

Upcoming Sage Activities

Open to everyone, no Sage membership required
~see monthly calendar for complete activity listing~

New programs and Program changes:

- Yoga will be twice a week!
 - Fridays with Sonia at 12:00-1:00 until the end of October
 - Wednesdays with Justine from Sept. 20 - Dec. 20 10:30 - 11:30 am
- Over the Rainbow Group moved to Tuesdays starting October
- Sit & Be Fit moved to Thursdays at 10:30 am starting September
- Brainiacs drop-in Brain Puzzle Group is back
 - New date is: 2nd Friday and the 4th Friday of each month at 10:00 am
- EAL Chat Group is moved to Fridays 10:00 - 11:00 am

Regularly Occurring Programs by days of the week:

Mondays:

Tai Chi Introduction with Master Ken- introduction to Tai Chi, which includes 10 simple Tai Chi movements, warm up exercises, sitting & walking Tai Chi movements. Health benefits include improving balance, coordination and range of movement!

Date: Mondays- Oct. 2nd- Dec. 18th **Time:** 9:30am
Location: Auditorium **Cost:** Free

Zumba Gold- a fun dance party with Latin-inspired dance styles. Zumba Gold simplifies the steps and makes them adaptable to all abilities. This is a great workout for everyone.

Date: Mondays- starting September 11th **Time:** 11:20am
Location: Auditorium **Cost:** Free! Bring a friend!

Computers for Beginners- an introduction to computer basics including learning how to use the mouse and working up to using internet and e-mail. Classes will be offered in small groups. You must pre-register. **Dates:** October 2, 4, 6, 11, 13, 16, 18, 20, 23, 25, 30

Kookum Senior Women's Group- a group for senior women to get together, share stories, connect and enjoy a cup of tea. Kookum is the Cree word for grandma. This group is open to everyone to join and led by Sophie Laboucan from Bent Arrow Healing Society.

Time: 12:30pm **Location:** Craftroom
Cost: Free **Date:** Mondays. Starting October 18

BrainFitness Classes - keep your brain in shape with these computer games designed to help you remember more, think faster and have better recall! No previous computer experience necessary. Pre-register. **Date:** Mondays and Fridays (4 weeks)

Time: 12:30pm- starts Oct. 2 **Location:** Sage Computer Lab **Cost:** \$29.00

Drop-in Travel Films - join us on Mondays as we travel around the globe.

Date: Every Monday **Time:** 1:00pm **Location:** Sage Lobby **Cost:** FREE

Bridge Lessons - an opportunity to learn to play the game of bridge or freshen up your skills. Offered by Raye Dolgoy Bridge Club's game director Henry Chung. to register.

You **MUST** pre-register for lessons. **Date:** Mondays **Time:** 11:30-1:30pm
Cost: \$50.00 for 20 Comprehensive lessons (learn to play bridge)
or \$5.00 for specific/refresher lesson

Regularly Occurring Programs by days of the week:

Tuesdays:

Restorative Justice Course (with Doug Heckbert)- how do we determine justice? Justice means different things to different people, depending the side of crime or conflict. Challenge how you look at headlines & outcomes in this interesting new course. Co-presented by Sue Hopgood, Restorative Practioner. Pre-register

Date: Tuesdays, Sept. 19- November 21

Time: 9:30am

Location: Classroom D

Cost: \$38 before Sept. 12

\$46 after Sept.12

Blue Pencil Café (writing class)- join instructor Melle in this very popular writing course. Melle will offer guidance and direction on whatever type of written work you happen to be interested in. Must pre-register.

Date: Tuesday Sept. 26 to November 14

Cost: \$45

Over The Rainbow Group- this support group is for Gay, Bi-Sexual, or transgendered seniors, and/or seniors who would like to understand their gay family members. You can just drop by or e-mail Jeff Bovee, group leader directly, at email: tuff69@telus.net

Or for information can call Sage main reception at 780-423-5510 ext 301

Date: Every Tuesday **Time:** 1-3:30pm **Location:** Sage Café **Cost:** FREE

Poet's Corner: hosted by Kevan Lyons - do you write poems, have a favorite poem you would like to recite, or want to be an audience member? Join Sage the 3rd Tuesday of the month for this great drop-in program. **Dates:** Oct. 17th, Nov. 21st **Time:** 1:00pm

Location: Café **Cost:** Free

Jennie Wilting Discussion Group - a discussion group featuring interesting, controversial, and thought-provoking topics. Jennie will not lecture, only facilitate this group. Meets at 1pm on the 3rd Tuesday monthly. **Dates:** Oct. 17th, Nov. 21st

Mahjong (Tile Game) Drop-in- a great chance to play the world's most popular tile game. Mahjong is very similar to gin rummy. Caution: highly addictive! Open to everyone.

