


Sage Activities At-a-Glance				March		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  <b>SAGE phone # is 780-423-5510 Ext. 301</b>				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) 1-4:00 Ukulele classes (A) 1:00 Mahjong Drop-in- café 1:00 Ludo (drop-in game)-café 1:00 Geri Actors & Friends (Aud)	9:00-10:30 Senior Social Dance 2 9:30-12pm Drop-in Oil Painting (A) 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 Brain Fitness 1:00 Men's Shed (A) 1:30-2:30 Better Balance Classes (C) 3-5 GeriActors Workshop (C)	3
4	5	6	7	8	9	10
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	9:30 Tai Chi (Aud) 11:20 Zumba Gold (Aud) 11:30 Bridge Club (3rd fl. Bdrm) 12:30 Brain Fitness- 3rd <b>12:30 Kookum Senior Women's Grp</b> 1:00 Line Dance (Beginner)- Aud 1:00 Travel Film- café 1:00-2:30 Ludo with Robert Simpson	9:00 Busy Fingers (A) <b>9:30-11:30 Blue Pencil Café</b> 10:00 Line Dancing- Beginners <b>10:00 News &amp; Views Group</b> 10:30 Colouring- café 12:00 Cree Conversation (A) 12-1:00 Better Balance Class (Aud) 1:00 Mahjong Drop-in- café 1:00 Rainbow Group- café 2:00 Ukulele Jam Session- café	10:00 Dominos-Café 10-12 Device & Computer help- 3rd 11:30 Bridge Club (3) 12:15-3:30 Line Dancing Classes 1:00 Ludo (drop-in game)-café 1:30 Wellness Series-Guilt(A) 2:30 Computers for Beginners- 3rd	9:00-10:30 Senior Social Dance 10:00 Colouring Group- café 10:00 Scrabble Time -Café 10:30 Sit & Be Fit (C) 11:00 Sage Singers 11:45-1 SING! Choir (Aud) 12-1:00 Better Balance Class (C) 1:00 Ludo (drop-in game)-café 1:00-4:00 Ukulele classes (A) 1:00 Mahjong Drop-in- café 1:00 Next Page Book Club- 3rd fl Bdr 1:00 Geri Actors & Friends (Aud)	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>11-11:30 Laughter Yoga Workshop</b> 11:30 Bridge Club- 3rd floor Bdrm 12:00-1 Gentle Yoga (C) 12:15-3:30 Line Dancing Class (Aud) 12:30 Brain Fitness (Computer Lab) 1:00 Men's Shed (A) 1:30-2:30 Better Balance Classes (C) 2:30 Computers for Beginners- 3rd 3-5 GeriActors Workshop (C)	
11	12	13	14	15	16	17
	9:30 Tai Chi Intro (Aud) 11:20 Zumba Gold (Aud) 11:30 Bridge Club (3rd fl. Bdrm) <b>12:30 Kookum Senior Women's Grp</b> 1:00 Line Dance (Beginner)- Aud 1:00 Travel Film- café <b>1:00 Word Games (new)</b> 1:00-2:30 Ludo with Robert Simpson 2:30 Computers for Beginners- 3rd	9:00 Busy Fingers (A) <b>9:30-11:30 Blue Pencil Café</b> 10:00 Line Dancing- Beginners <b>10:00 News &amp; Views Group</b> 10:30 Colouring- café 12:00 Cree Conversation (A) 12:00 Rainbow Group- café 12-1:00 Better Balance Class (Aud) <b>12:30 Lets Do Lunch -Characters</b> <b>1-2:30 Poetry Series (B)</b> 1:00 Here's to Your Health (Boardrm) 1:00 Mahjong Drop-in- café 2:00 Ukulele Jam Session- café	10:00 Dominos- café <b>10:00 Socially Responsible Inves</b> 10-12 Device & Computer help 11:30 Bridge Club (3) 12:15-3:30 Line Dancing Classes 1:00 Ludo (drop-in game)-café 1:00 Crib Games in Café <b>1:30 "Smart Seniors Series" Electrical &amp; wiring in home (A)</b> 2:30 Computers for Beginners <b>5:45 "Blue