



**PRESIDENT'S APPEAL**  
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**VOLUNTEER APPRECIATION**  
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# sage LINK

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12th | sage  
ANNUAL  
AWARDS

*Honouring seniors  
in our community*

**Do you know an outstanding  
senior in your community?**

**NOMINATE A SENIOR**

**FOR A SAGE AWARD!**

**Nominations OPEN December 1  
and CLOSE February 1**

**Nomination forms are available:  
Pick up at Sage or phone: 780.701.9017  
email: [jlparenteau@mysage.ca](mailto:jlparenteau@mysage.ca)  
online: [www.mysage.ca/events/awards](http://www.mysage.ca/events/awards)**

## AWARD CATEGORIES

Arts & Culture

Community Building

Education

Health & Wellness

Public & Non-Profit

Science & Technology

Social Justice & Peace

Truth & Reconciliation

Nominees and  
Award Recipients  
will be honoured at our  
**12th Annual  
Sage Awards  
Luncheon Tuesday,  
May 8, 2018**  
The Chateau Lacombe Hotel

# Welcome to Winter at Sage!

## FROM THE EXECUTIVE DIRECTOR

As the year comes to a close, everyone at Sage is reflecting back on our work over the past year, and celebrating this amazing community that we are building.

But we are also looking forward. The new year will bring some exciting changes for Sage, and I am happy to be able to share them with you.

Sage has always taken a holistic approach to serving seniors - considering the whole person, and striving to address their strengths and needs together - by providing the widest possible range of supports and opportunities. We take pride in our ability to contribute to the health and wellbeing of Edmonton's seniors. And now, thanks to an exciting new partnership, we will be able to add physical health care to the list of services we provide.

In collaboration with the University of Alberta's Faculty of Nursing, Sage will be launching a new healthcare service that builds on our existing social services and life enrichment activities and programs for seniors. These health services will offer seniors the opportunity to discuss the full scope of their health and wellbeing, learn more about managing their health, and have their needs addressed more comprehensively and holistically than in a typical healthcare care setting. Skilled health professionals will work alongside our social workers and program staff to help ensure that seniors have the information, support, and opportunities they need to live their best lives possible.

Watch for more information on Sage's new health services program in the New Year. Until then, we wish you all of the warmth the season can bring.

**Karen McDonald**  
**Executive Director**

## STAFF ANNOUNCEMENTS

**Vicki Anderson**, Assessment and Housing Coordinator, and **Beth Mansell**, Administrative Coordinator, joined Sage on October 16th! **Kristine Nutting** joins Sage as a new Ageing to Sageing Community Animator. Welcome to the team!

**Emily Weisbrot** moves into the Facilities and External Relations Coordinator role. **Laura Hamilton** and **Shelby Fellner** move into Safe House Coordinator roles. **Amanda Trace (Gravel)** moves into the role of Ageing to Sageing Outreach Coordinator.

## Board of Directors

President	Reg Joseph
President Elect	Joyce Tustian
Past President	Barb Burton
Treasurer	Tammy Pidner

## Members at Large

Daniel Morrow	Jean Waters
Michael Phair	Hubert Kammerer
Gabrielle Betts	Raj Pannu
Greg Springate	Kathleen Thurber
Peg Quinn	

**Executive Director** Karen McDonald

## Connect with Sage!

**15 Sir Winston Churchill Square**  
**Edmonton AB T5J 2E5**

**Tel: 780-423-5510 Fax: 780-426-5175**

**email: [info@mysage.ca](mailto:info@mysage.ca)**

**[www.mysage.ca](http://www.mysage.ca)**

## PHONE DIRECTORY

### Main Switchboard 780-423-5510

Life Enrichment	780-701-9016
Volunteer Services	780-701-9014
Assessment and Housing Support Services	587-773-1764
This Full House (Hoarding)	587-773-1764
Outreach Support	587-773-1764
Guardianship/Trusteeship & CoDecision Making	780-701-9013
	780-701-9006
Safe House Intake	780-702-1520
Food Services	780-701-9022

### Administration

Executive Director	780-701-9008
Director of Operations	780-701-9002
Director of Research and Community Engagement	780-701-9012
Finance Manager	780-701-9003
Safe House Manager	780-628-1139
Administrative Coordinator	780-701-9009
External Relations Coordinator	780-701-9010
Communications and Project Coordinator	780-701-9007



### Did you know?

You can call  
**780-423-5510**  
**ext. 338**  
to hear a recording of  
current & upcoming  
Life Enrichment  
activities!

---

Free Drop-in Single  
Session Counselling  
is available at Sage  
every Thursday from  
10am—2pm

## Building success.

Our fund at Edmonton Community Foundation  
(ECF) enables us to contribute to building  
success in our community. The fund encourages  
our children to demonstrate our values of sharing and  
appreciation for our own good fortune.

