

Sage Activities At-a-Glance

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 9:30 Tai Chi Intro 11:20 Zumba Gold 11:30-1:30 Bridge Lessons (pre-registered) 12:30 Brain Fitness 1:00 Line Dance (Beginner) 1:00 Travel Film 2:30 Computers for Beginners 2:00-3:00 Better Balance	2 9:00 Busy Fingers 9:30 Blue Pencil Café 9:30 Restorative Justice Course 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	3 9:00 Busy Fingers 9:30 Blue Pencil Café 9:30 Restorative Justice Course 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	4 10:00 Dominos 10-12 Device & Computer help 10-12:00 Advanced Care Planning 10:30-11:30 Yoga with Justine 11:30 Bridge Club- Mez 12-1 SING! Intercultural Singing 12:15-3:30 Line Dancing Classes 1:00 Pole Walking (poles provided) 1:00-2:30 Mahjong Lessons 1:30 Communications 1 with J Wilting 2:00 iPad classes 2:30 Computers for Beginners	5 9:00-10:30 Senior Social Dance 10:00 Scrabble Time -Café 10:00 Colouring Group 10:30 Sit & Be Fit 11:30 Sage Singers 11:30 Thanksgiving Buffet-Café 1:00 GeriActors and Friends 12:00-4:00 Ukulele classes	6 9:00-10:30 Senior Social Dance 9:30-12pm Drop-in Oil Painting 10:00-11:00 EAL Chat Group 11:30 Bridge Club 12:00-1:00 Yoga with Sonia 12:30-2:30 Aging in Place w/shop 12:30 Spanish for Seniors 12:30 Brain Fitness 1:30 pm YiXue Holistic Practice 2:30 Computers for Beginners	7
For more information for these and other activities at Sage, visit our website at mysage.ca or check out our newsletter. Call (780) 423-5510 ext 301	CLOSED FOR THANKSGIVING	9 9:00 Busy Fingers 9:30 Blue Pencil Café 9:30 Restorative Justice Course 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring 12:00 Cree Conversation group 12:30 Let's Do Lunch-Café Caribe 1:00 Mahjong Drop-in- café 1:00 Rainbow Group 2:00 Ukulele Jam Session	10 9:00 Busy Fingers 9:30 Blue Pencil Café 9:30 Restorative Justice Course 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	11 10:00 Dominos 10-12 Device & Computer help 10:30 Mind your Money 10:30-11:30 Yoga with Justine 11:30 Bridge Club- Mez 12-1 SING! Intercultural Singing 12:15-3:30 Line Dancing Classes 2:00 iPad classes 1:00 Pole Walking (poles provided) 1:00-2:30 Mahjong Lessons 2:00 iPad classes 2:30 Computers for Beginners	12 9:00-10:30 Senior Social Dance 10:00 Colouring Group 10:00 Scrabble Time -Café 10:30 Sit & Be Fit 11:30 Sage Singers 1:00 GeriActors and Friends 1:00 The Next Page Book Club 12-4:00 Ukulele classes	13 9:00-10:30 Senior Social Dance 9:30-12pm Drop-in Oil Painting 10:00 Brainiacs 10:00-11:00 EAL Chat Group 11:30 Bridge Club 12:00-1 Gentle Yoga with Sonia 12:15-3:30 Line Dancing Class 12:30 Spanish for Seniors 12:30-2:30 Aging in Place w/shop 1:30 YiXue Holistic Practice 2:30 Computers for Beginners	14
