


# Sage Activities At-a-Glance

# August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		9:00 Busy Fingers <b>1</b> 9-12pm Senior Singing Grp Intercultur 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring 12:00 Cree Conversation group 1:00 Mahjong Drop-in 2:00 Ukulele Jam Session	10:00 Dominos <b>2</b> 10-12 Device & Computer help 11:30 Bridge 12:15-3:30 Line Dancing Classes 1:00 Pole Walking (poles provided)	9:00-10:30 Senior Social Dance <b>3</b> 10:00 Scrabble Time -Café 12:00 EAL Chat Group (break until Aug. 10) 1:00 Rainbow Group- Café	9:00-10:30 Senior Social Dance <b>4</b> 9:30-12pm Drop-in Oil Painting 10:30 Sit & Be Fit 11:30 Bridge Club 12:15-3:30 Line Dancing Class <b>1:00-2:30 Film Study Class: Petro Cultures</b>
<b>Fringe Theatre Outing Date TBA Call 780-423-5510 Ext. 301 for details MUST Pre-register</b>	<b>SAGE will be closed for Heritage Days</b>	7 9:00 Busy Fingers <b>8</b> 9-12pm Senior Singing Grp Intercultur 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring 12:00 Cree Conversation group <b>12:30 Let's Do Lunch - Violino (Hys Street)</b> 1:00 Mahjong Drop-in- café 2:00 Ukulele Jam Session	9 10:00 Dominos <b>9</b> 10-12 Device & Computer help 10:30 Sudoku Class 11:30 Bridge Club- Mez 12:15-3:30 Line Dancing Classes 1:00 Pole Walking (poles provided)	9:00-10:30 Senior Social Dance <b>10</b> 10:00 Scrabble Time -Café 12:00 EAL Chat Group 1:00 Rainbow Group * no Book Club until September	9:00-10:30 Senior Social Dance <b>11</b> 9:30-12pm Drop-in Oil Painting 10:30 Sit & Be Fit 11:30 Bridge Club 12:15-3:30 Line Dancing Class <b>1:00-2:30 Film Study Class: Petro Cultures</b>
<b>* Did you know that trying new things &amp; meeting people slows aging!</b>	9:30 Tai Chi <b>14</b> 11:30-1:30 Bridge Lessons (pre-register) 1:00 Line Dance (Beginner) 1:00 Travel Film	9:00 Busy Fingers <b>15</b> 9-12pm Senior Singing Grp Intercultur 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 2:00 Ukulele Jam Session	10:00 Dominos <b>16</b> 10-12 Device & Computer help 11:30 Bridge Club 12:15-3:30 Line Dancing Classes 1:00 Pole Walking (poles provided)	9:00-10:30 Senior Social Dance <b>17</b> 10:00 Scrabble time-café 11:00-1:00 - Avon Calling 12:00 EAL Chat Group 1:00 Rainbow Group	9:00-10:30 Senior Social Dance <b>18</b> 9:30-12pm Drop-in Oil Painting 10:30 Sit & Be Fit 11:30 Bridge Club 12:15-3:30 Line Dancing Class <b>1:00-2:30 Film Study Class: Petro Cultures</b>
	<b>9:00 Peaceful Valley/Vlg at Pigeon 21</b> 9:30 Tai Chi 11:30 Bridge Lessons (pre-register) 1:00 Travel Film/Line Dancing (Beg.) 1:00 Line Dancing (Beg.)	9:00 Busy Fingers <b>22</b> 9-12pm Senior Singing Grp Intercultur 10:00 Coffee Group/10:30 Colouring 12:00 Cree Conversation group 1:00 Mahjong Drop-in- café 2:00 Ukulele Jam Session	10:00 Dominos <b>23</b> 10-12 Device & Computer help 11:30 Bridge Club 12:15-3:30 Line Dancing Classes 1:00 Pole Walking (poles included)	9:00-10:30 Senior Social Dance <b>24</b> 9:00 Scrable Time - Café 12:00 EAL Chat Group <b>2:30 High Tea at Hotel MacDonald</b>	9:00-10:30 Senior Social Dance <b>25</b> 9:30-12pm Drop-in Oil Painting 10:30 Sit & Be Fit 11:30 Bridge Club 12:15-3:30 Line Dancing Class
	<b>10:00 River Cree Casino Outing 28</b> 11:30 Bridge Lessons (pre-register) 1:00 Travel Film/Line Dancing (Beg.)	9:00 Busy Fingers <b>29</b> <b>9:00 Rimbey's PasKao Park Historical Museums</b> 9-12pm Senior Singing Grp Intercultur 10:00 Coffee Group/10:30 Colouring 12:00 Cree Conversation group 1:00 Mahjong Drop-in- café 2:00 Ukulele Jam Session	10:00 Dominos <b>30</b> 10-12 Device & Computer help 10:00 Dominos/Bridge Club 11:30 Bridge Club 12:15-3:30 Line Dancing Classes 1:00 Pole Walking (poles included)	9:00-10:30 Senior Social Dance <b>31</b> 9:00 Scrable Time - Café 12:00 EAL Chat Group <b>1:00 Monthly Birthday Party Sage singers will convene on Sept. 14</b>	

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