


Sage Activities At-a-Glance

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SAGE phone # is 780-423-5510 Ext. 301</p>	<p style="color: purple; font-size: 1.2em;">Sage is closed today for Easter Monday</p>	<p>2 9:00 Busy Fingers (A) 3</p> <p>9:30-11:30 Blue Pencil Café (C)</p> <p>10:00 Line Dancing Beginners (aud)</p> <p>10:00 News & Views Group (café)</p> <p>10:30 Colouring (café)</p> <p>12:00 Cree Conversation (A)</p> <p>12-1:00 Better Balance Class (aud)</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>4 10:00 Dominos (café) 4</p> <p>10-12 Device & Computer help (3rd)</p> <p>11:30 Bridge Club (3rd flr Boardrm)</p> <p>12:15-3:30 Line Dancing Classes (aud)</p> <p>1:00 Ludo (drop-in game) (café)</p> <p>1:00 Mahjong Lessons (café)</p> <p>1:30 Wellness Series-Depression(A)</p> <p>2:30 Computers for Beginners(3rd)</p>	<p>5 9:00-10:30 Senior Social Dance (aud) 5</p> <p>10:00 Colouring Group (café)</p> <p>10:00 Scrabble Time (café)</p> <p>10:30 Sit & Be Fit (C)</p> <p>11:00 Sage Singers</p> <p>11:45-1 SING! Choir (aud)</p> <p>12:30 ESO & Winspear Tours (Depart Sage at 12:30 pm)</p> <p>1-4:00 Ukulele classes (A)</p> <p>1:00 Mahjong Drop-in (café)</p> <p>1:00 Ludo (drop-in game) (café)</p> <p>1:15 Geri Actors & Friends (aud)</p>	<p>6 9:00-10:30 Senior Social Dance (aud) 6</p> <p>9:30-12pm Drop-in Oil Painting (A)</p> <p>9:00-10am EAL Chat Group (C)</p> <p>11:00 Laughter Yoga</p> <p>11:30 Bridge Club (3rd fl. Boardrm.)</p> <p>12:00-1:00 Gentle Yoga (C)</p> <p>12:15-3:30 Line Dancing Class (aud)</p> <p>12:30 Brain Fitness (3)</p> <p>1:30-2:30 Better Balance Classes (C)</p> <p>2:00-4:00 Downtown Men's Shed (A)</p> <p>2:30 Computers for Beginners (3rd)</p> <p>3-5 GeriActors Workshop (C)</p>	<p>7</p>
<p>8</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>9 9:30 Tai Chi (aud) 9</p> <p>11:20 Zumba Gold (aud)</p> <p>11:30 Bridge Club (3rd fl. Bdrm)</p> <p>12:30 Brain Fitness (3rd)</p> <p>12:30 Kookum Senior Women's Grp (A) Making essential oils</p> <p>1:00 Line Dance Beginner (aud)</p> <p>1:00 Travel Film (café)</p> <p>1:00-2:30 Ludo (café)</p> <p>1:00 Mahjong drop-in (café)</p> <p>2:30 Computers for Beginners (3rd)</p>	<p>10 9:00 Busy Fingers (A) 10</p> <p>9:30-11:30 Blue Pencil Café (C)</p> <p>10:00 Line Dancing Beginners (aud)</p> <p>10:00 News & Views Group (café)</p> <p>10:30 Colouring (café)</p> <p>12:00 Cree Conversation (A)</p> <p>12:30 Lets Do Lunch -Normands Bistro</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>11 10:00 Dominos (café) 11</p> <p>10-12 Device & Computer help (3rd)</p> <p>11:30 Bridge Club (3)</p> <p>12:15-3:30 Line Dancing Classes (aud)</p> <p>1:00 Ludo (drop-in game) (café)</p> <p>1:00 