*Thank you ECF!*

*Maggie & John Mitchell*



**Give. Grow. Transform.**

Call 780-426-0015 or visit our website [www.ecfoundation.org](http://www.ecfoundation.org)

**EDMONTON  
COMMUNITY**  
FOUNDATION



## VOLUNTEER NEWS

**BARB CARROLL**  
VOLUNTEER COORDINATOR



*And the stockings were hung...*

*for our amazing volunteers!*



**Volunteers,**

Please join us for some Christmas merriment,  
fabulous food and great entertainment on  
**Wednesday, December 6th, 1–3pm** in the Sage Auditorium



Please **RSVP** by **November 27** at the main floor reception  
or with Barb Carroll at 780-701-9014 or [bcarroll@mysage.ca](mailto:bcarroll@mysage.ca)

### di·ver·si·ty

1. the state of being diverse; variety.
2. a range of different things.

synonyms: variety, assortment, mixture, mix, range, array, multiplicity

**Strength in DIVERSITY** is the foundation of the Volunteer Services program. Diverse opportunities, diverse cultures, diverse backgrounds, diverse skills, diverse abilities and many diverse benefits of volunteering.

**If you are interested in volunteering,** please visit our website for current volunteer opportunities OR contact Barb Carroll at 780-701-9014 or [bcarroll@mysage.ca](mailto:bcarroll@mysage.ca)

### 2018 Income Tax Volunteers Needed

Sage partners with the Canada Revenue Agency to provide free income tax preparation services to low income seniors. Our income tax clinic runs Monday through Thursday, 9am–4pm:

**March 5 – May 3, 2018**

Training sessions will be provided by Canada Revenue Agency and Sage.

If you have some experience in preparing simple income tax returns and would like to volunteer for this important program and are able to commit to at least one half-day per week, please contact:

**Barb Carroll, Volunteer Coordinator**  
780-701-9014 or [bcarroll@mysage.ca](mailto:bcarroll@mysage.ca)

# LIFE ENRICHMENT PROGRAMS

Open to members and non-members

Please join us as we venture out and about!  
Must be able to go up and down several stairs  
and some ground may be uneven.

Open to all, no membership required.

**Must pre-register** at main reception or call  
780-423-5510, ext 301. Refunds cannot be  
guaranteed.

## TRIPS & OUTINGS

**Hotel MacDonald Christmas Lunch** enjoy a  
Christmas feast with the touches and splendor  
of the Hotel MacDonald.

**Date:** Friday, Dec 15

**Time:** 12 pm seating. Meet at hotel.

**Cost:** \$55 per person including tax and tip

**Christmas Light Tour** see the beautiful  
Christmas lights around Edmonton while  
enjoying hot chocolate and a treat. Special  
thanks to Dignity Memorial for sponsoring this  
trip.

**Date:** Wednesday, Dec 20

**Time:** depart Sage at 6 pm (to approx. 8 pm)

**Cost:** \$5 (\$15 subsidized by Dignity  
Memorial)

**Fiddler on the Roof** see this international  
stage sensation that tells the life-affirming story  
of Tevye (Topol), a poor milkman whose love,  
pride, and faith help him face the oppression of  
turn-of-the century czarist Russia. Held at  
Festival Place.

**Date:** Sunday, Dec 17

**Time:** Depart Sage at 6:15 pm

**Cost:** \$56 (play & school bus)

**NAIT - Ernest's Lunch Buffet** a delicious  
buffet from the culinary arts students at NAIT.

**Date:** Friday, Feb 9

**Time:** Depart Sage at 11 am (11:30 and 11:45  
am seating)

**Cost:** \$42.00 per person plus ETS

## Cooking for one is a lot of work.

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order balanced  
meals with **free  
delivery!**



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HOME MEALS**  
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**Holden Dinner Theatre "Vinok World Dance"**  
venture to the town of Holden where we will  
enjoy a performance of cultural dances and  
music from 60 different cultures. Followed by a  
delicious country dinner.

**Date:** Sunday, Feb 25

**Time:** Depart Sage at 12 pm

**Cost:** \$59.00 members, \$71 non-members

**River Cree Casino Monthly Outing** hop on  
Intrepid Charter's (Alan's) bus the 4th Monday  
of the month for a fun day at the casino. If you  
stay for four hours, you get a voucher for free  
lunch at Tap 25 restaurant and a \$5 gambling  
voucher.

**Date:** Mondays (not Dec) Jan 22, Feb 26

**Time:** Depart Sage at 10 am

**Cost:** \$5.00

**Pre-register by calling 780-423-5510 ext 301**  
or visit Main Reception

## PHYSICAL ACTIVITY OFFERS

### **Tai Chi Introduction with Master Ken**

introduction to Tai Chi, which includes simple Tai Chi movements, warm up exercises, sitting and walking Tai Chi movements. Health benefits include improving balance, coordination, and range of movement!

