek at Gull Lake. Must pre-register.

**Date:** Tuesday, August 29

**Time:** depart Sage at 9am

**Cost:** \$33.00 (\$40 non-member) includes museums and lunch. Coach bus donated by Connelly-McKinley

**Peaceful Valley and Mameo Beach** A BBQ lunch and relaxing time taking in the scenic views of Peaceful Valley. Stroll the paths or enjoy a ride on the golf cart. End the day in the shops at the Village at Pigeon Lake.

Must pre-register. Visit Main Reception or call 780-423-5510 ext. 301.

**Date:** Monday, August 21

**Time:** Depart Sage at 9am

**Cost:** \$39 members (\$47 non-member) includes bus and BBQ lunch.



Like us on Facebook!

Sage Seniors Association

**JUNE 2017– AUGUST 2017**

**Open to members and non-members**

## more TRIPS & OUTINGS

**Stettler Train Ride - Senior's Special (No. 41 Steam)** A once a year seniors only trip you don't want to miss! Enjoy a scenic, fall drive to Stettler and then a train ride with all of the extras, including a buffet-style Alberta roast beef meal, time for sight-seeing in Big Valley, on board entertainment and a train robbery. Definitely worth the early morning wake-up!! Register by August 22 to get your seat!

**Date:** Sunday, September 10

**Time:** depart Sage at 8am

(Departs Stettler 10:30 a.m. and returns to Stettler 3:55 p.m.). Evening drop-off will be the Sutton Place Hotel

**Cost:** \$138 (\$156 non-member) including coach bus to and from Stettler, train, dinner, entertainment, etc.

**St. Albert Farmer's Market** A day to wander downtown St. Albert and the farmer's market at your own pace. The St. Albert Farmers' Market is the largest outdoor market in Western Canada, with a variety of top market-quality products that are home baked, home grown, or handmade. Must pre-register.

**Date:** Saturday, September 16

**Time:** Depart Sage at 9:30am, return 1:30pm

**Cost:** \$10 member (\$12 non-member) bus only. Lunch, purchases, etc. not included.

**Smoky Lake Pumpkin Festival** The Town of Smoky Lake hosts the Great White North Pumpkin Festival. In addition to the gigantic pumpkins and gourds there is also a farmers market, fair grounds, car show and more! A former Pumpkin Champ won with a 900 pounder! Must pre-register.

**Date:** Saturday, October 7 - Depart at 9am

**Cost:** \$20 for coach bus (plus your own lunch and \$10 admission if you want to see the pumpkins).

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

**Date:** Mondays - June 26, July 24, August 28

**Time:** Depart Sage at 10am

## SAGE CITY TOURS

**Greenland Garden Center Tour** Get your summer flowers while browsing gift shops filled with unique and interesting items, stroll the rose gardens, or relax at the café.

Must pre-register.

**Date:** Thursday, June 1

**Time:** 10:30am

**Cost:** \$15.00 (\$18.00 non-members) for bus. Pay own lunch, etc.

**Legislature Seniors Week Tea and Tour** Join Sage as we head to the legislature for a tour and a lovely tea. Must pre-register.

**Date:** Tuesday, June 6

**Time:** Depart Sage by 9:15am or meet at Federal building for 10am

**Location:** Federal Building 9820-107 Street

**Cost:** \$2.00 plus ETS bus fare

**City Hall Tour** This guided tour provides insight into Edmonton's local government and offers the opportunity to experience first hand what happens at City Hall. There might even be a chance to sit in on a Council session.

Must pre-register.

**Date:** Thursday, June 8

**Time:** Depart Sage at 9:45am

**Cost:** Free

Pre-register by calling 780-423-5510 ext.301  
or visit Main Reception

## more SAGE CITY TOURS

**Jubilations Dinner Theatre presents "Greased 2"** Inspired by the movie Grease, this show is a celebration of the 1950s and rock and roll! It's sure to bring back some fond memories and smiles! Feast on a gourmet meal and then sit back and enjoy live on-stage performances. Limited seats. Must pre-register by July 14.