Date: Tuesdays (although tiles are available for play anytime Sage is open)

Time: 1pm

Location: Café

Cost: Free

Seniors & Isolation: Coffee Talk Presentation- discussion covers factors that lead to social isolation, learn about work being done in Edmonton to address isolation, as well as what we can each do to promote healthy connections among seniors, caregivers & communities. Refreshments provided.

Date: Tuesday, October 17th **Time:** 1:30pm **Cost:** Free

Colouring Group- colouring is not just for kids! This is a great chance to express your creativity, de-stress and meet new people.

Date: Tuesdays

Time: 10:30am

Location: Sage café

Cost: Free

Coffee Group- drop-in for interesting conversation and a great chance to meet new people. Participants are encouraged to bring news clippings to discuss. Coffee available in café for purchase if you like.

Date: Tuesdays

Time: 10:00am

Location: Sage café

Cost: Free

Busy Fingers is a year round crafting group that meets every Tuesday in the craft room from 9:00-11:30am. They are currently focusing on knitting and crocheting. Come and join these amazing women (men are welcome!) as they create beautiful pieces. Guidance and instruction is available.

Regularly Occurring Programs by days of the week:

Tuesdays (con't):

Cree Conversation Group- This is a weekly gathering that is a great, informal opportunity to learn and share one of Canada's original languages. Group is open to everyone. **Date:** Tuesdays **Location:** Craftroom
Time: 12:00pm **Cost:** Free

Let's do Lunch is a group that comes together on the second Tuesday of each month at 12:30pm (or 1:00pm at restaurant) and ventures out to new dining experiences. Must pre-register. Call **Sage** to register. Cost: must pay own lunch costs +ETS
Sept. 12- Moxie's (Kingsway) Oct. 10- Café Caribe (Rice Howard Way)

Date Change **Yoga with Justine-** gentle, senior-friendly yoga. Can be done on a yoga mat or adapted to a chair. Open to everyone.
Date: Wednesdays starting Sept. 20- December
Time: 12-1pm **Cost:** Free

Regularly Occurring Programs by days of the week:

Wednesdays:

iPad classes (6 weeks)- learn the basics of how to use an iPad in this 6 week course taught by an EPL community librarian. Please pre-register.
Date: Oct. 4, 11, 18 **Time:** 2-3:30pm
Cost: \$2.00 for all 6 weeks

Mahjong Lessons- learn the world's most popular tile game. Mahjong is very similar to gin rummy. Must pre-register.
Location: Café **Cost:** \$5.00 for 6 weeks
Date: Wednesdays- Sept. 13, 20, 27 **Time:** 1-2:30pm
& Oct. 4, 11, 18 (6 weeks)

SING! Seniors Intercultural & Newcomers Gathering- enjoy sharing music while practicing English and meeting new friends.
Date: Wednesdays- Sept. 13- Dec. 13th **Time:** 12-1pm
Location: Classroom B **Cost:** Free

Mind Your Money- Monthly Financial Presentations with Wei Woo:
September 13th at 10:30am- Exchange Traded Mutual Funds in a Retirement Portfolio

Legal Documents You Should Have- learn about important legal documents you should have such as Wills, Personal Directives, Power of Attorney and more. Pre-register.
Date: Wednesday, September 20th **Time:** 10:30am **Cost:** Free

Computers for Beginners- an introduction to computer basics including learning how to use the mouse and working up to using internet and e-mail. Classes will be offered in small groups. You must pre-register. **Dates:** October 2, 4, 6, 11, 13, 16, 18, 20, 23, 25, 30

Device and Computer help- drop-in for some 1-1 volunteer help- whether it is a computer question, Microsoft Word, emails, internet, laptops, iPads, cell phones, etc.
Date: Wednesdays **Time:** 10-12pm
Location: Computer lab **Cost:** Free
(Device and Computer help pre-booked 1-1 sessions are available if the drop-in sessions don't work for you. Please contact Rachel at 780-701-9016 to book or for info)

Regularly Occurring Programs by days of the week:

Wednesdays con't:

Communication I with Jennie Wilting- join Jennie, a retired nurse with a great sense of humour, as she discusses various topics relating to overall wellbeing. Talks are held at 1:30pm in the Craftroom. **Cost** is \$1.00

Walk and Talk Group (formerly Pole Walking Group)- a social group that takes a weekly stroll to points of interest within walking distance. Open to all skill levels. Walking poles provided if you want to try them.

