


Sage Activities At-a-Glance

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	* Gentle Yoga with Justine will be on Fridays, not Wednesdays until Dec. 22 12-1pm (Sonia is away)		10:00 Dominos 10-12 Device & Computer help 11:30 Bridge Club- Mez 12-1 SING! Intercultural Singing 12:15-3:30 Line Dancing Classes 1:00 Crib Games in Café 1:00 Computers for Beginners 1:30 Self Esteem with J Wilting 2:30 Computers for Beginners	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 12:00-4:00 Ukulele classes 1:00 GeriActors and Friends 1:00 Mahjong Drop-in	9:00-10:30 Senior Social Dance 9:30-12pm Drop-in Oil Painting 10:00 EAL Chat Group 11:30 Bridge Club 12:00-1:00 Gentle Yoga 12:30 Spanish for Seniors 12:30: Brain Fitness 2:00 pm YiXue Holistic Practice 2:30 Computers for Beginners	
For more information for these and other activities at Sage, visit our website at www.mysage.ca or check out our newsletter. Call (780) 423-5510 ext 301	9:30 Tai Chi Intro 11:20 Zumba Gold 11:30-1:30 Bridge Lessons (pre-registered) 12:30 Brain Fitness 12:30 Kookum Tea Group 1:00 Line Dance (Beginner) 1:00 Travel Film 2:30 Computers for Beginners 2:00-3:00 Better Balance	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	10:00 Dominos 10-12 Device & Computer help 10-12 Recognizing Healthy Boundaries Presentation 11:30 Bridge Club- Mez 11:30 Rodeo Lunch-pay at Café 12-1 SING! Intercultural Singing 12:15-3:30 Line Dancing Classes 1:00 Crib Games in Café 1:00 Computers for Beginners	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 1:00 Mahjong Drop-in	9:00-10:30 Senior Social Dance 9:30-12pm Drop-in Oil Painting 10:00 EAL Chat Group 10:00 Brainiacs 11:30 Bridge Club 12:00-1 Gentle Yoga 12:15-3:30 Line Dancing Class 12:30 Spanish for Seniors 12:30: Brain Fitness 2:00 YiXue Holistic Practice 2:30 Computers for Beginners	
	SAGE will be closed today In lieu of Remebrance Day	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 12:30 Lets do Lunch-Normand's C 1:00 Mahjong Drop-in- café 2:00 Ukulele Jam Session	10:00 Dominos 10-12 Device & Computer help 10:30 Mind Your Money Selecting Suitable Financial Adv. 11:30 Bridge Club 12:15-3:30 Line Dancing Classes 12-1 SING! Intercultural Singing 1:00 Crib Games in Café 1:00 Computers for Beginners 1:30 Problem Solving with J Wilting 2:30 Computers for Beginners	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 11:00 Avon Calling (moved to Nov.30) 12-4:00 Ukulele classes 12:00 Louis Riel Musical Departs 1:00 GeriActors and Friends 1:00 Mahjong Drop-in	9:00-10:30 Senior Social Dance 9:30-12pm Drop-in Oil Painting 10:00 EAL Chat Group 11:30 Bridge Club 12:00-1 Gentle Yoga 12:15-3:30 Line Dancing Class 12:30 Spanish for Seniors 12:30: Brain Fitness 1:00 Monthly Movie & Popcorn 2:00 YiXue Holistic Practice	
* Did you know that trying new things & meeting people slows aging!	9:30 Tai Chi Intro 10:00 Diabetes Presentation 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.) 2:00-3:00 Better Balance	9:00 Busy Fingers 9:30 Restorative Justice Course 10:00 Coffee Group/10:30 Colouring 10-12 Memoir Writing Workshop 10:00 Line Dancing- Beginners 12:00 Cree Conversation group 1:00 Rainbow Group 1:00 Mahjong Drop-in- café 1:00 J. Wilting Discussion group 1:00 Poet's Corner- Cancelled 2:00 Ukulele Jam Session	10:00 Dominos 10-12 Device & Computer help 11:30 Bridge Club 12-1 SING! Intercultural Singing 12:15-3:30 Line Dancing Classes 1:00 Crib Games in Café	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 1:00 Mahjong Drop-in 1:30 Happy Travellers "Best of Cambodia"	9:00-10:30 Senior Social Dance 10:00 EAL Chat Group 10:00 Brainiacs 9:30-12pm Drop-in Oil Painting 11:30 Bridge Club 12:00-1 Gentle Yoga 12:15-3:30 Line Dancing Class 12:30: Brain Fitness 2:00 YiXue Holistic Practice	
	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 Kookum Tea Group 12:30 Brain Fitness Classes 1:00 Travel Film 1:00 Line Dance (Beginner) 2:00-3:00 Better Balance	9:00 Busy Fingers 10:00 Coffee Group/10:30 Colouring 10:00 Line Dancing- Beginners 12:00 Cree Conversation group 1:00 Rainbow Group 1:00 Mahjong Drop-in- café 2:00 Ukulele Jam Session	10:00 Dominos 10-12 Device & Computer help 10:00 Depart to Greenland Garden Center 11:30 Bridge Club 12-1 SING! Intercultural Singing 12:15-3:30 Line Dancing Classes 1:00 Crib Games in Café	9:00-10:30 Senior Social Dance 10:00 Colouring Group 10:00 Scrabble 10:30-1:30 Christmas Craft/Gift Sale 10:30 Sit & Be Fit 11:30 Sage Singers 12-4:00 Ukulele classes 12:30 Sage Tour with Joan 1:00 GeriActors and Friends 1:00 Mahjong Drop-in 1:00 Monthly Birthday Party		