**Date:** Wednesday, July 26

**Time:** meet at 6:15pm at Jubilations, Phase I Upper Level West Edmonton Mall

**Cost:** \$55 members, \$64 non-members

**Fringe Theatre Performance** Have you always wanted to see a play at the Fringe Theatre Festival? Here's your chance! Join Sage for a unique theatre experience. Plays are announced in July. Show will be between August 17-27. Must pre-register to be contacted about show details and ticket purchase.

**Date:** Pre-register by August 2

**Cost:** Pay own festival costs + ETS bus fare

**High Tea at Hotel MacDonald** Enjoy tea, finger sandwiches, scones and some delicious goodies in the historic Hotel MacDonald. Take some time to sightsee in the hotel and out over the river valley. Tea does not include a guided tour. Register by August 9.

**Date:** Wednesday, August 23

**Time:** reservation is at 2:30pm

**Location:** meet at Hotel MacDonald

**Cost:** \$35 including tea, tax and tip

## PHYSICAL ACTIVITY OFFERS

**Tai Chi Introduction with Master Ken** Introduction to Tai Chi, which includes 10 simple movements, warm up exercises, sitting and walking Tai Chi movements. Health benefits include improved balance, coordination and range of movement!

**Date:** Mondays until June 26

**Time:** 9:30am **Location:** Auditorium

**Cost:** Free

**Gentle Yoga for Seniors** With volunteer yoga instructor Sonya, this class is an hour of senior-friendly, gentle yoga movements. Good for all ages and abilities. Drop-in welcome.

**Date:** Fridays May 5 - June 30 (9 weeks)

**New Time:** 12pm **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

**Senior's Line Dancing Classes** Workout your body while you workout you brain learning new steps. Limited spaces are available.

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

A) Advanced 12:15pm Wednesday & Friday

B) Intermediate 2pm Wednesday & Friday

C) Beginner 1pm Mondays & Tuesdays 10am

**YiXue Holistic Practice** Cultivate health, elevate vital life energy and stabilize your emotional heart with YiXue Practices and Methods from Grandmaster Wei Ling Yi. Persons with limited mobility are also encouraged to participate. Drop-in. Open to all.

**Date:** Fridays **Time:** 2pm

**Location:** meet in Sage lobby

**Cost:** Free (donations welcome)

**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.

**Date:** Wednesdays **Time:** 1pm

**Location:** meet at main reception **Cost:** Free

# Classes, courses and more to keep your brain and body sharp

## BRAIN HEALTH

### **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 third Tuesday of the month. **Dates:** June 20, July 18, August 15

**'Brainiacs' Drop-in Activity group** Have fun learning to challenge your brain with training games, and new tips and tools on how to maintain an active, healthy brain. A great chance to meet people and share some laughs. Held the third Thursday of the month (June 15 cancelled)

**Dates:** July 20, August 17

**Time:** 10:30am

**Location:** Raye Dolgoy Room **Cost:** Free

### **Healthy Talk (formerly Holistic Twist)**

A discussion of how physical fitness, nutrition, socialization, stress management and mental stimulation impact brain health. There is a presentation, discussion and sharing of ideas or articles on wellness and holistic lifestyle topics, from nutrition, to exercise, to brain teasers.

**Date:** June 28 (none July & August)

**Time:** 1:30pm **Location:** Craftroom

**Cost:** Free

## GAMES AT SAGE

**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 (although tiles are available for play anytime Sage is open)

**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:** 10am **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:** 10am

**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. **MUST** pre-register for lessons.

**Date:** Mondays **Time:** 11:30am-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 11:30am - 4pm 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.

## CREATIVE OPPORTUNITIES

**GeriActors Summer School** GeriActors Summer School is back! Join GeriActors for their Summer Session: Introduction to storytelling, acting, and improv. This is stress free acting – no lines to be learned and lots of laughs to be had! No experience necessary and all abilities welcome. Please pre-register.