**Date:** Mondays, resumes Jan 8

**Time:** 9:30 am **Location:** Auditorium

**Cost:** Free

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

**Date:** Fridays **Time:** 12-1 pm

**Location:** Classroom C **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 **Time:** 11:20 am

**Location:** Auditorium

**Cost:** Free! Bring a friend!

**Everyday Fitness (Sit and be Fit)** stay active with this easy and fun exercise series. Build strength and balance. All skill levels welcome.

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

**Cost:** Free

**Senior's Line Dancing Classes** a great opportunity to learn some line dances, have some fun and meet new people! Workout your body while you workout your brain learning new steps. Limited spaces are available.

**Location:** Auditorium **Cost:** \$2.00 a month

**Classes:**

A) Advanced 12:15 pm Wed & Fri

B) Intermediate 2 pm Wed & Fri

C) Beginner 1 pm Mon & 10 am Tues

Sage thanks our advertisers for making publication of the Sage Link possible. Please note that the inclusion of an advertisement does not imply an endorsement by Sage.



**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 - 10:30 am **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:** 1:30 pm

**Location:** meet in Sage lobby

**Cost:** Free (donations are welcome)

**Walk and Talk Group** a social group that takes a weekly stroll. Open to all skill levels. Walking poles provided if you want to try them.

**Date:** Walking group resumes in the spring

**Better Balance Classes** - improve your overall strength and balance and help prevent falls with these classes offered by the Physical Therapy students at the University of Alberta.

**Date:** To Be Announced (see main desk)

## Classes, courses and more to keep your brain and body sharp

### BRAIN HEALTH

**Mental Health Awareness Week** mental health is an important part of our lives and is often a topic no one discusses. Sage's first Mental Health Awareness Week (Jan 29 - Feb 2) will offer a variety of free activities and sessions including:

- Alzheimer's & Dementia presentation
- Social Isolation & Loneliness Coffee Talk: January 31
- Pet Therapy, Colouring Group, Games, etc.
- Yoga, Tai Chi & Wellness Topics

*Watch for More Details to Come*

**Wellbeing Series with Jennie Wilting** join Jennie as she discusses various topics relating to overall wellbeing. **Cost:** \$1.00.

**Time:** 1:30 pm **Location:** Classroom A  
Dec 13 - Creating Unnecessary Problems  
Dec 20 - Assertiveness  
Jan 3 - Passive Aggressive Behavior  
Jan 17 - Manipulation  
Feb 7 - Neurosis  
Feb 21 - Anger

**Jennie Wilting Discussion Group** a discussion group featuring interesting, controversial, and thought-provoking topics. Jennie will not lecture, only facilitate this group. Meets at 1 pm on the 3rd Tuesday monthly. Dates: Dec 19, Jan 16, Feb 20

**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. Must pre-register.

**Date:** Mondays and Fridays (4 weeks)  
Session 1: Jan 8 - Feb. 2  
Session 2: Feb 9 - March 9

**Time:** 12:30 pm - 2 pm

**Location:** Sage Computer Lab

**Cost:** \$29.00 each 4 week session

**'Brainiacs' Drop-in Activity group** - challenge your brain with games and new tips & tools on how to maintain an active, healthy brain.

**Date:** 2nd & 4th Fridays monthly

**Time:** 10am **Cost:** Free

**Location:** Classroom B

### GAMES AT SAGE

**\*New\* Crib** play some crib and have some fun each Wednesday at 1 pm in the café. Open to everyone! **Cost:** Free

**Mahjong (Tile Game) Lessons** learn the world's most popular tile game. Mahjong is very similar to gin rummy. Must pre-register.

**Date:** Wednesdays Jan 10 - Feb 14 (6 weeks)

**Time:** 1 pm - 2:30 pm **Location:** Sage Café

**Cost:** \$5.00 for 6 weeks

**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 & Thursdays (tiles are available for play anytime Sage is open)

**Time:** 1 pm **Location:** Café **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 **Time:** 10 am

**Location:** Sage Café **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 am

**Location:** Sage Café **Cost:** Free

**The Raye Dolgoy Bridge Club** meets each Wednesday and Friday from 11:30 - 4 pm. Club members gather to enjoy games of Bridge and have fun. Open to everyone.

**Cost:** \$1.50 per play

## DECEMBER 2017 – FEBRUARY 2018

Open to members and non-members

### CREATIVE OPPORTUNITIES

**\*New\* Memoir Writing Workshop** writing your memoirs can be challenging. Where do you start? How do you structure narrative? This class will provide some helpful hints to get you started. Taught by Melle Huizinga.

Pre-register. **Date:** Nov 21

**Time:** 10 am - 12 pm **Cost:** Free

**\*New\* Poetry Workshop** examine various styles of poetic expression. Participants will write some poems to share or to keep private. Taught by Melle Huizinga. Pre-register.