Italian Pranzo Lunch at Santa Maria Goretti 11050-90 Street NW Depart Sage 11:00 \$25.00 per person Plus ETS	15 9:30 Tai Chi Intro 11:20 Zumba Gold 11:30-1:30 Bridge Lessons (pre-registered) 12:30 Kookum 1:00 Line Dance (Beginner) 1:00 Travel Film 2:30 Computers for Beginners 2:00-3:00 Better Balance	16 9:00 Busy Fingers 9:30 Blue Pencil Café 9:30 Restorative Justice Course 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring 12:00 Cree Conversation group 12:00 Rainbow Group 1:00 J. Wilting Discussion group 1:00 Poet's Corner-Kevan Lyons 1:00 Mahjong Drop-in- café 1:30 Seniors & Isolation-Coffee Talk 2:00 Ukulele Jam Session	17 9:00 Busy Fingers 9:30 Blue Pencil Café 9:30 Restorative Justice Course 10:00 Line Dancing- Beginners 10:00 Coffee Group/10:30 Colouring 12:00 Cree Conversation group 12:00 Rainbow Group 1:00 J. Wilting Discussion group 1:00 Poet's Corner-Kevan Lyons 1:00 Mahjong Drop-in- café 1:30 Seniors & Isolation-Coffee Talk 2:00 Ukulele Jam Session	18 10:00 Dominos 10-12 Device & Computer help 10:30-11:30 Yoga with Justine 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) lessons 1:00 Computers for Beginners 1:30 Communications II with J Wilting 2-3:30 iPad classes 2:30 Computers for Beginners	19 9:00-10:30 Senior Social Dance 10:00 Colouring Group 10:00 Scrabble time-café 10:30 Sit & Be Fit 11-1:00 Avon Calling 12-4:00 Ukulele classes 1:00 GeriActors and Friends 1:00 Happy Travellers	20 9:00-10:30 Senior Social Dance 9:30-12pm Drop-in Oil Painting 10:00-11:00 EAL Chat Group 11:30 Bridge Club 12:00-1 Gentle Yoga with Sonia 12:15-3:30 Line Dancing Class 12:30 Spanish for Seniors 1:00 Monthly Movie & Popcorn 1:30 YiXue Holistic Practice 2:30 Computers for Beginners	21
* Did you know that trying new things & meeting people slows aging!	22 9:30 Tai Chi Intro 10:00 River Cree Casino Outing 11:20 Zumba Gold 11:30-1:30 Bridge Lessons (pre-registered) 12:30 Brain Fitness Classes 1:00 Travel Film 1:00 Line Dancing (Beg.) 2:30 Computers for Beginners 2:00-3:00 Better Balance	23 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 1:00 Rainbow Group 1:00 Mahjong Drop-in- café 2:00 Ukulele Jam Session	24 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 12:30 Sage Tours 1:00 Rainbow Group 1:00 Mahjong Drop-in- café 1:00 Halloween Party and Monthly Birthday Party 2:00 Ukulele Jam Session	25 10:00 Dominos 10-12 Device & Computer help 10:30-11:30 Yoga with Justine 11:30 Bridge Club 12-1 SING! Intercultural Singing 12:15-3:30 Line Dancing Classes 1:00 Pole Walking (poles included) 1:00 Computers for Beginners 2-3:30 iPad classes 1-4:00 Flu Clinic at Sage (Bring your Health Care Card)	26 9:00-10:30 Senior Social Dance 10:00 Colouring Group 10:00 Scrabble Time - Café 10:30 Sit & Be Fit 11:30 Sage Singers 12-4:00 Ukulele classes 1:00 GeriActors and Friends	27 9:00-10:30 Senior Social Dance 10:00 Brainiacs 10:00-11:00 EAL Chat Group 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 1:30 YiXue Holistic Practice	28
29	30 9:30 Tai Chi Intro 11:20 Zumba Gold 12:30 Kookum 11:30-1:30 Bridge Lessons (pre-registered) 1:00 Travel Film 1:00 Line Dance (Beginner) 2:30 Computers for Beginners 2:00-3:00 Better Balance	31 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 12:30 Sage Tours 1:00 Rainbow Group 1:00 Mahjong Drop-in- café 1:00 Halloween Party and Monthly Birthday Party 2:00 Ukulele Jam Session					31