Date: Wednesdays until the end of October (will resume in the spring)

Time: 1pm **Location:** meet at main reception **Cost:** Free

Dominos with Udo & Jeff- drop-in each week and enjoy the fun of dominos. Instruction or a game- open for everyone to join in!

Date: Wednesdays **Time:** 10:00am

Location: Sage Café **Cost:** Free

The **Raye Dolgoy Bridge Club** meets each **Wednesday and Friday** from 11:30-4:00pm in the Raye Dolgoy Room. Club members gather to enjoy games of bridge and have fun. The cost is \$1.50 per play. Anyone wishing to learn how to play or refresh their bridge skills is welcome to register for lessons. Register by calling Rachel at (780)701-9016

Yoga with Justine- gentle, senior-friendly yoga. Can be done on a yoga mat or adapted to a chair. Open to everyone.

Date: Wednesdays starting Sept. 20- December **Time:** 12-1pm **Cost:** Free

Regularly Occurring Programs by days of the week:

Thursdays

***New Date* Everyday Fitness (Sit and be Fit)-** stay active with this easy and fun exercise series lead by a volunteer instructor. All skill levels welcome.

Date: Thursdays **Time:** 10:30am **Cost:** Free

Ukulele Classes- Sage is strumming and humming! Come and join the fun. Our instructor, Elaine Mann, offers 3 levels. You can enter at one level, and switch to another at any time.

Absolute Beginner: Never held a ukulele and wonder if you'd like it?

Several soprano ukuleles are available for you to try, and the **first class is free.**

- **Beginner/Intermediate:** for those who know a few chords

- **Advanced:** various strumming & picking styles

Date: Session 1- Thursdays, Sept. 14–Oct. 26

Session 2- Nov. 2- Dec.14

Time: Advanced: 2:30-3:30pm

Beginner/Intermediate: 1:15-2:15pm

Absolute Beginner: 12-1pm

Cost: \$45/session Early Bird price (by Sept.9 & Oct.30)/

\$55 Regular (after Sept.9 & Oct.30)

GeriActors and Friends meet on Thursdays at 1:00pm in the auditorium. No acting experience required, just stories to tell and the passion for performing in front of audiences. Consider joining a group that loves to have fun! A student ensemble from the U of A has joined to create an exciting inter-generational theater experience. The cost to join is \$30.00 per year. Give it a try!

Regularly Occurring Programs by days of the week:

Thursdays Cont'd:

Ukulele Jam Sessions- grab your ukulele and join the fun in our newest drop-in group! Strum & hum along. For all skill levels & open to all.

Date: Tuesdays **Time:** 1:45pm **Location:** Sage café **Cost:** Free

Ukulele or Guitar Private Lessons- work one on one with instructor Elaine Mann to learn either your choice of ukulele or guitar. Elaine can teach from absolute beginner to advanced. It's never too late to get started and learn! Call Rachel at 780-701-9016 for details.

Happy Travelers- Travel the globe without leaving your chair! This is an amazing opportunity to hear stories and see pictures right from the travelers themselves. Held the 3rd Thursday monthly at 1pm. See where we're headed next!

October 19 Pacific Coast Highway

Sage Singers perform sing-a-long favorites every Thursday in the Sunshine Café. This fun group meets from 10:45-12:30pm for a warm-up and then performance. **Join in! This is a fun-loving choir for all skill levels!**

Thanksgiving Dinner- give thanks at Sage as we enjoy a delicious, deluxe Thanksgiving Dinner Buffet with all the trimmings plus salads, cranberry sauce, dessert and coffee/tea. Enjoy live music. Please purchase your tickets by October 2nd.

Date: Thursday, October 5th

Time: 11:30am

Location: Sage café

Cost: \$15.95 members, \$17.95 non-members

Senior Social Dance- a drop-in, multicultural opportunity for people who love social dance to come together and have some fun!

Date: Thursdays and Fridays

Time: 9-10:30am

Location: Auditorium

Cost: Free

Scrabble Time - join in a fun game of scrabble and spend time with some great people. If you've never played, this is a great time to start!

Date: Thursdays

Cost: Free

Time: 10:00 am

Location: Sage café

Sage Tours - new to Sage? Want to meet new people? Enjoy a tour of Sage lead by one of our friendly volunteers. Stay after the tour and enjoy "reserved" seating and live music at our monthly birthday party. Tours are the last Thursday of the month at 12:30pm. Meet at main floor reception.

