


# Sage Activities At-a-Glance

# July

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|---|---|---|--|--|
|      | <p>3</p> <p><b>CLOSED</b></p> <p><b>IN LIEU OF</b></p> <p><b>CANADA DAY</b></p>   | <p>4</p> <p>9:00 Busy Fingers</p> <p>9-12pm Senior Singing Grp Intercultur</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</p> <p>2:00 Ukulele Jam Session</p>  | <p>5</p> <p>10:00 Dominos</p> <p>10:00-12:00 Device Help</p> <p><b>10:30 Summer Storms &amp; Floods: Preparedness! -CANCELLED</b></p> <p>11:30 Bridge</p> <p>12:15-3:30 Line Dancing Classes</p> <p>1:00 Pole Walking (poles provided)</p> <p>1:00 Computers for beginners</p>  | <p>6</p> <p>9:00-10:30 Senior Social Dance</p> <p>10:00 Scrabble Time -Café</p> <p>11:30 Sage Singers</p> <p>12:00 EAL Chat Group (break until Aug. 10)</p> <p>1:00 Rainbow Group - Café</p> <p>1:00 Geri Actors Summer School</p>                         | <p>7</p> <p>9:00-10:30 Senior Social Dance</p> <p>9:30-12pm Drop-in Oil Painting</p> <p>10:30 Sit &amp; Be Fit</p> <p>11:30 Bridge Club</p> <p>12:15-3:30 Line Dancing Class</p>   |
|   | <p>10</p> <p><b>Coming in July</b></p> <p><b>Film Study Course:</b></p> <p><b>Petro-Cultures</b></p> <p>(economies based on petro fuels)</p> <p><b>Details TBA</b></p>                                    | <p>11</p> <p>9:30 Tai Chi</p> <p><b>11:20 Zumba Gold - FREE!</b></p> <p>11:30-1:30 Bridge Lessons (pre-register)</p> <p>1:00 Travel Film</p> <p>1:00 Line Dancing (Beginner)</p> <p>2:30 Computers for Beginners</p>  | <p>11</p> <p>9:00 Busy Fingers</p> <p>9-12pm Senior Singing Grp Intercultur</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><b>12:30 Let's Do Luch - Spaghetti Factory</b></p> <p>1:00 Mahjong Drop-in- café</p> <p>2:00 Ukulele Jam Session</p> | <p>12</p> <p>10:00 Dominos</p> <p>10-12 Device &amp; Computer help</p> <p>10:30 Sudoku Class</p> <p>11:30 Bridge Club- Mez</p> <p>12:15-3:30 Line Dancing Classes</p> <p>1:00 Computers for Beginners</p> <p>1:00 Pole Walking (poles provided)</p>        | <p>13</p> <p>9:00-10:30 Senior Social Dance</p> <p>10:00 Scrabble Time -Café</p> <p>11:30 Sage Singers</p> <p>12:00 EAL Chat Group (break until Aug. 10)</p> <p>1:00 Rainbow Group</p> <p>1:00 Geri Actors Summer School</p> <p>* no Book Club until September</p>   |
| <p>* <b>Did you know that trying new things &amp; meeting people slows aging!</b></p> | <p>17</p> <p>11:30-1:30 Bridge Lessons (pre-register)</p> <p><b>11:20 Zumba Gold - FREE!</b></p> <p>1:00 Line Dance (Beginner)</p> <p>1:00 Travel Film</p>  | <p>18</p> <p>9:00 Busy Fingers</p> <p>9-12pm Senior Singing Grp Intercultur</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 Jennie Wilting Discussion Grp</p> <p>1:00 Poet's Corner-Kevan Lyons</p> <p>2:00 Ukulele Jam Session</p> | <p>19</p> <p>10:00 Dominos</p> <p>10-12 Device &amp; Computer help</p> <p>11:30 Bridge Club</p> <p>12:15-3:30 Line Dancing Classes</p> <p>1:00 Pole Walking (poles provided)</p>  | <p>20</p> <p>9:00-10:30 Senior Social Dance</p> <p>10:00 Scrabble time-café</p> <p>11:30 Sage Singers</p> <p>12:00 EAL Chat Group (break until Aug. 10)</p> <p>1:00 Rainbow Group</p>  | <p>21</p> <p>9:00-10:30 Senior Social Dance</p> <p>9:30-12pm Drop-in Oil Painting</p> <p>10:30 Sit &amp; Be Fit</p> <p><b>10:30 K-days parade-reserved seats</b></p> <p>11:30 Bridge Club</p> <p>12:15-3:30 Line Dancing Class</p> <p><b>1:30 Klondike Party with Kate</b></p> <p><b>Includes cake &amp; entertainment</b></p> |
|   | <p>24</p> <p>10:00 River Cree Casino Outing</p> <p><b>11:20 Zumba Gold - FREE!</b></p> <p>11:30 Bridge Lessons (pre-register)</p> <p>1:00 Travel Film/Line Dancing (Beg.)</p>                             | <p>25</p> <p>9:00 Busy Fingers</p> <p>9-12pm Senior Singing Grp Intercultur</p> <p>10:00 Coffee Group/10:30 Colouring</p> <p>12:00 Cree Conversation group</p> <p>12:00 Cree Conversation group</p> <p>1:00 Mahjong Drop-in- café</p> <p>2:00 Ukulele Jam Session</p>   | <p>26</p> <p>10:00 Dominos</p> <p>10-12 Device &amp; Computer help</p> <p>11:30 Bridge Club</p> <p>12:15-3:30 Line Dancing Classes</p> <p>1:00 Pole Walking (poles included)</p> <p><b>6:15 Jubliations Dinner Theatre Grease 2</b></p>   | <p>27</p> <p>9:00-10:30 Senior Social Dance</p> <p>9:00 Scrable Time - Café</p> <p>11:30 Sage Singers</p> <p>12:00 EAL Chat Group (break until Aug. 10)</p> <p>1:00 Geri Actors</p> <p><b>1:00 Monthly Birthday Party</b></p> <p>1:00-3:00 Geri Actors</p> | <p>28</p> <p>9:00-10:30 Senior Social Dance</p> <p>9:30-12pm Drop-in Oil Painting</p> <p>10:30 Sit &amp; Be Fit</p> <p>11:30 Bridge Club</p> <p>12:15-3:30 Line Dancing Class</p>  |
|   | <p>31</p> <p><b>9:00 Barr Estate Winery &amp; Stratcona County Tour</b></p> <p><b>11:20 Zumba Gold - FREE!</b></p> <p>11:30 Bridge Lessons (pre-register)</p> <p>1:00 Travel Film/Line Dancing (Beg.)</p> |   |   |  |  |

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