**Date:** Thursdays, June 29 – July 27

**Time:** 1pm– 3pm

**Location:** Auditorium **Cost:** \$20

**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

Pre-register by calling 780-423-5510 ext.301  
or visit Main Reception

## 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:** 9:30am-12pm

**Location:** Craftroom

**Cost:** Supply costs only (Approx. \$8/canvas and \$10 for paint and brushes as needed).

**Ukulele or Guitar Private Lessons** Work one on one with instructor Elaine Mann to learn your choice of ukulele or guitar. Elaine can teach from absolute beginner to advanced. It's never too late to get started and learn!

Call Rachel at 780-701-9016 for details.

**Ukulele Jam Sessions** Grab your ukulele and join the fun in our newest drop-in group! Strum and hum along. Open to all skill levels.

**Date:** Thursdays **Time:** 1:30pm

**Location:** Sage Café **Cost:** Free

The **Sage Singers** perform sing-a-long favorites every Thursday in the Sunshine Café. This fun group meets from 10:45am-12:30pm for a warm-up and then performance. Join in! This is a fun-loving choir for all skill levels! Choir sings until mid-July and returns in September.

**Individual Piano and/or Vocal Lessons** Have you always wanted to learn how to play the piano or brush up your vocal skills? It's never too late! These lessons are 30 - 45 minutes. Have fun while you learn. Open to all skill levels. Must pre-register for lesson time.

**Date:** Wednesdays and Thursdays

**Time:** lessons start at 9am

**Location:** Classroom A **Cost:** \$15/lesson

**Poet's Corner: hosted by Kevan Lyons** Love poetry? Take the spotlight or join the audience on the third Tuesday of the month to share or listen to favourite and new poems!

**Dates:** June 20, July 18, August 15

**Time:** 1:00pm **Location:** Café

**Cost:** Free

**Busy Fingers** is a year round crafting group that meets every Tuesday in the craft room from 9am-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!

### WORLD ELDER ABUSE AWARENESS DAY PROCLAMATION EVENT



Wednesday, June 15 @

12:00 PM

Central Lions Seniors Centre

11113-113 St. \*Light lunch served\*

My World... Your World... Our World

Free of Elder Abuse

In support of the **International Network  
for Prevention of Elder Abuse**



Sometimes the only things  
visible are the tears...



Sage is a **United Way**  
Member Agency.  
Supporting the United Way  
means supporting Sage!



**United Way**  
Member Agency

## Open to members and non-members

### LEARNING OPPORTUNITIES

**Photo Organizing Workshop (2 parts)** Did you know that one shoebox holds about 1000 photographs? Now think about how many your personal collection must hold. Don't be overwhelmed, this two-part workshop is a great chance to get expert advice and help organize your photos. Please bring a shoebox of photos and an old photo album filled with difficult to remove photos to the workshop. Register by August 3.

**Date:** Thursdays, August 9 & 16

**Time:** 10:30am

**Location:** Classroom B **Cost:** \$15.00

**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. Call him at 780-421-7915 for information.

**Date:** Tuesdays **Location:** Sage Craftroom

**Time:** 12pm **Cost:** Free

### PREVENTATIVE OFFERINGS

**Your Life. Your Legacy. Plan to Make it Right.**

Presentation on funeral pre-planning and planned giving. Topics no one likes to think about, but important for you and your family! Helps with future decisions, making sure your wishes are met, and helps reduce stress. Session includes coffee, snacks and free pre-planning guides. Sponsored by Dignity Memorial (Hainstock's, Memories and Harmony Chapel). Please pre-register.

**Date:** Tuesday, June 6 **Time:** 10am

**Location:** Boardroom

**Cost:** Free (snacks and coffee provided)

**Summer Storms, Power Outages & Floods - Be Prepared!** An emergency preparedness workshop from Barb Rankin. Find out what you need in case of emergency.

