


Sage Activities At-a-Glance

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 SAGE phone # is 780-423-5510 Ext. 301		9:00 Busy Fingers (A) 1 10:00 Line Dancing Beginners (aud) 10:00 News & Views 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)	10:00 Dominos (café) 2 10-12 Device & Computer help (3rd) 11:30 Bridge Club (3rd flr Boardrm) 12:15-3:30 Line Dancing Classes (aud) 1:00 Ludo (drop-in game) (café) 1:00 Mahjong Lessons (café) 1:30 Wellness Series-Summary (A) 2:-3:30 iPad Classes (café) 2:30 Computers for Beginners(3rd)	9:00-10:30 Senior Social Dance (aud) 3 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) 1-4:00 Ukulele classes (A) 1:00 Mahjong Drop-in (café) 1:00 Ludo (drop-in game) (café) 1:15 Geri Actors & Friends (aud)	9:00-11:00 Senior Social Dance (aud) 4 9:30 Senior Choir Fling 9:30-12pm Drop-in Oil Painting (A) 9:00-10am EAL Chat Group (C) 11:00 Laughter Yoga (C) 11:30 Bridge Club (3rd fl. Boardrm.) 11:45 Jane's Walk - "Ramblings of a Heritage Planner" 12:00-1:00 Gentle Yoga (C) 12:15-3:30 Line Dancing Class (aud) 12:30 Spanish for Beginners (B) 12:30 Brain Fitness (3) 2:00-4:00 Downtown Men's Shed (A) 2-3:00 YiXue (C) 2:30 Computers for Beginners (3rd) 3-5 GeriActors Workshop (C)	
6 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	7 11:20 Zumba Gold (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 (café) 1:00 Mahjong drop-in (café) 1:00 Kookum Women's Group (A) 2:30 Computers for Beginners (3rd)	8 9:00 Busy Fingers (A) 10:00 Line Dancing Beginners (aud) 10:00 News & Views Group (café) 10:30 Colouring (café) 12:00 Cree Conversation (A) 12:30 Lets Do Lunch -Yianni's Greek Tavern - 10444 82 Avenue 1:00 Mahjong Drop-in (café) 1:00 Rainbow Group (café) 1:15 Here's to Your Health (bdrm) 2:00 Ukulele Jam Session (café)	9 10:00 Dominos (café) 10:00 2018 Global Financial Semi-Annual Report 10-12 Device & Computer help (3rd) 11:30 Bridge Club (3) 12:15-3:30 Line Dancing Classes (aud) 1:00 Ludo (drop-in game) (café) 1:00 Mahjong Lessons (café) 1:00 Urban Poling Info Session (C) 1:30 "Smart Seniors Series" (A) Legal Documents you should have 2:-3:30 iPad Classes (café) 2:30 Computers for Beginners (3rd)	10 9:00-10:30 Senior Social Dance (aud) 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) 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 Bdrm) 1:15 Geri Actors & Friends (aud)	11 9:00-11:00 Senior Social Dance (aud) 9:30-12pm Drop-in Oil Painting (A) 10:00 Brainiacs (B) 9:00 -10am EAL Chat Group (C) 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) 12:30 Spanish for Beginners (B) 2:00-4:00 Downtown Men's Shed (A) 2-3:00 YiXue (C) 2:30 Computers for Beginners (3rd) 3-5 GeriActors Workshop (C)	12
13	14 11:20 Zumba Gold (aud) 11:30 Bridge Club (3rd fl. Bdrm) 1:00 Line Dance Beginner (aud) 1:00 Travel Film (café) 1:00 Word Games (new) 1:00-2:30 Ludo (café) 1:00 Mahjong drop-in (café) 1:00 Kookum Women's Group (A) 2:30 Computers for Beginners (3rd)	15 9:00 Busy Fingers (A) 10:00 Line Dancing- Beginners 10:00 News & Views Group (café) 10:30 Colouring (café) 12:00 Cree Conversation (A) 12:00 Rainbow Group- café 1:00 Mahjong Drop-in (café) 1:30 Jennie Wilting Discussion Group (bdrm) 2:00 Ukulele Jam Session (café)	16 9:30-11:00 Move to the Music 10:00 Dominos- café 10-12 