**Date:** Jan 23 **Time:** 10 am - 12 pm

**Cost:** Free

**\*New\* Short Story Writing Workshop** - analyze a short story for the structure and the traditional elements of story writing. Participants will also start an outline of their own short story. Taught by Melle Huizinga. Please pre-register.

**Date:** Tuesday, Feb 13

**Time:** 10 am - 12 pm **Cost:** Free

**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 am - 12 pm

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

**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 and Thursdays

**Time:** 10 am **Location:** Café **Cost:** Free

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

## Canora Gardens

10160 - 151 Street  
Edmonton

### Now Accepting Applications

Opening January 2018

"When Canora Gardens is done, it will be like a whole new building."  
GEF Seniors Housing CEO Raymond Swonek

The building will feature:

- Senior friendly suite layouts
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- Upgraded common area spaces
- New windows and exterior building finishes
- State-of-the-art building and suite access system
- Energy efficient mechanical systems



Seniors  
Housing

780-482-6561  
gef.org

Pre-register by calling 780-423-5510 ext.301  
or visit Main Reception

**Ukulele Classes** Sage is strumming and humming! Come and join the fun with instructor, Elaine Mann. Two class options:

**1) 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*. **Time: 3:15 pm - 4 pm**

**2) Multilevel:** For those with a little or a lot of experience. There will be strumming and picking styles for everyone. **Time: 2 pm - 3:30 pm**

**Date:** Thursdays for 12 weeks: Jan 11-Mar 29  
**Cost:** \$55.00

**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:** 2 pm

**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.

**Poet's Corner** do you write poems, have a favorite poem you would like to recite? Looking for a new group leader for this drop-in group.

**Dates:** TBA pending a new group leader

**Location:** Sage Café **Cost:** Free

**SING! Seniors Intercultural & Newcomers**

**Gathering** enjoy sharing music while practicing English and meeting new friends.

**Date:** Thursdays starting January 11

**Time:** 11:30 am - 1 pm **Location:** Auditorium

**Cost:** Free

The **GeriActors and Friends** meet on Thursdays at 1 pm in the Auditorium. No acting experience required, just stories to tell and the passion for performing in front of audiences. Join 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!

**Busy Fingers** is a year round crafting group that meets every Tuesday in Classroom A from 9 am - 11:30 am. 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. Knitting and crocheting are great ways to keep your hands and fingers nimble while exercising your brain!

## LEARNING OPPORTUNITIES

**Spanish for Beginners** 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. Learning a new language is great for your brain too! Pre-register.

**Date:** Fridays, Jan 26 - Mar 9

**Time:** 12:30 pm **Cost:** \$20.00

**\*New\* Mandarin Introduction Classes** learn one of the world's most popular languages in this exciting new class. Learning new languages is also a great way to keep your brain sharp! Register no later than Jan 8.

**Date:** Mondays & Wednesdays (10 weeks)

Monday, Jan 15 - Wed, March 21

**Time:** 9 am - 11 am

**Cost:** \$85 (Cost is for 10 weeks. An amazing price for 40 hours of instruction!)

**Cree Conversation Group** this weekly gathering is a great, informal opportunity to learn and share one of Canada's original languages, as well as to exercise your brain. Group is open to everyone.

**Date:** Tuesdays **Location:** Classroom A

**Time:** 12 pm **Cost:** Free

**Happy Travellers** - Sage will no longer be offering the Happy Travellers program.

## DECEMBER 2017– FEBRUARY 2018

Open to members and non-members

### PREVENTATIVE OFFERINGS

**Good Samaritan TeleCare presentation: Healthy Aging at Home** Home monitoring, support and response services for all ages and situations. Fall & flood detection, temperature monitoring, medication and appointment reminders will be covered. The latest technology in GPS monitoring will also be discussed. Funding is available for several of the products through AISH, Alberta Seniors Benefits, and Veterans Affairs. Please pre-register.  
**Date:** Wednesday, Dec 13  
**Time:** 10:30 am **Cost:** Free

**Alzheimer's and Dementia Awareness Info Session** Words we often hear but, what do they mean? What supports are available? Learn more at this info session.  
**Date:** Friday, Feb 2 **Time:** 10:30 am  
**Cost:** Free

**Federal & Alberta Government's Benefits for Seniors Presentation** Learn about some of the federal and provincial government's benefit programs for seniors, as well as some of the rebates currently available.  
**Date:** Thursday, Feb 15  
**Time:** 1 pm Federal pres. 2:15 pm Alberta pres.  
**Location:** Classroom C **Cost:** Free

**Pre-Planning: Funeral Pre-Planning and Planning Documents** it is important to think about and plan for your future, even when it is a topic we don't want to think about. Presented by Dignity Memorial. Treats provided!  
**Date:** Tuesday, Feb 20  
**Time:** 1 pm **Location:** Sage Café

**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:** Jan 16 **Time:** 1pm **Cost:** Free

### Mind Your Money: Free Monthly Financial Presentations with Wei Woo

**1. 2017 Global Financial Market Review and 2018 Outlook** Dec 6, 10:30 am

**2. Retirement Income Blueprint** Jan 17, 10am

**3. Managing a retirement portfolio with rising interest rates** Feb 14, 10:30am

New to Sage! **Mental Health Awareness Week** (Jan. 29-Feb.2) Some details in Brain Health section...more to come!