Mahjong Lessons (café)</p> <p>1:30 "Smart Seniors Series" Vision Loss Presentation</p> <p>2:30 Computers for Beginners (3rd)</p>	<p>12 9:00-10:30 Senior Social Dance (aud) 12</p> <p>10:00 Colouring Group (café)</p> <p>10:00 Scrabble Time (café)</p> <p>10:30 Sit & Be Fit (C)</p> <p>11:00 Sage Singers</p> <p>11:45-1 SING! Choir (aud)</p> <p>12-1:00 Better Balance Class (C)</p> <p>1:00 Ludo (drop-in game) (café)</p> <p>1:00-4:00 Ukulele classes (A)</p> <p>1:00 Mahjong Drop-in (café)</p> <p>1:00 Next Page Book Club (3rd fl Bdrm)</p> <p>1:15 Geri Actors & Friends (aud)</p>	<p>13 9:00-10:30 Senior Social Dance (aud) 13</p> <p>9:30-12pm Drop-in Oil Painting (A)</p> <p>10:00 Brainiacs (B)</p> <p>9:00 -10am EAL Chat Group (C)</p> <p>11:30 Bridge Club (3rd floor Bdrm)</p> <p>12:00-1 Gentle Yoga (C)</p> <p>12:15-3:30 Line Dancing Class (aud)</p> <p>12:30 Brain Fitness (Computer Lab)</p> <p>2:00-4:00 Downtown Men's Shed (A)</p> <p>2:30 Computers for Beginners (3rd)</p> <p>3-5 GeriActors Workshop (C)</p>	<p>14</p>
<p>15</p>	<p>16 9:30 Tai Chi Intro (aud)</p> <p>11:20 Zumba Gold (aud)</p> <p>11:30 Bridge Club (3rd fl. Bdrm)</p> <p>1:00 Line Dance Beginner (aud)</p> <p>1:00 Travel Film (café)</p> <p>1:00 Word Games (new)</p> <p>1:00-2:30 Ludo (café)</p> <p>1:00 Mahjong drop-in (café)</p> <p>2:30 Computers for Beginners (3rd)</p>	<p>17 9:00 Busy Fingers (A) 17</p> <p>9:30-11:30 Blue Pencil Café (C)</p> <p>10:00 Line Dancing- Beginners</p> <p>10:00 News & Views Group (café)</p> <p>10:30 Colouring (café)</p> <p>12:00 Cree Conversation (A)</p> <p>12:00 Rainbow Group- café</p> <p>1:00 Jennie Wilting Discussion Group</p> <p>1:00 Mahjong Drop-in (café)</p> <p>2:00 Ukulele Jam Session (café)</p>	<p>18 10:00 Dominos- café 18</p> <p>10:00 Socially Responsible Investing</p> <p>10-12 Device & Computer help</p> <p>11:30 Bridge Club (3rd flr bdrm)</p> <p>1:00 Ludo (drop-in game) (café)</p> <p>1:00 Crib Games (Café)</p> <p>1:00 Mahjong Lessons (café)</p> <p>2:30 Computers for Beginners (3)</p> <p>1:00 Volunteer Appreciation Event Volunteers only</p>	<p>19 9:00-10:30 Senior Social Dance (aud) 19</p> <p>10:00 Colouring Group</p> <p>10:00 Scrabble time-café</p> <p>10:30 Sit & Be Fit (C)</p> <p>11:00-1:00 Avon Calling</p> <p>11:00 Sage Singers</p> <p>11:45-1 SING! Choir (aud)</p> <p>1-4:00 Ukulele classes (A)</p> <p>1:00 Ludo (drop-in game) (café)</p> <p>1:00 Mahjong Drop-in (café)</p> <p>1:15 Geri Actors & Friends (aud)</p>	<p>20 9:00-10:30 Senior Social Dance (aud) 20</p> <p>9:30-12pm Drop-in Oil Painting (A)</p> <p>9:00-10am EAL Chat Group (C)</p> <p>11:00 Laughter Yoga</p> <p>11:30 Bridge Club (3rd flr bdrm)</p> <p>12:00-1 Gentle Yoga (C)</p> <p>12:15-3:30 Line Dancing Class (aud)</p> <p>12:30 Brain Fitness (3)</p> <p>2:00-4:00 Downtown Men's Shed (A)</p> <p>3-5 GeriActors Workshop (C)</p>	<p>21</p>
