


Sage Activities At-a-Glance

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				10:00 Scrabble Time -Café 1 10:30 Greenland Garden Ctre tour 10:30 Sit & Be Fit 11:45 Sage Singers 12:00 EAL Chat Group 1:00 Rainbow Group- Café 1:00 GeriActors & Friends (Aud) 1:30 Ukulele Jam Session-café	2 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
Seniors Week At Sage Monday- Celebration of Seniors Tuesday-AM Legislature tea 10 AM Your Life/Your Legacy pres Wednesday- AM- Money Matters Thursday-AM City Hall tour PM Writers, Poets, Storytellers c Friday- Devonians Gardens trip (sponsored by Dignity Memorial	9:30 Tai chi Introduction Free! 5 11-2PM Celebration of Seniors/Open House (11:20 intergenerational Zumba & snacks) 11-1pm display booths all 3 floors 11-2pm entertainment in café, 1:30 door prizes and cake in café) 1:00 Travel Film- cancelled 1:00 Line Dancing Beginners	9:00 Busy Fingers 6 9:15 Legislature-Tea & Tour 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring 10:00 Your Life/Your Legacy (includes snacks) 1:00 Mahjong Drop-in/1:30 Ukulele 1-3pm Parole Course	9-12am Piano & Voice lessons 7 10:00 Dominos 10:30 Sudoku Class/11:30 Bridge 10:30 Mind your money 11:30 ESO & Winspear Tour 12:15-3:30 Line Dancing Classes 1:00 Pole Walking 1:00 Computers for beginners	8 9:45 City Hall tour- meet in lobby 10:00 Scrabble Time -Café 11:45 Sage Singers 1:00 Next Page Book Club 12:00 EAL Chat Group (break until Aug. 10) 1:00 Rainbow Group- Café 1:00 Poets, Writers & Storyteller café 1:30 Ukulele Jam Session-café	9 9:30-12pm Drop-in Oil Painting 10:00 -3:00 Devonian Gardens Tour 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
* Did you know that trying new things & meeting people slows aging!	9:30 Tai chi Introduction Free! 12 12:30 pm BrainFitness Express Class 11:20 Zumba Gold - FREE! 11:30 Bridge Lessons (pre-register) 12:30 Kookum Senior Women's Tea Group 1:00 Travel Film 1:00 Line Dancing (Beginner) 2:30 Computers for Beginners	9:00 Busy Fingers 13 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 Luch (Blue Orchid) 1:00 Mahjong Drop-in- café 1:00 Understanding Drug/costs 1:30 Ukulele Classes	9:00 Piano & Voice Lessons 14 10:00 Dominos 10-12 Device help 11:30 Bridge Club- Mez 12:15-3:30 Line Dancing Classes 1:00 Computers for Beginners 1:00 Pole Walking	15 10:00 Scrabble Time -Café 10:30 Brainiac's Drop-In Activity Gr. 11:30 Sage Singers 11-1pm Avon on site-cafe 12:00 EAL Chat Group (break until Aug. 10) 1:00 Rainbow Group 1:00 Geri Actors 1-3pm Pride Week Strawberry Tea 1:30 Ukulele Jam Session-café	Sage Closed For Staff Training
	9:30 Tai chi Introduction Free! 19 11:30 Bridge Lessons (pre-register) 11:20 Zumba Gold - FREE! 1:00 Line Dance 1:00 Travel Film	9:00 Busy Fingers 20 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 Jennie Wilting Discussion Grp 1:00 Poet's Corner-Kevan Lyons 1:30 Ukulele Classes	9:00 Piano & Voice Lessons 21 10:00 Dominos/Bridge Club 10-12 Device help 12:15-3:30 Line Dancing Classes 1:00 Pole Walking	22 10:00 Scrabble time-café 10:45 Sage Singers 12:00 EAL Chat Group (break until Aug. 10) 1:00 Rainbow Group 1:30 Ukulele Jam Session	23 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 2:00 Xi Yue Holistic Practice
	9:30 Tai chi Introduction Free! 26 10:00 River Cree Casino Outing 11:20 Zumba Gold - FREE! 11:30 Bridge Lessons (pre-register) 12:30 pm BrainFitness Express Class 12:30 Kookum Senior Women's Group 1:00 Travel Film/Line Dancing (Beg.)	9:00 Busy Fingers 27 10:00 Coffee Group/10:30 Colouring 1:00 Mahjong Drop-in- café 1-3 Parole Course 1:30 Ukulele Class	9:00 Piano & Voice Lessons 28 10:00 Dominos/Bridge Club 10-12 Device help 12:15-3:30 Line Dancing Classes 1:00 Pole Walking 1:30 Healthy Talk	9:00 Piano & Voice Lessons 29 9:00 Scrabble Time - Café 10:45 Sage Singers 12:30 Sage Tours 1:00 Monthly Birthday Party & Canada Day Celebration 1:00-3:00 Geri Actors/1:30 Ukulele Jam Session	30 9:00 Panio & Voice Lessons 9:30-12pm Drop-in Oil Painting 10:30 Sit & Be Fit 12:15-3:30 Line Dancing Class 2:00 pm YiXue Holistic Practice

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