### SOCIAL OPPORTUNITIES

**\*New\* Pen-Pal Program with Grade 6 students** A great way to make an intergenerational connection through old-fashioned letter writing. Exchange monthly letters, followed by a pen-pal get together in June. Please sign-up, details to follow!

**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 and led by Sophie Laboucan from Bent Arrow Healing Society.  
**Time:** 12:30 pm **Location:** Classroom A  
**Cost:** Free **Date:** Mondays Nov 6 & 27, no December meetings, Jan 15 & 29.  
Call 780-423-5510 ext 301 or see calendar for future dates.

**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 is available in the café for purchase if you like.  
**Date:** Tuesdays **Time:** 10 am  
**Location:** Sage Café **Cost:** Free

**Pre-register by calling 780-423-5510 ext.301**  
or visit Main Reception

**EAL Chat Group** A great chance to get out of the classroom and practice speaking English while meeting friends. Group has a volunteer leader. Open to all. Drop-in.

**Date:** Fridays **Time:** 10 am - 11 am

**Location:** Classroom C **Cost:** Free

**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 12:30 pm. Meet at the main floor reception desk.

**Date:** Dec 21 (New date!) Jan 25, Feb 22

**Sage Monthly Birthday Party** Sage celebrates birthdays the last Thursday of every month at 1:00 pm 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:** Dec 21 (New date!) Jan 25, Feb 22

**Time:** 1 pm **Location:** Sage Café

**Cost:** Free Cake and Live Music!

**Monthly Movie & Popcorn** Come and join us at 1 pm on the third Friday of the month for a movie and popcorn. Cost is \$1.00 for popcorn.

Dec 15 - movie cancelled

Jan 19 - *Last Vegas*

Feb 16 - *Wonder Woman*

**Drop-in Travel Films** Join us every Monday as we travel around the globe.

**Time:** 1 pm **Location:** Sage Café **Cost:** Free

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

**Dates:** Nov 30 at Craft & Gift Sale, Jan 18,

Feb 15 **Time:** 11 am-1 pm **Location:** Café

**The Next Page Book Club** meets for a new reading adventure on the 2nd Thursday of every month at 1 pm. The style of book will vary from mystery to biographies. Please register at the front desk.

**Questions about seniors programs and services?**

**211 now provides enhanced information and referrals for a variety of seniors resources**



Dial 2-1-1 to be connected to the Seniors Information Phone Line

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**Louise Sevigny and  
Laura Klotz**

PRE-REGISTER for computer classes  
Call Rachel at 780-701-9016

## PARTIES, LUNCHEONS & MORE

**Christmas Concert** A fun afternoon filled with entertainment from Sage's finest! Enjoy a performance by the Line Dancers and the ukulele group, songs from SING! Intercultural Choir, the Sage Singers and more - plus treats!  
**Date:** Wednesday, Dec 13 **Time:** 1 pm  
**Location:** Auditorium **Cost:** Free

**Christmas Dinner** Delicious turkey lunch with all the trimmings: mashed potatoes, gravy, stuffing, veggies, cranberries and a bun. Also includes dessert, coffee and tea. Live musical entertainment. Pre-purchase your tickets by Dec 11 to give an idea of attendance.  
**Date:** Thursday, Dec 14 **Time:** 11:30am  
**Location:** Sage Café **Cost:** \$10.95

**Chinese New Year Celebration** It might be Valentine's Day, but it's also the time of Chinese New Year! Join Sage in a celebration including various performances, line dancing, as well as goodies!  
**Date:** Wednesday, Feb 14 **Time:** 1 pm  
**Location:** Auditorium **Cost:** Free

**Let's do Lunch** is a group that comes together on the second Tuesday of each month at 12:30 pm (or 1 pm at restaurant) to venture out for new dining experiences. Must call Sage to pre-register. **Cost:** pay own lunch costs + ETS

**Dec 12** - cancelled. Replaced with Hotel MacDonald Christmas Dec 15  
**Jan 9** - Characters Fine Dining (10257-105 St)  
**Feb 13** - De Dutch Restaurant (Jasper Ave)

