


## Sage Activities At-a-Glance

## February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:00-10:30 Senior Social Dance 1 10:00 Colouring Group- café 10:00 Scrabble Time -Café 10:30 Sit & Be Fit (C) 11:30 Sage Singers 11:45-1 SING! Choir (Aud) 1:00 GeriActors and Friends (Aud) 1-4:00 Ukulele classes (A) 1:00 Mahjong Drop-in- café	9:00-10:30 Senior Social Dance 2 9:30-12pm Drop-in Oil Painting (A) <b>10:30 Alzheimer's &amp; Dementia Aware</b> 9:00-10am EAL Chat Group (C) 11:30 Bridge Club (3rd fl. Boardrm.) 12:00-1:00 Gentle Yoga (C) 12:15-3:30 Line Dancing Classes 12:30 Spanish for Beginners 1:30-2:30 Better Balance Classes (C) 1:00 Men's Shed (A) 2:00 YiXue Holistic Practice	
4  For more information for these and other activities at Sage, visit our website at <a href="http://www.mysage.ca">www.mysage.ca</a> or check out our newsletter. Call (780) 423-5510 ext 301	5 9:30 Tai Chi (Aud) 11:20 Zumba Gold resumes (Aud) 11:30 Bridge Club (3rd fl. Bdrm) 12:30 Brain Fitness- 3rd 1:00 Line Dance (Beginner)- Aud 1:00 Travel Film- café 1:00-2:30 Ludo with Robert Simpson	6 9:00 Busy Fingers (A) 10:00 Line Dancing- Beginners 10:00 Coffee Group- café 10:30 Colouring- café 12:00 Cree Conversation (A) 1:00 Mahjong Drop-in- café 1:00 Rainbow Group- café 2:00 Ukulele Jam Session- café	7 10:00 Dominos-Café 10-12 Device & Computer help- 3rd 12:15-3:30 Line Dancing Classes 12:30 Mental Health-What is Mental Health 1:30 Wellness Series-Neurosis (A) 1-2:30 Mahjong Lessons- café 1:00 Ludi (drop-in game)-café 2:00-3:30 iPads (Café back) 2:30 Computers for Beginners- 3rd	8 9:00-10:30 Senior Social Dance 10:00 Colouring Group- café 10:00 Scrabble Time -Café <b>10:30-12 pm - Andrew Knack - Current City Issues</b> 10:30 Sit & Be Fit (C) 11:00 Sage Singers 11:45-1 SING! Choir (Aud) 1:00 GeriActors and Friends (Aud) 1:00-4:00 Ukulele classes (A) 1:00 Mahjong Drop-in- café 1:00 Next Page Book Club- 3rd fl Bdrm	9 9:00-10:30 Senior Social Dance 9:30-12pm Drop-in Oil Painting (A) 10:00 Brainiacs (B) 9:00 -10am EAL Chat Group (C) <b>11:00 NAIT-Ernest's Lunch Buffet</b> 11:30 Bridge Club- 3rd floor Bdrm 12:00-1 Gentle Yoga (C) 12:15-3:30 Line Dancing Class (Aud) 12:30 Spanish for Beginners 12:30 Brain Fitness (Computer Lab) 1:00 Men's Shed (A) 1:30-2:30 Better Balance Classes (C) 2:00 YiXue Holistic Practice(B) 2:30 Computers for Beginners- 3rd	10
11	12 9:30 Tai Chi Intro (Aud) 11:20 Zumba Gold (Aud) 11:30 Bridge Club (3rd fl. Bdrm) 12:30 Brain Fitness (Computer Lab) 1:00 Line Dance (Beginner)- Aud 1:00 Travel Film- café 1:00-2:30 Ludo with Robert Simpson 2:30 Computers for Beginners- 3rd	13 9:00 Busy Fingers (A) 10:00 Line Dancing- Beginners 10:00-12 Short Story Writing 10:00 Coffee Group- café 10:30 Colouring- café 12:00 Cree Conversation (A) 12:00 Rainbow Group- café <b>12:30 Lets Do Lunch -De Dutch</b> 1:00 Here's to Your Health 1:00 Mahjong Drop-in- café 2:00 Ukulele Jam Session- café	14 10:00 Dominos- café <b>10:30 Managing retirement</b> 10-12 Device & Computer help 12:15-3:30 