


Sage Activities At-a-Glance

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p>1</p> <p>SAGE will be closed today</p>	<p>9:00 Busy Fingers (Class A)</p> <p>10:00 Line Dancing- Beginners</p> <p>10:00 Coffee Group/10:30 Colouring</p> <p>12:00 Cree Conversation group(Class A)</p> <p>1:00 Mahjong Drop-in- café</p> <p>1:00 Rainbow Group- café</p> <p>2:00 Ukulele Jam Session- café</p>	<p>10:00 Dominos -café</p> <p>10-12 Device & Computer help- 3rd</p> <p>12:15-3:30 Line Dancing Classes</p> <p>1:00 Computers for Beginners-3rd</p> <p>1:00 Ludi (drop-in game)-café</p> <p>1:30 Live and Learn with Jennie W Passive Aggressive Beh. (Class A)</p>	<p>4</p> <p>9:00-10:30 Senior Social Dance</p> <p>10:00 Colouring Group- café</p> <p>10:00 Scrabble Time -Café</p> <p>10:30 Sit & Be Fit (Aud until Jan.11)</p> <p>1:00 Mahjong Drop-in- café</p>	<p>5</p> <p>9:00-10:30 Senior Social Dance</p> <p>9:30-12pm Drop-in Oil Painting (Class A)</p> <p>10-11am EAL Chat Group (Class C)</p> <p>11:30 Bridge Club (3rd fl. Boardrm.)</p> <p>12:00-1:00 Gentle Yoga- resumes Jan.12</p> <p>12:15-3:30 Line Dancing Classes</p> <p>2:30 Computers for Beginners- 3rd</p>	6	
<p>7</p> <p>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>8</p> <p>9:30 Tai Chi resumes (Aud)</p> <p>11:20 Zumba Gold resumes (Aud)</p> <p>11:30 Bridge Club (3rd fl. Boardroom)</p> <p>12:30 Brain Fitness- 3rd</p> <p>1:00 Line Dance (Beginner)- Aud</p> <p>1:00 Travel Film- café</p> <p>2:30 Computers for Beginners-3rd</p>	<p>9</p> <p>9:00 Busy Fingers (Class A)</p> <p>10:00 Line Dancing- Beginners</p> <p>10:00 Coffee Group- café</p> <p>10:30 Colouring- café</p> <p>12:00 Cree Conversation (Class A)</p> <p>12:30 Lets do lunch - Characters</p> <p>1:00 Mahjong Drop-in- café</p> <p>1:00 Rainbow Group- café</p> <p>2:00 Ukulele Jam Session- café</p>	<p>10:00 Dominos- café</p> <p>10-12 Device & Computer help- 3rd</p> <p>12:15-3:30 Line Dancing Classes</p> <p>1:00 Computers for Beginners- 3rd</p> <p>1-2:30 Mahjong Lessons- café</p> <p>1:00 Ludi (drop-in game)-café</p> <p>2:00 E-Books on iPads(pre-regist Classroom A</p>	<p>11</p> <p>9:00-10:30 Senior Social Dance</p> <p>10:00 Colouring Group- café</p> <p>10:00 Scrabble Time -Café</p> <p>10:30 Sit & Be Fit (Class C)</p> <p>11:30 Sage Singers (Practice in Aud)</p> <p>11:30-1 SING! Choir (now in Aud)</p> <p>1:00 GeriActors and Friends (Aud)</p> <p>12-4:00 Ukulele classes (Class A)</p> <p>1:00 Mahjong Drop-in- café</p> <p>1:00 Next Page Book Club- 3rd fl Boardr</p>	<p>12</p> <p>9:00-10:30 Senior Social Dance</p> <p>9:30-12pm Drop-in Oil Painting (A)</p> <p>10:00 Brainiacs(Class B)</p> <p>10-11am EAL Chat Group (Class C)</p> <p>11:30 Bridge Club- 3rd floor Boardroom</p> <p>12:00-1 Gentle Yoga (Class C)</p> <p>12:15-3:30 Line Dancing Class (Aud)</p> <p>12:30 Brain Fitness- 3rd floor</p> <p>1:30 YiXue Holistic Practice(Class B)</p> <p>2:30 Computers for Beginners- 3rd</p>	13	
14	<p>15</p> <p>9:00 Mandarin Intro moved to Jan. 22nd</p> <p>9:30 Tai Chi Intro (Aud)</p> <p>11:20 Zumba Gold (Aud)</p> <p>11:30 Bridge Club (3rd fl. Boardroom)</p> <p>12:30 Brain Fitness- 3rd floor</p> <p>12:30 Kookum Senior Women's grp</p> <p>1:00 Line Dance (Beginner)- Aud</p> <p>1:00 Travel Film- café</p> <p>2:30 Computers for Beginners- 3rd</p>	<p>16</p> <p>9:00 Busy Fingers (Class A)</p> <p>10:00 Line Dancing- Beginners</p> <p>10:00 Coffee Group- café</p> <p>10:30 Colouring- café</p> <p>12:00 Cree Conversation (Class A)</p> <p>12:00 Rainbow Group- café</p> <p>1:00 Mahjong Drop-in- café</p> <p>1:00 Disc. group w/ J Wilting (3rd Boardr</p> <p>1:00 Legal Documents you should</p> <p>2:00 Ukulele Jam Session- café</p>	<p>17</p> <p>10:00 Dominos- café</p> <p>10:00 Retirement Income Blueprin</p> <p>10-12 Device & Computer help</p> <p>12:15-3:30 Line Dancing Classes</p> <p>1:00 Crib Games in