

## Sage Activities - May 2018

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

### New programs and Program changes:

- **Spanish for Beginners** - 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.
- **Senior Choir Fling** – back by popular demand! We will do a driving-tour of Legal’s murals, lunch buffet at the Westlock Inn and end the day with the choir performance in Barrhead.
- **Ellis Bird Farm Daytrip** – Ellis Bird Farm is both a working farm dedicated to the conservation of Mountain Bluebirds, Tree Swallows and other native cavity nesting birds.
- **LaRonde Brunch**- a delicious Sunday brunch with spectacular revolving views. Meet in hotel lobby at 11:15 am.

**Date:** Sunday, May 27

**Time:** Reservation at 11:30 am

**Location:** 10111 Bellamy Hill Rd

**Cost:** \$45.00 + tax & tip

- **“New” Here’s to Your Health Presentations** – join Sage for presentations on different health related topics including diet, exercise, wellbeing & more. Offered the 2nd & 4 Tuesdays monthly.
- **2018 Global Financial Market Semi-Annual Review** – latest updates on political, economic & market developments in the world that are currently affecting your retirement savings and investment strategies now and into the future. May 9 at 10:00 am.
- **Smart Seniors Series** – Legal Documents you Should Have. A lawyer presenting on wills, personal directives, power of attorney and more. May 9 at 1:30.
- **iPad classes (6 weeks)** learn the basics of how to use an iPad in this 6 week course taught by an EPL community Librarian
- **Tai Chi with Master Ken** – Introduction to Tai Chi, which includes simple Tai Chi movements, warm up exercises, sitting & walking Tai Chi movements. Starts again on Monday, May 28.
- **YiXue Holistic Practice** – Last class will be May 25, in Classroom C.
- **Walk & Talk Group** – Begins May 30 at 1:00 pm. Meet by main reception.
- **“Move to the Music”** – Join Pearl and learn to dance / exercise to the beat of African or Caribbean music. You will not regret it! Starts Wednesday May 16<sup>th</sup>.
- **Jane’s Walk** – Annual Event that brings people together to discover what makes a neighborhood by participating in free walks led by locals. We will be joining David Holdsworth, Senior Urban Planner as he looks at the Downtown from a historical lens. Meet at Main Reception. Dress for the weather. Friday, May 4 at 11:45.

### 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:** Starts

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

**Mondays, May 28**  
**Location:** Auditorium

**Time:** 9:30am  
**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:** May 2, 4, 7, 9, 11, 14, 16

**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:** April 9, 23

**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 - April 27 -May 25

**Time:** 12:30pm

**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:** 2<sup>nd</sup> Monday of the month

**Time:** 1:00

**Ludo** - a fun board game that is a great chance to meet people and is easy for all skill levels to learn. Drop in. Ludo - Learn how to play Ludo or join in a game if you know how to play.

**Date:** Mondays Wednesdays

**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

3<sup>rd</sup> Floor Boardroom

**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 4<sup>th</sup> Monday of every month for a fun day at the casino.

**Date:** Monday, May 28

**Cost:** \$5.00

**Time:** Depart Sage at 10 am

**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:** Mondays (tiles are available for play anytime Sage is open)

**Time:** 1pm

**Location:** Café

**Cost:** Free

## **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:** April 17

**Time:** 1:30 pm

## Tuesdays: (con't)

**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

**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. 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:** Classroom A

**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:** May 8

**Location:** Yianni's Greek Tavern  
Whyte Avenue

**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

**"New" Here's to Your Health Presentations** – join Sage for presentations on different health related topics including diet, exercise, wellbeing & more. Offered the 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays monthly.

**Date:** May 8, 22

**Time:** 1:15 pm

**Location:** 3<sup>rd</sup> floor Boardroom

**Cost:** Free

**Ellis Bird Farm Daytrip** – Ellis Bird Farm is both a working farm dedicated to the conservation of Mountain Bluebirds, Tree Swallows and other native cavity nesting birds.

**Date:** Tuesday, May 29

**Time:** 9:00 am

**Location:** Meet at Sage

**Cost:** Members \$58.00/\$69.00 non-members

## 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:** May 2, 4, 7, 9, 11, 14, 16

**Time:** 2:30

**Cost:** \$5.00

**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

**Time:** 10-12pm

**Location:** Computer lab

**Cost:** Free

(Device -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)

## Wednesdays: (con't)

**Wellness 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.

**Date:** May 2 – Summary                      **Time:** 1:30                      **Cost:** \$1.00  
**New Session – May 16**

**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 Main Reception.

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

**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                      **Time:** 1:00

**Smart Seniors Series** - Monthly Presentations on Things you Should Know- Vision Loss Presentation.

**Date:** May 9, 2<sup>nd</sup> Wednesday monthly                      **Time** 1:30

**2018 Global Financial Market Semi-Annual Review** – latest updates on political, economic & market developments in the world that are currently affecting your retirement savings and investment strategies now and into the future.

**Date:** May 9                      **Time:** 10:00 am

**Smart Seniors Series – Legal Documents you Should Have.** A lawyer presenting on wills, personal directives, power of attorney and more.

**Date:** May 9                      **Time:** 1:30pm

**iPad classes (6 weeks)** learn the basics of how to use an iPad in this 6 week course taught by an EPL community Librarian.

**Date:** May 2 – June 6                      **Time:** 2:00 – 3:30 pm

**Cost:** \$2.00

**“Move to the Music”** – Join Pearl and learn to dance / exercise to the beat of African or Caribbean music. You will not regret it! Starts Wednesday April 16th.

**Date:** May 16 & 30                      **Time:** 9:30 – 11:00 am

**Cost:** Free

**Jane’s Walk** – Annual Event that brings people together to discover what makes a neighborhood by participating in free walks led by locals. We will be joining David Holdsworth, Senior Urban Planner as he looks at the Downtown from a historical lens. Meet at Main Reception. Dress for the weather.

**Date:** Friday, May 4                      **Time:** 11:45

**Cost:** Free

## Thursday:

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

**Date:** Thursdays                      **Time:** 12-1pm  
**Location:** Auditorium                      **Cost:** Free

## Thursday: (cont'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:** May

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

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

**Cost:** \$55.00

**GeriActors and Friends** is an intergenerational theatre company of seniors and students alumni from the University of Alberta meet on Thursdays at 1:00pm in the auditorium. GeriActors offers workshops in performance storytelling, dance, and acting. Contact us at 780-248-1556 for more info.

**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 11:00-12:30pm 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, Fridays 9:00 – 11:00

**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:** April 26

**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:** May 31

**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:** May 17

**Time:** 11-1pm

**Location:** Sage Café

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

**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.

**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:** Thursdays

**Time:** 1:00

## **Friday:**

**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, Fridays 9:00 – 11:00

**Location:** Auditorium

**Cost:** Free

**Laughter Yoga Workshop** - this yoga practice involves prolonged voluntary laughter, which is good for your mind and body - every first and third Friday of the month.

**Spanish for Beginners** - 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.

**Date:** Fridays April 27 - June 8

**Time:** 12:30 pm

**Cost:** \$20.00

**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 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:** May 2, 4, 7, 9, 11, 14, 16

**Time:** 2:30 pm

**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:** April 27 - May 25

**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 Main Reception.

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

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

**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

**Senior Choir Fling** – back by popular demand! We will do a driving-tour of Legal's murals, lunch buffet at the Westlock Inn and end the day with the choir performance in Barrhead.

**Date:** Friday, May 4

**Time:** Depart Sage at 9:00 am

**Location:** Sage

**Cost:** \$48.00