

Sage Activities - March 2018

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

New programs and Program changes:

- **“New” Laughter Yoga Workshop** - this yoga practice involves prolonged voluntary laughter, which is good for your mind and body - Fridays, starting March 6 at 11:00 in Classroom B.
- **“New” Word Games** - a fun group where you work together to find all the words you can make from the letters in a large word. Will be held the 2nd Monday of the month at 1:00 pm.
- **“New” Ludo** - a fun board game that is a great chance to meet people and is easy for all skill levels to learn. Drop in Mondays, Wednesdays & Thursdays at 1:00 pm.
- **“New” GeriActors Workshop:** Introduction to Storytelling and Acting. Learn how to turn your stories in plays, improvise on the spot. Fridays, March 2 to May 11 from 3:00 to 5:00 in Classroom C.
- **“New Date” Poet’s Corner** - Find fellow poets in this free drop-in group on the 3rd Tuesday of every month.
- **“New” TED Talks Discussion Group** - TED Talks are influential videos from expert speakers on science, tech, creativity and more. Held last Wednesday monthly starting March 28 at 1:30 in Classroom A.
- **“New” Smart Seniors Series** (Monthly Presentations on Things you Should Know): Date is 2nd Wednesday monthly at 1:30. March will be Electrical & Wiring in Your Home.
- **“New” Here’s to Your Health Presentations.** Join Sage for presentations on different health related topics including diet, exercise, wellbeing & more. Offered the 2nd and 4th Tuesdays monthly at 1:15.

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: March 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

Mondays: (con't)

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: Monday's & Fridays - March 19 April 20

Time: 12:30pm

"New" Word Games - a fun group where you work together to find all of the words you can make from the letters in a large word. A great way to meet people and test your brain!

Date: 2nd Monday of the month

Time: 1:00

"New" Ludo - a fun board game that is a great chance to meet people and is easy for all skill levels to learn. Drop in.

Date: Mondays Wednesdays & Thursdays

Time: 1:00

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 3rd Floor Boardroom

Ludo - Join Robert on Mondays to play Ludo. Learn how to play Ludo or join in a game if you know how to play.

Time: 1:00 - 2:30

Date: Every Monday

Cost: Free

Location: Sage Café

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

Date: Monday, March 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 3rd Tuesday of every month.

Dates: March 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

Tuesdays: (con't)

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: March 13 **Location:** Characters
10257 105 Street

Poetry Series - learn the basics of how to write a poem;, types of poetry and help with your poem writing.. Classroom B

Date: 2nd & 4th Tues. monthly March-May **Time:** 1 pm - 2:30 pm
Cost: \$20.00

Blue Pencil Cafe (Writing Classes) wanted to write but didn't know where to start or lacked the motivation? Join our weekly writing circle where your stories, poems, memoirs take centre stage.

Date: Tuesdays, March 6 - April 17 **Time:** 9:30 am - 11:30 am
Cost: \$42.00

News & Views Group - drop-in for interesting conversation and a great chance to meet new people. Participants are encouraged to bring news clippings to discuss

Date: Tuesdays **Time:** 10:00 am
Location: Cafe **Cost:** Free

Better Balance Class - Physical Therapy students from U of A help as balance and strengthening exercises.

Date: March 2, 9, 16, 23 **Time:** 1:30 - 2:30
Cost: Free

Wednesdays:

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:** March 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: March 7 - Guilt, March 21 - Worry **Time:** 1:30
Location: Classroom A **Cost:** \$1.00

Wednesdays: (con't)

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

“New” Ludo - a fun board game that is a great chance to meet people and is easy for all skill levels to learn. Drop in.

Date: Mondays Wednesdays & Thursdays

Time: 1:00

Smart Seniors Series - Monthly Presentations on Things you Should Know- Electrical & Wiring in your home

Date: March 14, 2nd Wednesday monthly

Time 1:30

Socially Responsible Investments -

Date: March 14

Time: 10:00 am

“Blue Stockings” play & discussion - “Blue Stockings” is a moving, comical story of four young women fighting for the right to education against the larger backdrop of women’s suffrage. Register by March 10.

Date: Wednesday, March 14

Time: Depart Sage at 5:45

Cost: \$12.00

Play is 6:30 pm

“New” TED Talks Discussion group - TED Talks are influential videos from expert speakers on science, tech, creativity and more. Held every Wednesday monthly.

Date: March 28

Time: 1:30 pm

Location: Classroom A

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

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

Thursday: (con't)

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: March 29

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: March 29

Time: 1pm

Location: Sage Café

Cost: Free Cake and Live Music!

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

Dates: March 15 **Time:** 11-1pm

Location: Sage Café

The Next Page Book Club will meet for a new reading adventure on the 2nd 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.

Thursday: (con't)

“New” Ludo - a fun board game that is a great chance to meet people and is easy for all skill levels to learn. Drop in.

Date: Mondays Wednesdays & Thursdays

Time: 1:00

St. Patrick’s Day Party - join us for a party that includes live music and cake! Stew is available for purchase for lunch at Cafe.

Date: Thursday, March 15

Time: 12:30 pm

Location: Cafe

Cost: Free

Better Balance Class - Physical Therapy students from U of A help as balance and strengthening exercises.

Date: March 2, 9, 16, 23

Time: 1:30 - 2:30

Cost: Free

Easter Dinner - Celebrate Easter with a delicious lunch including ham, scalloped potatoes, carrots, dessert (birthday cake)

Date: Thursday, March 29

Time: 11:30 am - 1:00 pm

Cost: \$10.95

Fridays:

Gentle Yoga - 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 2nd & 4th 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: March 7, 9, 12, 14, 16, 19, 21

Time: 2:30 pm

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

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

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)

Fridays: (con't)

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

“New Laughter Yoga Workshop - this yoga practice involves prolonged voluntary laughter, which is good for your mind and body.

Date: Fridays, March 9 and 23

Time: 11:am - 11:30 am

Location: Classroom B

Cost: Free