## COMPUTERS

**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 as space is limited.  
**Date:** Jan 17, 24, 31, Feb 7, 14, 21  
**Time:** 2 pm-3:30 pm  
**Cost:** \$2.00 for all 6 weeks

**E-Books on iPads** Presented by Edmonton Public Library. Learn how to get digital books, library books and more on your iPad. Please pre-register as space is limited.  
**Date:** Jan 10 **Time:** 2 pm- 3:30 pm  
**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:** Dec 1, 4, 6, 8, 11, 13, 15.  
Jan 3, 5, 8, 10, 12, 15, 17.  
Feb 7, 9, 12, 14, 16, 19, 21.  
**Time:** 2:30 pm  
**Cost:** Only \$5 (for each set of 7 classes) thanks to ECALA grants

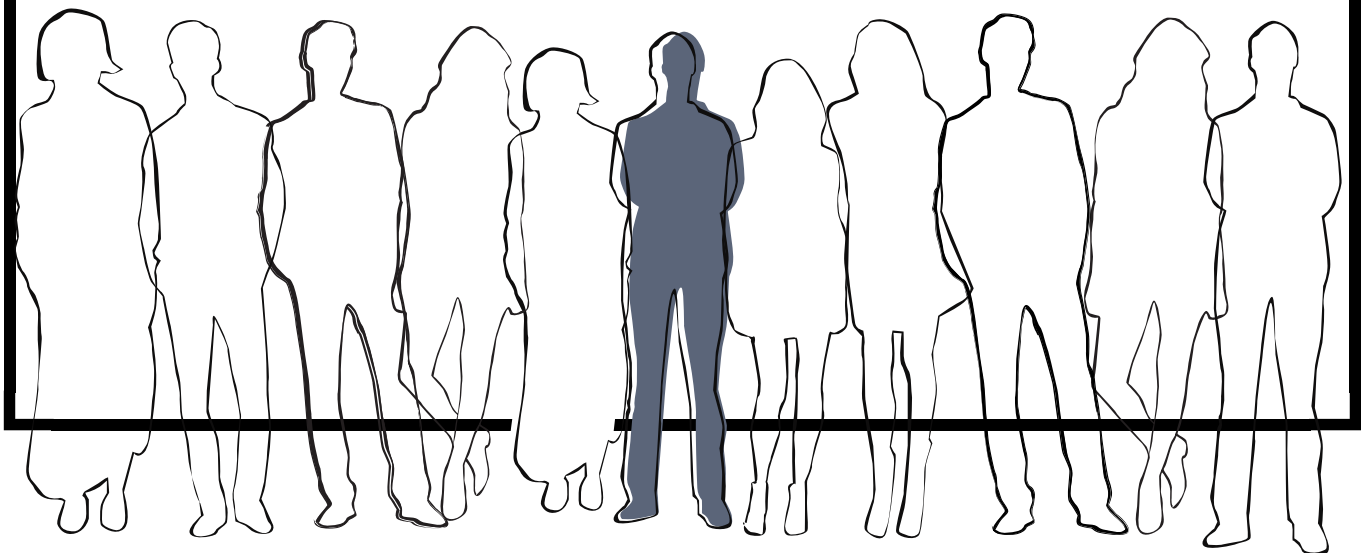
**Device and Computer help** Drop-in for some 1-on-1 volunteer help with a computer question, Microsoft Word, emails, internet, laptops, ipads, cell phones, etc.  
**Date:** Wednesdays **Time:** 10 am-12 pm  
**Location:** Computer lab **Cost:** Free  
Device and Computer help pre-booked 1-1 sessions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

**Volunteers!** Please join us for some Christmas merriment, fabulous food and great entertainment on  
**Wednesday, December 6th, 1-3pm** in the Sage Auditorium  
Please **RSVP by November 27** at the main floor reception or with Barb Carroll at 780-701-9014 or bcarroll@mysage.ca





**It takes a  
community  
to build  
community.**



# Help us support the strength of seniors

## BECOME A SAGE SILVER THREADS DONOR

We are proud of the community that we are building at Sage: one that is welcoming, responsive, and inclusive. We know that our strength lies in our diversity, and we are committed to a community where all seniors are able to thrive, regardless of their background, age, ability, race, culture, gender, or sexual orientation.

The individual senior is the centre of our work, but it is the many who make that work possible: the many voices that come together to share ideas and experiences, and to learn from, support, and inspire one another; the many volunteers who dedicate their time and talent to make sure we are there when seniors reach out to us for help; the many instructors who lead the programs and activities that make Sage such a vibrant place to be; and the many partners who help us provide the services that help seniors live their best lives possible. And of course, you.

We often hear that the senior population is changing and growing, and the demand on our programs continues to grow as well. For us to remain responsive to social trends and the unique needs of people as they age, to make a difference in people's lives, and to help seniors continue to build better communities, we need your support.