**Date:** Wednesday, July 5 **Time:** 10:30am

**Location:** 3rd floor Sage Room **Cost:** Free

**Understanding Drug Plans/Drug Costs and the Government's Role** Medicines can be an important clinical tool in helping achieve better patient health outcomes and help support treatment in the community. While Alberta Health has participated in many direct policy interventions that have resulted in significant savings over the past five years; drug costs continue to be one of the top three health care expenditures in Alberta. Michele Evans, the Assistant Deputy Minister for the Pharmaceutical and Supplementary Benefits Division for Alberta Health will speak on this and the Alberta Seniors Drug Benefit Plan. Speaker presented by SALT.

**Date:** Tuesday, June 13 **Time:** 1pm

**Location:** Auditorium **Cost:** Free

**Managing Your Move** Join us to explore the issues involved in downsizing and get valuable tips to save you time, money and stress. Please pre-register.

**Date:** Wednesday, August 23 **Time:** 1pm

**Location:** Sage Room **Cost:** Free

**Mind Your Money- Monthly Financial Presentations with Wei Woo: Semi-Annual Global Financial Market and Economic Review.** Join Wei Woo to discuss the latest updates on political, economic, and market developments in the world that are affecting your retirement savings and investment strategies now and into the future. We will also look at guidance on what to expect for the remainder of 2017.

**Date:** June 7 **Time:** 10:30am

### SAVE THE DATE!

Sage's Annual General Meeting is  
**Wednesday, May 24**

10am @ Auditorium

Please RSVP at 780-423-5510

Pre-register by calling 780-423-5510 ext.301  
or visit Main Reception

## SOCIAL OPPORTUNITIES

**Kookum Senior Women's Group** A group for senior women to get together, share stories, connect and enjoy a cup of tea. Kookum is the Cree word for grandma. This group is open to everyone to join and is led by Sophie Laboucan from Bent Arrow Healing Society.

**Date:** Mondays, May 15 and 29. Call 780-423-5510 ext 301 or see calendar for future dates.

**Time:** 12:30pm **Location:** Craftroom

**Cost:** Free

**\*New\* Men's Shed Discussion** Men's Sheds are becoming an increasingly popular place for men to go, hang out, enjoy hobbies, and socialize. The best part about Men's Sheds (or a room within Sage) are that the men determine the "destiny" of the shed themselves. Interested in having a Sage Men's Shed? To provide input please call Rachel at 780-701-9016 to be contacted when a discussion date is set.

**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:** 10am

**Location:** Sage Café **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 until end of June

**Time:** 12pm-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 the main floor reception desk.

**Date:** June 29, July 27, August 31

**Sage Monthly Birthday Party** Sage celebrates birthdays the last Thursday of every month at 1pm 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:** June 29 (Canada Day Party), July 27, August 31

**Time:** 1pm **Location:** Sage Café

**Cost:** Free Cake and Live Music!



**Randy Boissonnault MP/Député  
Edmonton Centre**

Constituency/Circonscription  
10235 - 124 Street/Rue  
Suite/Bureau: 103  
Edmonton AB T5N 1P9  
780 442 1888



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**Randy.Boissonnault@parl.gc.ca**

**Proud to serve the people of Edmonton Centre**  
---  
**Fier de servir les résidents d'Edmonton-Centre**

Follow us @sageyeg  
on Twitter!



## Open to members and non-members

### SOCIAL OPPORTUNITIES

**Monthly Movie & Popcorn** Come join us in Classroom B at 1pm on the third Friday of the month for a movie and popcorn. Cost is \$1.00 for popcorn.

