

## Upcoming Sage Activities - February 2018

Open to everyone, no Sage membership required  
~see monthly calendar for complete activity listing~

### New programs and Program changes:

- Mandarin Introduction Classes have been cancelled.
- Spanish for Beginners begins on Friday, January 26 and every Friday thereafter until
- Poetry Workshop - Examine various styles of poetic expression. Participants will write some poems to share or to keep private. Taught by Melle Huizinga. Pre-registure. Date: January 23
- 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.
- Short Story Writing Workshop will be starting on Tuesday, February 13.
- Join Robert on Mondays, starting the 1<sup>st</sup> Monday of February at 1:00 - 2:30. Learn how to play Ludo or join in a game if you know how to play.

### Regularly Occurring Programs by days of the week:

#### Mondays:

**Tai Chi Introduction with Master Ken-** introduction to Tai Chi, which includes 10 simple Tai Chi movements, warm up exercises, sitting & walking Tai Chi movements. Health benefits include improving balance, coordination and range of movement!

**Date:** Resumed January 8, 2018

**Time:** 9:30am

**Location:** Auditorium

**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- January 8

**Time:** 11:20am

**Location:** Auditorium

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

**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:** February 7, 9, 12, 14, 16, 19, 21

**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 to join and led by Sophie Laboucan from Bent Arrow Healing Society.

**Time:** 12:30pm

**Location:** Classroom A

**Cost:** Free

**Date:** Commences Monday Jan 15

**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. Pre-register.

**Date:** Jan 8 - Feb 2 and Feb 9 - March 9

**Time:** 12:30pm

## **Mondays: (con't)**

**Raye Dolgoy Bridge Club** - an opportunity to learn to play the game of bridge or freshen up your skills. Offered by Raye Dolgoy Bridge Club's game director Henry Chung. to register. You MUST pre-register for lessons.

**Date: Mondays Time: 11:30-1:30pm**

**Cost:** \$50.00 for 20 Comprehensive lessons (learn to play bridge)  
or \$5.00 for specific/refresher lesson 3<sup>rd</sup> Floor Boardroom

**Ludo** - Join Robert on Mondays, starting the 1<sup>st</sup> Monday of February. Learn how to play Ludo or join in a game if you know how to play.

**Time:** 1:00 - 2:30

**Date:** February 5

**Cost:** Free

**Location:** Sage Café

**River Cree Casino Monthly Outing** - hop on Intrepid Charter's bus the 4<sup>th</sup> Monday of every month for a fun day at the casino.

**Date:** February 26

**Cost:** \$5.00

**Time:** Depart Sage at 10 am

## **Tuesdays:**

**Jennie Wilting Discussion Group** - a discussion group featuring interesting, controversial, and thought-provoking topics. Jennie will not lecture, only facilitate this group. Meets at 1:30 pm on the 3<sup>rd</sup> Tuesday of every month.

**Dates:** February 20

**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:** 1pm

**Location:** Café

**Cost:** Free

**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 & Thursdays

**Time:** 10:30am

**Location:** Sage café

**Cost:** Free

**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 available in café for purchase if you like.

**Date:** Tuesdays

**Time:** 10:00am

**Location:** Sage café

**Cost:** Free

**Busy Fingers** is a year round crafting group that meets every Tuesday in Classroom A from 9:00-11:30am. 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.

**Cree Conversation Group-** This is a weekly gathering that is a great, informal opportunity to learn and share one of Canada's original languages. Group is open to everyone.

**Date:** Tuesdays

**Location:** Café

**Time:** 12:00pm

**Cost:** Free

**Let's do Lunch** is a group that comes together on the second Tuesday of each month at 12:30pm (or 1:00pm at restaurant) and ventures out to new dining experiences. Must pre-register. Call **Sage** to register. Cost: must pay own lunch costs +ETS

**Date:** February 13

**Location:** De Dutch Restaurant  
Jasper Avenue

## Tuesdays (con't):

**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.

**Date:** Tuesday, Feb. 20                      **Location:** Sage Café

**Time:** 1:00

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

Pre-registure.

**Date:** January 23

**Time:** 10 - 12 pm

**Cost:** Free

## Wednesdays:

**Managing a retirement portfolio with rising interest rates -**

**Date:** Wednesday, February 14

**Time:** 10:30

**Location:** Sage

**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:** February 7, 9, 12, 14, 16, 19, 21

**Device and Computer help-** drop-in for some 1-1 volunteer help- whether it is a computer question, Microsoft Word, emails, internet, laptops, iPads, cell phones, etc.

**Date:** Wednesdays, Jan 17, 24, 31, Feb 7, 14, 21

**Time:** 10-12pm

**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)

**Wellbeing Series with Jennie Wilting-** join Jennie, a retired nurse with a great sense of humour, as she discusses various topics relating to overall wellbeing. Talks are held at 1:30pm in the Classroom A.