When you support Sage, you are supporting seniors who are experiencing a time of crisis or vulnerability, who are feeling lonely or overwhelmed, or who are struggling to find affordable housing or access the resources that are available to them. You are also supporting seniors who want to continue to lead vibrant and active lives, who want to connect and engage with others, and who want to contribute to their communities in meaningful ways.

Silver Threads at Sage is an opportunity for our donors to set up a monthly, pre-authorized gift of \$25. It is a simple, secure act that can help us plan ahead and sustain important programming over time. And it adds up to a nice tax credit for you at the end of the year!

Help us inspire, support, and connect seniors. Please consider becoming a Silver Threads Donor this year - because it really does take a community to build a community.

With gratitude,

Reg Joseph  
Volunteer Board Chair, Member, and Donor

Help finding housing

Connection to the community

English language learning

Outreach to isolated seniors

Income tax preparation

Help filling out government forms

Courses, outings and information sessions

Volunteer opportunities

Drop in single session counselling

Guardianship and trusteeship

A safe place for seniors experiencing abuse

# When you support Sage you support seniors.

- Connections to information and resources
- Support for seniors looking for safe and affordable housing
- People who are dealing with the effects of hoarding behaviours
- Students who are learning to work with seniors and older adults
- Seniors seeking refuge from elder abuse
- English language learning for immigrant, refugee, and newcomer seniors
- Income tax preparation for low-income seniors
- Help with filling out government forms
- A welcoming space for seniors to stay mentally, physically, and socially active
- Outreach to lonely, isolated and vulnerable seniors

 To donate, complete the section below and send it to 15 Sir Winston Churchill Square, Edmonton, AB T5J 2E5

## YES! I want to support seniors.

.....  
Name

.....  
Address

.....  
City Province Postal Code

☐ Please contact me about a gift of **stocks, securities, or bequest.**

☐ Please send me email updates about Sage.

.....  
Email



[www.mysage.ca](http://www.mysage.ca)

Charitable Registration No. 11915 4839 RRR0001

☐ I want to join the **Silver Threads** program with a monthly gift of \$25 dollars, please contact me.

### I want to make a

☐ one-time ☐ monthly  
☐ quarterly ☐ annual

### donation in the amount of:

☐ 20.00 ☐ 100.00 ☐ 500.00  
☐ 50.00 ☐ 250.00 ☐ 1000.00  
☐ OTHER : .....

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☐ Credit Card

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Member Agency.  
Supporting the United Way  
means supporting Sage!**



**United Way**  
Alberta Capital Region

## *In Memoriam*



### Tribute to Mary Engelmann



It is with sadness that we have learned of the passing of Mary Engelmann, a key figure at Sage during its formative years. Mary came on board in April 1971 when we were still known as the Society for the Retired and Semi-Retired, and fulfilled the duties of

Executive Director until 1975. She was committed to advancing the early values of the Society of “integrating the older person into the community; providing services to meet the special needs of ageing people and coordinating the delivery of services to the older person”.

Some of the initiatives that came into existence during her term of service at the Society include The Heritage Program, in which seniors attended grade four classes with stories and pictures of “what life used to be like when I was your age”; and Operation New Roof, a study that explored the housing needs and preferences of seniors in the city. She was a strong advocate for the enhancement of services that were easily accessible and appropriate to the needs of senior s.

In addition to receiving the 2012 Sage Award for Health & Wellness, Mary was also recognized with the YMCA Tribute to Women Award, the Alberta Association on Gerontology First Award of Excellence, and the City of Edmonton Salute to Excellence Award for Community Services. She was a tireless advocate for seniors, and an exemplary role model for the type of leadership and involvement required to help shape seniors' services for the future.

## SAGE SENIORS SAFE HOUSE DONATION LIST

**Sage** is grateful for all of the donations it receives. Clients receive items free of charge.

For safety reasons please note that we can accept only the **new** items listed below.

### Personal Care

- ✓ bath robes
- ✓ pajamas
- ✓ non-slip slippers
- ✓ socks
- ✓ bath towels
- ✓ face cloths
- ✓ nail polish
- ✓ purses, wallets, tote bags
- ✓ razors and shaving cream

### Home

- ✓ single comforters & deep pocket sheet sets (at least 20 inches)
- ✓ pillows
- ✓ dish soap
- ✓ writing pads
- ✓ calendars
- ✓ hard plastic laundry baskets
- ✓ small new household items such as toasters, glasses, pots, casserole dishes, tea pots and coffee makers, cooking utensils and dishes are also always helpful

**Gift Certificates** enable us to meet the diverse individual needs of the seniors who stay at the Safe House. We always appreciate gift certificates from coffee shops, grocery and department stores.