\*Cancelled for June as Sage is closed for staff development

\*Cancelled for July due to Klondike Party

**August 18** *Florence Foster Jenkins* (Meryl Streep, Hugh Grant)

**Drop-in Travel Films** Join us on Mondays as we travel around the globe.

**Date:** Every Monday **Time:** 1pm

**Location:** Sage Lobby **Cost:** Free

**Avon Calling!** A chance to look at the latest Avon products, and to place or pick-up orders.

**Dates:** June 15, July 20, August 17

**Time:** 11am-1pm **Location:** Sage Café

**The Next Page Book Club** meets for a new reading adventure on the second Thursday of the month at 1:00pm in the Raye Dolgoy Room. The style of book varies from mystery to biographies. Please register at the front desk.

#### Senior's Week Highlights:

**June 5** Celebration of Seniors

**June 6** AM - Dignity Memorial Pre-planning  
PM - Senior's Tea at the Legislature

**June 7** AM - Mind Your Money Presentation

**June 8** City Hall Tour  
PM - Poets, Writers & Storytellers Cafe

**June 9** Devonian Gardens Trip

**June 15** Pride Week Senior's Strawberry Tea

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### World Elder Abuse Awareness Day

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and recognized by the United Nations as a significant public health and human rights issue.

The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the issue. WEAAD serves as a call to action for individuals, organizations and communities to raise awareness about elder abuse.

Approximately 10% of older adults experience abuse. This can be in the form of physical, medication, emotional, financial, neglect or sexual abuse. The abuse can be from a spouse, an adult child or grandchild or someone else that is in a trust relationship with the older person.

Purple has been chosen as the color to represent the issue of Elder Abuse. **We ask that you wear the purple ribbon on June 15** and to inform others about what it represents. In this way you too can raise awareness of the issue. **Thank you.**

[edmonton.ca/stopelderabuse](http://edmonton.ca/stopelderabuse)



### WORLD ELDER ABUSE AWARENESS DAY PROCLAMATION EVENT

Wednesday, June 15 12:00 PM

Central Lions Seniors Centre

11113-113 St.

\*Light lunch served\*

4635 199 Street NW, Edmonton

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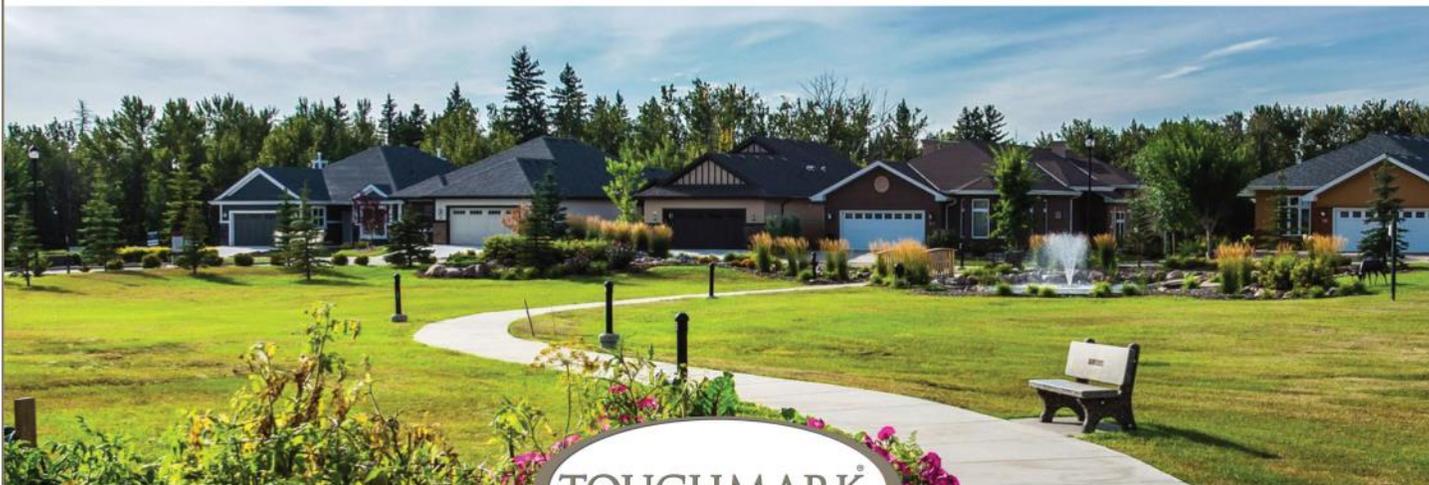