Device & Computer help 11:30 Bridge Club (3rd flr bdrm) 1:00 Ludo (drop-in game) (café) 1:00 Crib Games (Café) 1:00 Mahjong Lessons (café) 1:00 Walk & Talk Group (main reception) 1:30 Wellness Series (A) 2:-3:30 iPad Classes (café) 2:30 Computers for Beginners (3rd)	17 9:00-10:30 Senior Social Dance (aud) 10:00 Colouring Group 10:00 Scrabble time-café 10:30 Sit & Be Fit (C) 11:00-1:00 Avon Calling 11:00 Sage Singers 11:45-1 SING! Choir (aud) 1-4:00 Ukulele classes (A) 1:00 Ludo (drop-in game) (café) 1:00 Mahjong Drop-in (café) 1:15 Geri Actors & Friends (aud)	18 9:00-11:00 Senior Social Dance (aud) 9:30-12pm Drop-in Oil Painting (A) 9:00-10am EAL Chat Group (C) 11:00 Laughter Yoga (C) 11:30 Bridge Club (3rd flr bdrm) 12:00-1 Gentle Yoga (C) 12:15-3:30 Line Dancing Class (aud) 12:30 Spanish for Beginners (B) 12:30 Brain Fitness (3) 2:00-4:00 Downtown Men's Shed (A) 2-3:00 YiXue (C)	19
20	21 SAGE will be closed today as it is a holiday. ENJOY!	22 9:00 Busy Fingers (A) 10:00 Line Dancing- Beginners (aud) 10:00 News & Views Group (café) 12:00 Cree Conversation (A) 1:00 Rainbow Group (café) 1:00 Mahjong Drop-in (café) 1:15 Here's to Your Health (bdrm) 2:00 Ukulele Jam Session (café)	23 10:00 Dominos (café) 10-12 Device & Computer help (3rd) 11:30 Bridge Club (3) 1:00 Ludo (drop-in game) (café) 1:00 Crib Games (café) 1:00 Mahjong Lessons (café) 1:00 Walk & Talk Group 2:-3:30 iPad Classes (café)	24 9:00-10:30 Senior Social Dance (aud) 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) 12:30 Sage Tour with Joan 1:00 Mahjong Drop-in (café) 1-4:00 Ukulele classes (A) 1:00 Ludo (drop-in game) (café) 1:15 Geri Actors & Friends (aud)	25 9:00-11:00 Senior Social Dance (aud) 9:30-12pm Drop-in Oil Painting (A) 10:00 Brainiacs (B) 9:00-10am EAL Chat Group (C) 11:30 Bridge Club (3rd flr Bdrm) 12:00-1 Gentle Yoga (C) 12:15-3:30 Line Dancing Class (aud) 12:30 Brain Fitness (3rd fl) 12:30 Spanish for Beginners (B) 2:00-4:00 Downtown Men's Shed (A) 2-3:00 YiXue (C)	26 Ukrainian Days Festival featuring food, music, performance & more Held at Borden Park Details TBA
27 11:30 LaRonde Brunch Reservation is at 11:30 am 10111 Bellamy Hill Rd Meet in Lobby at 11:15 am	28 9:30 Tai Chi Intro (aud) 10:00 River Cree Casino Meet at Sage at 10:00 11:20 Zumba Gold (aud) 11:30-1:30 Bridge Lessons (pre-register) 12:30 Brain Fitness (Computer Lab) 1:00 Mahjong drop-in (café) 1:00 Travel Film (café) 1:00 Line Dancing (Beg.) 1:00-2:30 Ludo (café)	29 9:00 Busy Fingers (A) 9:00 Ellis Bird Farm Daytrip 10:00 Writer's Group 10:00 Line Dancing- Beginners (aud) 10:00 News & Views Group (café) 10:30 Colouring (café) 12:00 Cree Conversation (A) 1:00 Rainbow Group (café) 1:00 SALT 1:00 Mahjong Drop-in (café) 2:00 Ukulele Jam Session (café)	30 9:30-11:00 Move to the Music 10:00 Dominos (café) 10-12 Device & Computer help (3rd) 11:30 Bridge Club (3) 1:00 Ludo (drop-in game) (café) 1:00 Crib Games (café) 1:00 Mahjong Lessons (café) 1:00 Walk & Talk 1:30 Ted Talk (A) 2:-3:30 iPad Classes (café)	31 9:00-10:30 Senior Social Dance (aud) 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) 12:30 Sage Tour with Joan 1:00 Mahjong Drop-in (café) 1-4:00 Ukulele classes (A) 1:00 Ludo (drop-in game) (café) 1:15 Geri Actors & Friends (aud) 1:00 Sage Birthday Party (café)		