Stockings" play (Depart Sage)</b>	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) 12-1:00 Better Balance Class (C) <b>12:30 St. Patrick's Day Party (café)</b> 1-4:00 Ukulele classes (A) 1:00 Ludo (drop-in game)-café 1:00 Mahjong Drop-in 1:00 Geri Actors & Friends (Aud)	9:00-10:30 Senior Social Dance 9:30-12pm Drop-in Oil Painting 9:00-10am EAL Chat Group (C) 11:30 Bridge Club 12:00-1 Gentle Yoga (C) 12:15-3:30 Line Dancing Class 1:00 Men's Shed (A) 1:30-2:30 Better Balance Classes (C) 2:30 Computers for Beginners 3-5 GeriActors Workshop (C)	
18	19	20	21	22	23	24
<b>Better Balance Classes are Back!! Must Pre-register at Main Desk. Classses are with UofA Dept of Phy Ed students.</b>	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	9:00 Busy Fingers <b>9:30-11:30 Blue Pencil Café</b> 10:00 Line Dancing- Beginners <b>10:00 News &amp; Views Group</b> 10:30 Colouring 11:00 Poet's Corner - Café 12:00 Cree Conversation (A) 12-1:00 Better Balance Class (Aud) 1:00 Rainbow Group 1:30 Disc. group w/ J Wilting (3rd Bdrm) 1:00 Mahjong Drop-in- café 2:00 Ukulele Jam Session	10:00 Dominos- café 10-12 Device & Computer help 11:30 Bridge Club (3) 12:15-3:30 Line Dancing Classes 1:00 Ludo (drop-in game)-café 1:00 Crib Games in Café 1:30 Wellness Talks-Worry (A) 2:30 Computers for Beginners	9:00-10:30 Senior Social Dance 10:00 Colouring Group 10:00 Scrabble time-café 10:30 Sit & Be Fit (C) <b>11:15-12:15 City Hall Kids interview</b> 11:30 Sage Singers 11:45-1 SING! Choir (Aud) 12-1:00 Better Balance Class (C) 1:00 Mahjong Drop-in 1-4:00 Ukulele classes (A) 1:00 Ludo (drop-in game)-café 1:00 Geri Actors & Friends (Aud)	9:00-10:30 Senior Social Dance 9:30-12pm Drop-in Oil Painting 10:00 Brainiacs 9:00-10am EAL Chat Group (C) <b>11-11:30 Laughter Yoga Workshop</b> 11:30 Bridge Club 12:00-1 Gentle Yoga (C) 12:15-3:30 Line Dancing Class 12:30 Brain Fitness (Computer Lab) 1:00 Men's Shed (A) 1:30 Better Balance Classes (C) 3-5 GeriActors Workshop (C)	
25	26	27	28	29	30	31
	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	9:00 Busy Fingers <b>9:30-11:30 Blue Pencil Café</b> 10:30 Colouring 10:00 Line Dancing- Beginners <b>10:00 News &amp; Views Group</b> 12:00 Cree Conversation (A) 12-1:00 Better Balance (Aud) <b>1-2:30 Poetry Series (B)</b> 1:00 Rainbow Group 1:00 Mahjong Drop-in- café 1:00 Here's to Your Health (Boardrm) 1-3:00 Mahjong for Beginners (café) 2:00 Ukulele Jam Session	10:00 Dominos 10-12 Device & Computer help 11:30 Bridge Club (3) 12:15-3:30 Line Dancing Classes 1:00 Crib Games in Café 1:00 Ludo (drop-in game)-café <b>1:30 TED talks discussion group</b>	9-10:30 Senior Social Dance 10:00 Colouring Group/Scrabble time 10:30 Sit & Be Fit (C) 11:30 Sage Singers <b>11:30-1 Easter Dinner (café)</b> 11:45-1 SING! Choir (Aud) 12-1:00 Better Balance (C) 12:30 Sage Tour with Joan 1:00 Mahjong Drop-in 1-4:00 Ukulele classes (A) 1:00 Ludo (drop-in game)-café 1:00 Geri Actors & Friends (Aud) <b>1:00 Birthday Party</b>	<b>Today is Good Friday</b>  <b>SAGE will be Closed</b>	