**Items Always In Need...** coffee, tea, sugar, garbage bags, toilet paper, paper towels, bleach and fabric softener. We can also use items for the Safe House itself, including:

- New lateral filing cabinet
- Outdoor chairs for balcony

For slightly used goods or large furniture items, please contact Find Furniture at 780.988.1717. For clothing donations please contact the Bissell Centre Thrift Shoppe at 780.471.6644.

**Knit slippers without non-slip soles cannot be accepted.** We appreciate the hard work, however these slippers are a fall hazard.

If you have questions about donations, please call the Safe House Manager at 780.628.1139. Then call 780.701.9014 to make arrangements for your drop off.



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SINCE 1980

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— Dick Olafson, Touchmark resident

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# Comfortable Senior Living

Boardwalk Retirement Community



Providing a caring environment that enriches the lives of  
our senior Resident Members.

Call **780.408.2666**  
today to book a showing!

10531 – 90 St. NW

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- Comfortable spacious suites
- Beautiful fireplace lounge with big screen television
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- Squash and racquetball courts for our active Resident Members
- Spectacular views and private balconies
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- 24-hour emergency nurse
- Affordable rates



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Stay comfortable in your home. Continue to enjoy the level of independence you expect with home medical equipment solutions from MEDmobility.

You can visit us at either of our two Edmonton locations or contact us and we would be pleased to bring the products to you for your evaluation.

### Mobility

- Scooters
- Wheelchairs, Power Chairs.
- Walkers

### Accessibility

- Stair Lifts, Porch Lifts, & Ramps.

### Home Care

- Home Care Beds
- Lift Chairs
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*MEDmobility can install a new Symax stair lift for \$2,995 in the metro Edmonton area. Our showroom model allows you to trial before you purchase.*

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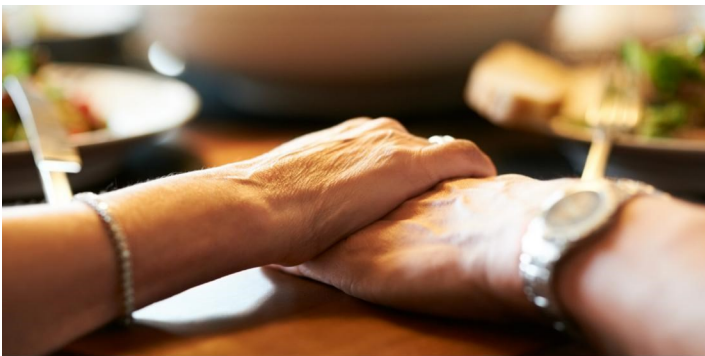
Ph: (780) 437-3300  
5711 - Calgary Trail

Visit our two Edmonton locations  
or view online at

[www.medmobility.ca](http://www.medmobility.ca)

### MEDmobility North

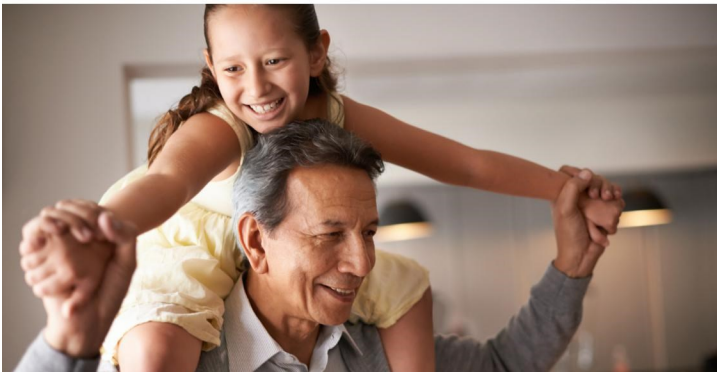
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# *Comfortable Senior Living*

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Providing a caring environment that enriches the lives of our  
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Sage thanks the **REALTORS® Community Foundation** for their generous support of This Full House programming.

The REALTORS® Community Foundation unites REALTORS® with our communities to help fund and support local charities that address homelessness, shelter, hunger, crime prevention and other needs in Edmonton and area. Learn more at:

[www.realtorscommunityfoundation.com](http://www.realtorscommunityfoundation.com) and  
[www.mysage.ca/help/this-full-house](http://www.mysage.ca/help/this-full-house)



Like us on Facebook!  
Sage Seniors Association



Follow us @sageyeg  
on Twitter!

### Renovation Notice

Sage is growing to serve you better! Over the next couple of months there will be changes to our space and services! We apologize in advance for any inconvenience the renovation process may cause.

We are grateful for your patience during this time and look forward to how these renovations serve the people who inspire us the most - Edmonton's seniors!

#### Questions about seniors programs and services?

**211 now provides enhanced information and referrals for a variety of seniors resources**



Dial 2-1-1 to be connected to the Seniors Information Phone Line

[www.mysage.ca](http://www.mysage.ca)

## **New plans. No surprises.**

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