Café</p> <p>1:00 Computers for Beginners</p> <p>1-2:30 Mahjong Lessons- café</p> <p>1:30 Manipulation - J Wilting (class</p> <p>2:30 Computers for Beginners</p> <p>2-3:30 iPad classes (café back table)</p>	<p>18</p> <p>9:00-10:30 Senior Social Dance</p> <p>10:00 Colouring Group</p> <p>10:00 Scrabble time-café</p> <p>10:30 Sit & Be Fit (Class C)</p> <p>11-1:00 Avon Calling- café</p> <p>11:30 Sage Singers (Practice in Aud)</p> <p>11:30-1 SING! Choir (now in Aud)</p> <p>12-4:00 Ukulele classes (Class A)</p> <p>1:00 GeriActors and Friends (Aud)</p> <p>1:00 Mahjong Drop-in</p>	<p>19</p> <p>9:00-10:30 Senior Social Dance</p> <p>9:30-12pm Drop-in Oil Painting</p> <p>10-11am EAL Chat Group</p> <p>11:30 Bridge Club</p> <p>12:00-1 Gentle Yoga</p> <p>12:15-3:30 Line Dancing Class</p> <p>12:30 Brain Fitness</p> <p>1:00 Movie & Popcorn - Last Vegas</p> <p>1:30 YiXue Holistic Practice</p> <p>1:30-2:30pm Better Balance Classes</p> <p>2:30 Computers for Beginners</p>	20	
21	<p>22</p> <p>9-11 Mandarian Intro classes</p> <p>9:30 Tai Chi Intro (Aud)</p> <p>10:00 River Cree Casino Outing</p> <p>11:20 Zumba Gold (Aud)</p> <p>11:30 Bridge Club (3rd fl. Boardroom)</p> <p>12:30 Brain Fitness- 3rd floor</p> <p>1:00 Travel Film- café</p> <p>1:00 Line Dancing (Beg.)</p>	<p>23</p> <p>9:00 Busy Fingers</p> <p>10:00 Coffee Group</p> <p>10:30 Colouring</p> <p>10:00 Line Dancing- Beginners</p> <p>10-12pm "New" Poetry Workshop</p> <p>12:00 Cree Conversation group (Class</p> <p>1:00 Rainbow Group</p> <p>1:00 Mahjong Drop-in- café</p> <p>2:00 Ukulele Jam Session</p>	<p>24</p> <p>9-11 Mandarian Intro classes</p> <p>10:00 Dominos- café</p> <p>10-12 Device & Computer help</p> <p>12:15-3:30 Line Dancing Classes</p> <p>1:00 Crib Games in Café</p> <p>1-2:30 Mahjong Lessons- café</p> <p>1:30 WEDNESDAY Wellness Talks are Back! (Class A)</p> <p>2-3:30 iPad classes (back of Café)</p>	<p>25</p> <p>9:00-10:30 Senior Social Dance</p> <p>10:00 Colouring Group</p> <p>10:00 Scrabble time-café</p> <p>10:30 Sit & Be Fit (Class C)</p> <p>11:30 Sage Singers (Practice in Aud)</p> <p>11:30-1 SING! Choir (now in Aud)</p> <p>12-4:00 Ukulele classes (Class A)</p> <p>12:30 pm Sage Tour with Joan</p> <p>1:00 GeriActors and Friends</p> <p>1:00 Mahjong Drop-in</p> <p>1:00 Monthly Birthday Party</p>	<p>26</p> <p>9:00-10:30 Senior Social Dance</p> <p>9:30-12pm Drop-in Oil Painting</p> <p>10:00 Brainiacs</p> <p>10-11am EAL Chat Group</p> <p>11:30 Bridge Club</p> <p>12:00-1 Gentle Yoga</p> <p>12:15-3:30 Line Dancing Class</p> <p>12:30 Brain Fitness</p> <p>12:30 Spanish for Beginners</p> <p>1:00 Men's Shed Discussion (Class A)</p> <p>1:30 YiXue Holistic Practice/ 1:30 Better Balance Classes</p> <p>2:30 Computers for Beginners</p>	27	
28	<p>29</p> <p>9-11 Mandarian Intro classes</p> <p>9:30 Tai Chi</p> <p>11:20 Zumba Gold</p> <p>11:30-1:30 Bridge Lessons (pre-registered)</p> <p>12:30 Brain Fitness</p> <p>12:30 Kookum Senior Women's grp</p> <p>1:00 Travel Film</p> <p>1:00 Line Dancing (Beg.)</p>	<p>30</p> <p>9:00 Busy Fingers</p> <p>10:00 Coffee Group</p> <p>10:30 Colouring</p> <p>10:00 Line Dancing- Beginners</p> <p>12:00 Cree Conversation group</p> <p>1:00 Rainbow Group</p> <p>1:00 Mahjong Drop-in- café</p> <p>2:00 Ukulele Jam Session</p>	<p>31</p> <p>9-11 Mandarian Intro classes</p> <p>10:00 Dominos</p> <p>10-12 Device & Computer help</p> <p>12:15-3:30 Line Dancing Classes</p> <p>1:00 Crib Games in Café</p> <p>1-2:30 Mahjong Lessons- café</p> <p>1:30 Assertiveness with J. Wilting (A)</p> <p>Social Isolation & Loneliness Coffee Talk</p> <p>2-3:30 iPad classes (Back of Café)</p>			<p>* Register now!: Mandarin Classes, Ukulele classes, Spanish Class, Mahjong Lessons, iPad classes, E-Books on iPads, Kookum Senior's Group, Cree Conversation, Men's Shed Discussion Better Balance Classes and more!</p>	