Date: September 28, November 30th

* **New date for October 31**

Sage Monthly Birthday Party: Sage celebrates birthdays the last Thursday of every month at 1:00pm with birthday cake and **live entertainment**. This party is for everyone, so join in the fun, even if it isn't your birthday month! **Sponsored by Dignity Memorial. (Hainstock's Funeral Home 9810-34 Ave & Memories Funeral Home 13403 St. Albert)**

Date: September 28, November 30th

***New date for Oct. - moved to October 31st (Halloween Party) instead of the 26th**

Time: 1pm

Location: Sage Café

Cost: Free Cake and Live Music!

Avon Calling! A chance to look at the latest Avon products, and to place or pick-up orders.

Dates: Sept. 21, Oct. 19, Nov. 16th

Time: 11-1pm

Location: Sage Café

Regularly Occurring Programs by days of the week:

Thursdays Cont'd:

The Next Page Book Club will meet for a new reading adventure on the 2nd Thursday of every month at 1:00pm in the Raye Dolgoy Room. The style of book will vary from mystery to biographies. Please register at the front desk.

Fridays:

'Brainiacs' Drop-in Activity group - challenge your brain with games and new tips & tools on how to maintain an active, healthy brain. New leader is Sage's volunteer, Lorraine.

Date: The 2nd and 4th Friday of the month

Time: 10:00am

Computers for Beginners- an introduction to computer basics including learning how to use the mouse and working up to using internet and e-mail. Classes will be offered in small groups. You must pre-register. **Dates:** October 2, 4, 6, 11, 13, 16, 18, 20, 23, 25, 30

Aging in Place Workshop- most people want to age in their own home. Is that possible? Do you have the resources you need? Have you thought about finances, transportation, health, safety, support & more? This workshop will help give tools to really plan ahead. **Pre-register.**

Date: Fridays- Sept. 22-Oct. 13 (4 weeks) Follow-up meeting Oct. 27th

Time: 12:30-2:30pm

Cost: \$20 (includes coffee & tea)

Spanish for Seniors- a great, fun, easy way to learn a new language. This course is a great introduction if you want to travel or just try something new! Register by Sept. 22nd

Date: Fridays- Sept. 29 - Nov. 17th **Time:** 12:30pm

Cost: \$20.00

Monthly Movie & Popcorn - come and join us in Classroom B at 1:00pm the third Friday of the month for a movie and popcorn.

Cost is \$1.00 for popcorn.

Dates: October 20th - Beauty & the Beast (2017)

Senior Social Dance- a drop-in, multicultural opportunity for people who love social dance to come together and have some fun!

Date: Thursdays and Fridays

Time: 9-10:30am

Location: Auditorium

Cost: Free

YiXue Holistic Practice- focus on your body's Qi and creating a light, balanced energy. Persons with limited mobility are also encouraged to participate. Drop-in. Open to all.

Date: Fridays

Time: 2:00pm

Location: meet in lobby

Cost: Free (donations are welcome)

BrainFitness Classes - keep your brain in shape with these computer games designed to help you remember more, think faster and have better recall! No previous computer experience necessary. **Pre-register.**

Date: Mondays and Fridays (4 weeks) **Time:** 12:30pm- starts Sept. 15

Location: Sage Computer Lab

Cost: \$29.00

Oil Painting Drop-in: classes will focus on creating small oil paintings. Topics such as use of colour, composition, and contrast will be taught. Drawing experience is not necessary and all skill levels are welcome.

Date: Fridays

Time: 9:30-12pm

Location: Craftroom

Cost: Supply costs only (Approx \$8/canvas and \$10 for paint and brushes as needed)

Regularly Occurring Programs by days of the week:

Fridays Cont'd:

Raye Dolgoy Bridge Club meets each **Wednesday and Friday** from 11:30-4:00pm in the Raye Dolgoy Room. Club members gather to enjoy games of bridge and have fun. The cost is \$1.50 per play. Anyone wishing to learn how to play or refresh their bridge skills is welcome to register for lessons. Register by calling Rachel at (780)701-9016

Games & Puzzle room! The Games Room is on the main floor of Sage. Come and play crib, scrabble, checkers, board games, mahjong or work on puzzles.

Yoga **with Sonia**- gentle, senior-friendly yoga. Can be done on a yoga mat or adapted to a chair. Open to everyone. **Date:** Fridays starting Sept. 8- December
Time: 12-1pm **Cost:** Free

New Date **EAL Chat Group** - a chance to practice speaking English while meeting new people. Refreshments required.

Date: Fridays **Time:** 10:00 - 11:00 am
Location: Classroom B **Cost:** Free