**Date:** Feb 7 - Neurosis; Feb 21 - Anger

**Cost:** \$1.00

**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:** 10:00am

**Location:** Sage Café

**Cost:** Free

The **Raye Dolgoy Bridge Club** meets each **Wednesday and Friday** from 11:30-4:00pm in the Raye Dolgoy Room. Club members gather to enjoy games of bridge and have fun. The cost is \$1.50 per play. Anyone wishing to learn how to play or refresh their bridge skills is welcome to register for lessons. Register by calling Rachel at (780)701-9016

**Crib:** Play some crib and have fun each Wednesday at 1:00 pm in the café. Open to everyone

**Cost:** Free

## Thursday:

**SING! Seniors Intercultural & Newcomers Gathering-** enjoy sharing music while practicing English and meeting new friends.

**Date:** Thursdays

**Time:** 12-1pm

**Location:** Classroom B

**Cost:** Free

## **Thursday (con't):**

**Everyday Fitness (Sit and be Fit)-** stay active with this easy and fun exercise series lead by a volunteer instructor. All skill levels welcome.

**Date:** Thursdays

**Time:** 10:30am

**Cost:** Free

**Ukulele Classes-** Sage is strumming and humming! Come and join the fun. Our instructor, Elaine Mann, offers 3 levels. You can enter at one level, and switch to another at any time.

**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.**

- **Beginner/Intermediate:** for those who know a few chords
- **Multilevel:** various strumming & picking styles

**Date:** Session 2- Jan. 11 to Mar. 29

**Time:** Multilevel: 2:00-3:30pm

Beginner/Intermediate: 1:15-2:15pm

**Cost:** \$55.00

**GeriActors and Friends** meet on Thursdays at 1:00pm in the auditorium. No acting experience required, just stories to tell and the passion for performing in front of audiences. Consider joining 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!

**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.

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

**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:** 9-10:30am

**Location:** Auditorium

**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

**Cost:** Free

**Time:** 10:00 am

**Location:** Sage café

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

**Date:** February 22

**Sage Monthly Birthday Party:** Sage celebrates birthdays the last Thursday of every month at 1:00pm 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:** January 25<sup>th</sup>.

**Time:** 1pm

**Location:** Sage Café

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

## **Thursday (con't):**

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

**Dates:** Feb 15     **Time:** 11-1pm     **Location:** Sage Café

**The Next Page Book Club** will meet for a new reading adventure on the 2<sup>nd</sup> Thursday of every month at 1:00pm in the Raye Dolgoy Room. The style of book will vary from mystery to biographies. Please register at the front desk.

## **Fridays:**

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

**Date:** Fridays                      Classroom C

**Time:** 12-1pm                      **Cost:** Free

**'Brainiacs' Drop-in Activity group** - challenge your brain with games and new tips & tools on how to maintain an active, healthy brain. New leader is Sage's volunteer, Lorraine.

**Date:** The 2<sup>nd</sup> & 4<sup>th</sup> Friday of the month                      **Time:** 10:00am

**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:** February 7, 9, 12, 14, 16, 19, 21                      **Time:** 2:30 pm

**Spanish for Seniors-** 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! Must pre-register.

**Date:** Fridays- Jan. 26 - Mar 9                      **Time:** 12:30pm

**Cost:** \$20.00

**Monthly Movie & Popcorn** - come and join us in Classroom B at 1:00pm the third Friday of the month for a movie and popcorn.

**Cost** is \$1.00 for popcorn.

**Dates:** February 16                      **Time:** 1:00

**Movie:** Wonder Woman

**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:** 9-10:30am

**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:** Begins Friday January 12                      **Time:** 2:00pm

**Location:** meet in lobby                      **Cost:** Free (donations are welcome)

**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. **Pre-register.**

**Time:** 12:30pm     **Location:** Sage Computer Lab     **Cost:** \$29.00

**Dates:** Jan 8 - Feb 2 and Feb 9 - March 9

**Alzheimer's & Dementia Awareness Info:** Words we often hear but, what do they mean? What supports are available.

**Date:** Friday, Feb 2                      **Time:** 10:30

**Cost:** Free

## **Fridays (con't):**

**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:** 9:30-12pm

**Location:** Classroom A

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

**Raye Dolgoy Bridge Club** meets each **Wednesday and Friday** from 11:30-4:00pm in the Raye Dolgoy Room. Club members gather to enjoy games of bridge and have fun. The cost is \$1.50 per play. Anyone wishing to learn how to play or refresh their bridge skills is welcome to register for lessons. Register by calling Rachel at (780)701-9016

Games & Puzzle room! The Games Room is on the main floor of Sage. Come and play crib, scrabble, checkers, board games, mahjong or work on puzzles.

**Time:** 12-1pm

**Cost:** Free

**EAL Chat Group** - a chance to practice speaking English while meeting new people. Refreshments required.

**Date:** Fridays

**Time:** 9:00 - 10:00 am

**Location:** Classroom C

**Cost:** Free