<p>22</p>	<p>23 10:00 River Cree Casino Meet at Sage at 10:00</p> <p>9:30 Tai Chi Intro (aud)</p> <p>11:20 Zumba Gold (aud)</p> <p>11:30 Bridge Club (3rd fl. Bdrm)</p> <p>12:30 Brain Fitness (Computer Lab)</p> <p>1:00 Line Dance Beginner (aud)</p> <p>1:00 Travel Film (café)</p> <p>1:00-2:30 Ludo (café)</p> <p>1:00 Kookum Senior Women's Grp Making flower wreaths</p> <p>1:00 Mahjong drop-in (café)</p>	<p>24 9:00 Busy Fingers (A) 24</p> <p>10:00 Writer's Group</p> <p>10:00 Line Dancing- Beginners (aud)</p> <p>10:00 News & Views Group (café)</p> <p>10:30 Colouring (café)</p> <p>10:30 - 12 TelusWise Seniors</p> <p>12:00 Cree Conversation (A)</p> <p>1:00 Rainbow Group (café)</p> <p>1:00 SALT presents Kevin Taft</p> <p>1:00 Mahjong Drop-in (café)</p> <p>1:30 Disc. group w/ J Wilting (3rd Bdrm)</p> <p>2:00 Ukulele Jam Session (café)</p>	<p>25 9:30 Stony Plain Trip Depart Sage at 9:30</p> <p>10:00 Dominos (café)</p> <p>10-12 Device & Computer help (3rd)</p> <p>11:30 Bridge Club (3)</p> <p>1:00 Ludo (drop-in game) (café)</p> <p>1:00 Crib Games (café)</p> <p>1:00 Mahjong Lessons (café)</p> <p>1:30 Wellness Series-Strress (C)</p>	<p>26 9:00-10:30 Senior Social Dance (aud) 26</p> <p>10:00 Colouring Group (café)</p> <p>10:00 Scrabble time (café)</p> <p>10:30 Sit & Be Fit (C)</p> <p>11:00 Sage Singers</p> <p>11:15 Student Visits (café)</p> <p>11:45-1 SING! Choir (aud)</p> <p>12:30 Sage Tour with Joan</p> <p>12-1:00 Better Balance Class (C)</p> <p>1:00 Mahjong Drop-in (café)</p> <p>1-4:00 Ukulele classes (A)</p> <p>1:00 Ludo (drop-in game) (café)</p> <p>1:15 Geri Actors & Friends (aud)</p> <p>1:00 Sage Birthday Party (café)</p>	<p>27 9:00-10:30 Senior Social Dance (aud) 27</p> <p>9:30-12pm Drop-in Oil Painting (A)</p> <p>10:00 Brainiacs (B)</p> <p>9:00-10am EAL Chat Group (C)</p> <p>11:30 Bridge Club (3rd flr Bdrm)</p> <p>12:00-1 Gentle Yoga (C)</p> <p>12:15-3:30 Line Dancing Class (aud)</p> <p>12:30 Brain Fitness (3rd fl)</p> <p>12:30 Spanish for Beginners (B)</p> <p>2:00-4:00 Downtown Men's Shed (A)</p> <p>3-5 GeriActors Workshop (C)</p> <p>6:30 Shumka meet at north doors at Jubilee</p>	<p>28</p>
<p>29</p> <p>11:00 Italian Pranzo lunch at Santa Maria Groetti depart Sage at 11:00</p>	<p>30 9:30 Tai Chi (aud) 30</p> <p>11:20 Zumba Gold (aud)</p> <p>11:30-1:30 Bridge Lessons (pre-register)</p> <p>12:30 Brain Fitness (Computer Lab)</p> <p>1:00 Mahjong drop-in (café)</p> <p>1:00 Travel Film (café)</p> <p>1:00 Line Dancing (Beg.)</p> <p>1:00-2:30 Ludo (café)</p>					