


Sage Activities At-a-Glance

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00-10:30 Senior Social Dance 1 9:30-12pm Drop-in Oil Painting 10:30 Sit & Be Fit 11:30 Bridge Club 2:00 pm YiXue Holistic Practice	2
	CLOSED for LABOUR DAY	4 9:00 Busy Fingers 5 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 Rainbow Group 2:00 Ukulele Jam Session	6 10:00 Dominos 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) 2:30 Computers for Beginners	7 9:00-10:30 Senior Social Dance 10:00 Scrabble Time -Café 10:30 Sit & Be Fit 12:00 EAL Chat Group 1:00 GeriActors and Friends	8 9:00-10:30 Senior Social Dance 9:30-12pm Drop-in Oil Painting 11:30 Bridge Club 12:00-1 Gentle Yoga with Sonia 12:15-3:30 Line Dancing Class 2:00 YiXue Holistic Practice 2:30 Computers for Beginners	9
10 8:00 am Stettler Train Ride Meet At Sage (Evening drop-off will be at Sutton Place Hotel)	11 11:20 Zumba Gold 11:30-1:30 Bridge Lessons (pre-register) 1:00 Line Dance (Beginner) 1:00 Travel Film 2:30 Computers for Beginners	12 9:00 Busy Fingers 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring 12:00 Cree Conversation group 12:00 Rainbow Group 12:30 Let's Do Lunch-Moxies Kingswa 12-2 Mandarin Introduction classes 1:00 Mahjong Drop-in- café 1:00 Poet's Corner-Kevan Lyons 2:00 Ukulele Jam Session	13 10:00 Dominos 10-12 Device & Computer help 10:30 Mind your Money 11:30 Bridge Club 12:15-3:30 Line Dancing Classes 12-1 SING! Intercultural Singing 1:00 Pole Walking (poles provided) 1-2:30 Mahjong (tile game) lesson 1:00 Computers for Beginners 2-3:30 iPad classes	14 9:00-10:30 Senior Social Dance 10:00 Scrabble time-café 10:30 Sit & Be Fit 11:30 Sage Singers 12:00 EAL Chat Group 12-4:00 Ukulele classes 1:00 The Next Page Book Club 1:00 GeriActors and Friends	15 9:00-10:30 Senior Social Dance 9-11 Mandarin Intro classes 9:30-12pm Drop-in Oil Painting 10:00 Brainiacs (Class A) 11:30 Bridge Club 12:00-1 Gentle Yoga with Sonia 12:15-3:30 Line Dancing Class 12:30 Brain Fitness Classes Begin 1:00 Monthly Movie & Popcorn 2:00 YiXue Holistic Practice 2:30 Computers for Beginners	9:30-1:30 St Albert Farmers Market Meet at Sage
17 * Did you know that trying new things & meeting people slows aging!	18 11:20 Zumba Gold 11:30-1:30 Bridge Lessons (pre-register) 12:30 Brain Fitness Classes 12:30 Brain Fitness Classes 1:00 Travel Film 1:00 Line Dancing (Beg.) 2:30 Computers for Beginners	19 9:00 Busy Fingers 9:30 Restorative Justice Course 10:00 Coffee Group/10:30 Colouring 10:00 Line Dancing- Beginners 12:00 Cree Conversation group 12-2 Mandarin Introduction classes 1:00 Rainbow Group 1:00 Mahjong Drop-in- café 1:00 Alberta Seniors Benefits Pres 1:00 Jennie Wilting Discussion Grp 1:00 Poet's Corner - Kevan Lyons 2:00 Ukulele Jam Session	20 10:00 Dominos 10-12 Device & Computer help 10:30 Legal documents you should 10:30-11:30 Yoga with Jostine 11:30 Bridge Club 12:15-3:30 Line Dancing Classes 12-1 SING! Intercultural Singing 1:00 Pole Walking (poles included) 1:30 Wellbeing series J Wilting 1-2:30 Mahjong (tile game) lesson 1:00 Computers for Beginners 2-3:30 iPad classes	21 9:00-10:30 Senior Social Dance 10:00 Scrabble Time - Café 10:30 Sit & Be Fit 11-1:00 Avon Calling 11:15 Student & senior interviews 11:30 Sage Singers 12:00 EAL Chat Group 12-4:00 Ukulele classes 1:00 Happy Travellers 1:00 GeriActors and Friends	22 9:00-10:30 Senior Social Dance 9-11 Mandarin Intro classes 9:30-12pm Drop-in Oil Painting 11:30 Bridge Club 12:00-1 Gentle Yoga with Sonia 12:15-3:30 Line Dancing Class 12:30 Brain Fitness Classes 12:30-2:30 Aging in Place w/shop 2:00 YiXue Holistic Practice	23
24	25 10:00 River Cree Casino Outing 11:20 Zumba Gold 11:30-1:30 Bridge Lessons (pre-register) 12:30 Brain Fitness Classes 1:00 Travel Film 1:00 Line Dance (Beginner)	26 9:00 Busy Fingers 9:30 Restorative Justice Course 9:30 Blue Pencil Café 10:00 Coffee Group/10:30 Colouring 10:00 Line Dancing- Beginners 12:00 Cree Conversation group 1:00 Rainbow Group 12-2 Mandarin Introduction classes 1:00 Mahjong Drop-in- café 2:00 Ukulele Jam Session	27 10:00 Dominos 10-12 Device & Computer help 10:30-11:30 Yoga with Jostine 11:30 Bridge Club 12-1 SING! Intercultural Singing 12:15-3:30 Line Dancing Classes 1:00 Pole Walking (poles included) 1-2:30 Mahjong (tile game) lessons 2-3:30 iPad classes	28 9:00-10:30 Senior Social Dance 10:00 Scrabble Time - Café 10:30 Sit & Be Fit 11:30 Sage Singers 12:00 EAL Chat Group 12-4:00 Ukulele classes 12:30 Sage Tours 1:00 Monthly Birthday Party 1:00 GeriActors and Friends	29 9:00-10:30 Senior Social Dance 9-11 Mandarin Intro classes 9:30-12pm Drop-in Oil Painting 11:30 Bridge Club 12:00-1 Gentle Yoga with Sonia 12:15-3:30 Line Dancing Class 12:30 Spanish for Seniors 12:30 Brain Fitness Classes 12:30-2:30 Aging in Place w/shop 2:00 YiXue Holistic Practice	30