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## PARTIES, LUNCHEONS & MORE

### **Celebration of Seniors *Awesome Aging***

Forget ageism - this is a fun-filled day that highlights all of the good things that come with aging! Includes intergenerational Zumba Gold (show those kids how to move!), entertainment, cake, presentations and booths highlighting Sage's programs, outreach and community development. Come see the great things Sage seniors and staff are up to!

Sponsored in part by The Churchill by Revera.

**Date:** Monday, June 5

**Time:** 11am-2pm **Cost:** Free

### **Poets, Writers and Storytellers Café**

Celebrate creativity during this afternoon of poems, stories, and more. Featuring Kevan Lyons (Poet of Churchill Square) and Mel Huizinga (Blue Pencil Café) as well as others. Contact Rachel at 780-701-9016 if you would like to perform.

**Date:** Thursday, June 8 **Time:** 1pm

**Location:** Sage Café **Cost:** Free

**Pride Week Seniors Strawberry Tea and Variety Show** Join as we celebrate our LGBTQ seniors and Pride Week with live music from Northern Heart, fun performances, tea, strawberry dessert and more! Hosted by Sage's Over the Rainbow group.

**Date:** Thursday, June 15 **Time:** 1pm-3pm

**Location:** Sage Café **Cost:** by donation

**Canada Day Party** Join the fun celebrating Canada's birthday (just a little early!). There will be live entertainment, goodies, prizes, fun facts and more! Sponsored by Dignity Memorial (Hainstock's, Memories & Harmony Chapel). Open to everyone!

**Date:** Thursday, June 29 **Time:** 1pm

**Location:** Sage Café **Cost:** Free

**K-Days Parade-July 21st** Join Sage in our reserved seating for the parade. Parade runs from approximately 10:30am-12pm. Must pre-register for saved seating.

**Klondike Party with Klondike Kate** Get out your Klondike gowns and gear (or come as you are) and join us for an afternoon of fun! There will be singing and dancing with live music and delicious cake. Sponsored in part by The Churchill by Revera.

**Date:** Friday, July 21 (following the parade)

**Time:** 1:30pm

**Location:** Sage Café

**Cost:** \$2.00 (includes cake & entertainment)

**Let's do Lunch** is a group that gets together on the second Tuesday of each month at 12:30pm (or 1pm at restaurant) and ventures out to new dining experiences. Must pre-register. Must pay own lunch costs + ETS fare.

**June 13** Blue Orchid (Jasper Avenue)

**July 11** Spagetti Factory (Boardwalk)

**August 8** Violino (Hys Street)

## COMPUTERS

**Computers for Beginners** An introduction to computer basics including learning how to use the mouse and working up to using internet and email. Classes will be offered in small groups. You must pre-register.

**Dates:** June: 7, 9, 12, 14, 16, 19, 21

July: 5, 7, 10, 12, 14, 17, 19 (August break)

**Time:** Monday and Friday- 2:30pm

Wednesdays 1pm

**Cost:** \$5 (for each set of 7 classes) 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

(Device and Computer help pre-booked 1-1 sessions are available if the drop-in sessions don't work for you. Please contact Rachel at 780-701-9016 to book or for info)



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### MEDmobility North

Ph: (780) 451-5445  
12604 - 118 Ave



## WELLNESS MATTERS

### LET'S CELEBRATE! BARB RANKIN

#### Why do people celebrate holidays?

There are celebrations for a multitude of reasons, including commemoration of historical events such as Canada's 150th birthday, which we are celebrating this year. Certain annual holidays have ethnic, cultural and religious significance. These would include Thanksgiving, Christmas, Easter, Hanukkah, Eid, etc. - which remind us of our source of identity and strengthen cultural, spiritual, and family bonds. Many of these holidays serve as a time for serious reflections of past events.