Line Dancing Classes <b>1:00 Chinese New Year Celebration</b> 1:00 Crib Games in Café 1-2:30 Mahjong Lessons- café 2:30 Computers for Beginners 2-3:30 iPad classes (café back)	15 9:00-10:30 Senior Social Dance 10:00 Colouring Group 10:00 Scrabble time-café 10:30 Sit & Be Fit (C) 11:00-1:00 Avon Calling 11:30 Sage Singers 11:45-1 SING! Choir (Aud) 1-4:00 Ukulele classes (A) <b>1:00 Federal Benefits presentation</b> <b>2:15 Alberta Benefits presentation</b> 1:00 GeriActors and Friends (Aud) 1:00 Mahjong Drop-in	16 9:00-10:30 Senior Social Dance 9:30-12pm Drop-in Oil Painting 9:00-10am EAL Chat Group © 11:30 Bridge Club 12:00-1 Gentle Yoga (C) 12:15-3:30 Line Dancing Class 12:30 Brain Fitness (Computer Lab) 12:30 Spanish for Beginners 1:00 Movie & Popcorn-Wonder Woman 1:00 Men's Shed (A) 2:00 YiXue Holistic Practice 1:30-2:30 Better Balance Classes (C) 2:30 Computers for Beginners	17
18  <b>Better Balance Classes are Back!! Fridays 1:30-1:20 pm starting January 19th. Must Pre-register at Main Desk. Classes are with UofA Dept of Phy Ed students.</b>	<b>CLOSED</b>  <b>FAMILY DAY</b>	20 9:00 Busy Fingers 10:00 Coffee Group 10:30 Colouring 10:00 Line Dancing- Beginners 12:00 Cree Conversation (A) <b>1:00 Funeral Pre-Planning</b> 1:00 Rainbow Group 1:30 Disc. group w/ J Wilting (3rd Bdrm) 1:00 Mahjong Drop-in- café 2:00 Ukulele Jam Session	21 10:00 Dominos- café 10-12 Device & Computer help 12:15-3:30 Line Dancing Classes 1:00 Crib Games in Café 1:30 Wellness Talks-Anger (A) 2-3:30 iPad classes (Café back) 2:30 Computers for Beginners	22 9:00-10:30 Senior Social Dance 10:00 Colouring Group 10:00 Scrabble time-café 10:30 Sit & Be Fit (C) 11:30 Sage Singers 11:45-1 SING! Choir (Aud) 12:30 pm Sage Tour with Joan 1:00 GeriActors and Friends 1:00 Mahjong Drop-in <b>1:00 Monthly Birthday Party</b> 1-4:00 Ukulele classes (A)	23 9:00-10:30 Senior Social Dance 9:30-12pm Drop-in Oil Painting 10:00 Brainiacs 9:00-10am EAL Chat Group © 11:30 Bridge Club 12:00-1 Gentle Yoga (C) 12:15-3:30 Line Dancing Class 12:30 Brain Fitness (Computer Lab) 12:30 Spanish for Beginners 1:00 Men's Shed (A) 2:00 YiXue Holistic Practice 1:30 Better Balance Classes (C) 2:30 Computers for Beginners	24
25  <b>Holden Dinner Theatre "Vinok World Dance" Depart Sage at 12:00 pm</b>	26 9:30 Tai Chi (Aud) <b>10:00 River Cree Casino</b> 11:20 Zumba Gold 11:30-1:30 Bridge Lessons (pre-registered) 12:30 Brain Fitness (Computer Lab) 1:00 Travel Film 1:00 Line Dancing (Beg.) 1:00-2:30 Ludo with Robert Simpson	27 9:00 Busy Fingers 10:00 Coffee Group 10:30 Colouring 10:00 Line Dancing- Beginners 12:00 Cree Conversation (A) 1:00 Rainbow Group 1:00 Mahjong Drop-in- café 1:00 Here's to Your Health 1:30 Better Balance 2:00 Ukulele Jam Session	28 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 (A)	<b>SAGE phone # is 780-423-5510 Ext. 301</b> <b>* Register now!</b>  <b>Ukulele classes, Spanish Class, Mahjong Lessons, iPad classes, E-Books on iPads, Kookum Senior's Group, Cree Conversation, Men's Shed Discussion</b>		