




Sage Activities At-a-Glance

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>* Gentle Yoga with Justine will be on Fridays, not Wednesdays until Dec. 22 12-1pm (Sonia is away)</p>				<p>9:00-10:30 Senior Social Dance 1 9:30-12pm Drop-in Oil Painting 11:30 Bridge Club 12:00-1:00 Gentle Yoga 12:30 Brain Fitness 2:30 Computers for Beginners</p>	2
<p>3 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</p>	<p>4 11:20 Zumba Gold 11:30-1:30 Bridge Lessons (pre-register) 12:30 Brain Fitness 1:00 Line Dance (Beginner) 1:00 Travel Film 2:30 Computers for Beginners</p>	<p>5 9:00 Busy Fingers 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</p>	<p>6 10:00 Dominos 10-12 Device & Computer help 10:30 2017 Global Market rev 12-1 SING! Intercultural Singing 12:15-3:30 Line Dancing Classes 1:00 Crib Games in Café 1:00 Computers for Beginners 1:00 Sage volunteer 1:00 Sage Appreciation Event (must RSVP by Nov. 27)</p>	<p>7 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 12-4:00 Ukulele classes 1:00 Mahjong Drop-in</p>	<p>8 9:00-10:30 Senior Social Dance 9:30-12pm Drop-in Oil Painting 10:00 Brainiacs 11:30 Bridge Club 12:00-1 Gentle Yoga 12:15-3:30 Line Dancing Class 12:30 Brain Fitness 2:30 Computers for Beginners</p>	9
10	<p>11 11:20 Zumba Gold 11:30-1:30 Bridge Lessons (pre-register) 12:30 Brain Fitness 1:00 Line Dance (Beginner) 1:00 Travel Film 2:30 Computers for Beginners</p>	<p>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 1:00 Mahjong Drop-in- café 2:00 Ukulele Jam Session</p>	<p>13 10:00 Dominos 10-12 Device & Computer help 10:30 Tele Care Presentation 12:15-3:30 Line Dancing Classes 12-1 SING! Intercultural Singing 1:00 Crib Games in Café 1:00 Computers for Beginners 1:00 Christmas Concert 1:30 Creating unnecessary prob/J W 2:30 Computers for Beginners</p>	<p>14 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 11:30 Sage Christmas Dinner 12-4:00 Ukulele classes 1:00 GeriActors and Friends 1:00 Next Page Book Club 1:00 Mahjong Drop-in</p>	<p>15 9:00-10:30 Senior Social Dance 9:30-12pm Drop-in Oil Painting 11:30 Bridge Club 12:00-1 Gentle Yoga 12:00 Hotel MacDonald Xmas lunch 12:15-3:30 Line Dancing Class 12:30 Brain Fitness 2:30 Computers for Beginners</p>	16
<p>17 6:15pm Fiddler on the Roof Depart Sage at 6:15</p>	<p>18 9:30 Tai Chi resumes Jan 8 11:20 Zumba Gold - Cancelled 11:30-1:30 Bridge Lessons (pre-register) 1:00 Travel Film 1:00 Line Dancing (Beg.)</p>	<p>19 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 1:00 J. Wilting Discussion group 2:00 Ukulele Jam Session</p>	<p>20 10:00 Dominos 10-12 Device & Computer help 12:15-3:30 Line Dancing Classes 1:00 Crib Games in Café 1:30 Assertiveness with J. Wilting 6:00 Christmas Light Tour</p>	<p>21 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 12:30 Sage Tours with Joan 1:00 Mahjong Drop-in 1:00 Monthly Birthday Party</p>	<p>22 9:00-10:30 Senior Social Dance 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</p>	23
	<p>Christmas Day Sage is Closed</p>	<p>Boxing Day Sage is Closed</p>	<p>SAGE is closed until January 2, 2018 SAGE wishes everyone a Merry Christmas and a Happy New Year.</p>			30
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