On the other hand, there are many small events in our lives worthy of acknowledgement. Part of what makes us human is our ability to learn and grow. Reaching the goals that we set out for ourselves gives us a feeling of accomplishment, which is certainly worth celebrating. These could include a graduation, a good race, a high grade. These successes give us a sense of euphoria which is important to our physical and mental health – that in itself is reason to celebrate.

Clichés like 'life's a journey, enjoy the ride' or be sure to take time to 'stop and smell the roses' exist for a reason. They remind us to take time out to celebrate. Taking time to reflect on happy incidents in our lives gives us an opportunity to express our gratitude, commend or give a bouquet.

Birthdays are an occasion when a person or an institution celebrates the anniversary of their birth. When this occurs in a family, different cultures celebrate with a gift or some other form of expression within their cultural customs and rituals. Other holidays such as Mother's Day, Father's Day, Grandparents' Day, Family Day, and anniversaries involve primarily family and friends. Family celebrations offer comfort and security. It is important to have a few constants in our lives. It also teaches cultural and religious values and also passes on cultural and religious heritage. Connecting generations also sets the stage for members of all ages to participate and learn from one another.

Holidays, community festivals, City celebrations and Federal and Provincial holidays are important for many reasons, and influence an individual's life in a variety of ways. Festival celebrations assist cities and communities to help build relations amongst the citizens, and to preserve culture and heritage. Adults and children learn new ideas from festivals and celebrations. Festivals bond communities together and provide a sense of pride – now that's something to celebrate!



### SENIORS' HOUSING FORUM

**NEW DATE!**

**SATURDAY, SEPTEMBER 23rd, 2017**

Central Lions Seniors Recreation Centre  
See next issue of the Link for event details!  
Participant registration opens Sept 1st

Questions about seniors programs and services?

211 now provides enhanced information and referrals for a variety of seniors resources



Dial 2-1-1 to be connected to the Seniors Information Phone Line



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# Sage Savories Frozen Meals Program Ends



## PROGRAM ANNOUNCEMENT

Since 2008, Sage staff and volunteers have worked diligently to deliver high quality frozen meals to Edmonton seniors through our Sage Savories program. The program was created to ensure that seniors had options for nutritious, flavourful frozen meals that they could enjoy at home. The program was developed as a social enterprise aimed to generate revenues that could be used to deliver Sage's social service programs.

Due to the availability of alternative frozen meal services, and ongoing challenges with the costs of operating Sage Savories, we have decided to end the Sage Savories program as of April 30.

Sage is very committed to ensuring that our customers are supported in their transition to alternative frozen meal options, and we thank our community partners, including Meals on Wheels, for supporting seniors in this transition. We sincerely apologize for any disruption or disappointment that this decision may cause.

**We encourage you to phone 780-701-9025 for more information on this transition.**

### Frequently Asked Questions:

**Q:** I need to use a frozen meal service .Who do I call? Where do I go?

**A:** Sage is committed to working personally with our customers to help them find a frozen meal service that meets their needs. Please call 780-701-9025 and a volunteer will provide more information. If you wish, we will arrange for a service provider from one of two local frozen meal producers to call you personally to discuss their products and services.

**Q:** Will Sage offer frozen meals after April?

**A:** Yes, Sage will be a distribution point for a local frozen meal service provider. Meals will be available for pick-up in our Sunshine Café. Online and phone orders will be made directly through the service provider.



## Seniors Health & Wellness Forum

**NEW DATE!**

**SATURDAY, NOVEMBER 4, 2017**

See next issue of SageLink for details!

Participant registration opens Oct 1st

# Staff Retreat

Sage will be **closed Friday, June 16**  
for its **Board/Staff Retreat**



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