


Sage Activities At-a-Glance

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 SAGE phone # is 780-423-5510 Ext. 301	<p>* Due to Broadcasting restrictions</p> <p>Travel Film will no longer be offered*</p>				9:00-11:00 Senior Social Dance (aud) 1 9:30-12pm Drop-in Oil Painting (A) 10:00-11am EAL Chat Group (C) 11:00 Laughter Yoga (C) 11:30 Bridge Club (3rd) 12:15-3:30 Line Dancing Class (aud) 12:30 Spanish for Beginners (B) 2:00-4:00 Downtown Men's Shed (A)	2	
This is Seniors Week at Sage featuring Sage's Super Seniors. Join us for our many celebrations and enjoy.	9:30 Tai Chi (aud) 11:20 Zumba Gold (aud) 11:30 Bridge Club (3rd fl. Bdrm) 12:30 Brain Fitness (3rd) 12:30 Celebration of Seniors Part 1 (with live music and cake-café) 1:00 Mahjong drop-in (café) 1:00 Kookum Women's Group (A) 1:00 Line Dance Beginner (aud) 1:00-2:30 Ludo (café)	9:00 Busy Fingers (A) 9:00 Lacombe Historical Main Street Day Trip 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) 9:30 Legislature Seniors Week Tea/Tour 10-12 Device & Computer help (3rd) 10:00 Move to the Music CANCELLED 11:30 Bridge Club (3) 12:15-3:30 Line Dancing Classes (aud) 1:00 Ludo (drop-in game) (café) 1:00 Mahjong drop-in (Lessons available)-café 1:00 Walk & Talk Group 1:30 Wellness Series with J Wilting (A) 1:30-2:30 ETS Transit changes "Coffee Chat" 2:-3:30 iPad Classes (C) 2:30 Computers for Beginners (3rd)	9:00-10:30 Senior Social Dance (aud) 7 10:00 Colouring Group (café) 10:00 Scrabble Time (café) 10:30 Sit & Be Fit (C) 11:00 Poetry Reading/Story Telling Café 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)	9:00-11:00 Senior Social Dance (aud) 8 9:30-12pm Drop-in Oil Painting (A) 10:00 Brainiacs (B) 10:00 -11am EAL Chat Group (C) 11:30 Bridge Club (3rd floor Bdrm) 12:15-3:30 Line Dancing Class (aud) 12:30 Brain Fitness (3rd) 12:30 Spanish for Beginners (B) 2:00-4:00 Downtown Men's Shed (A) 2:30 Computers for Beginners (3rd)	9	
For more information for all activities at Sage, visit our website at www.mysage.ca or check out our newsletter. Call (780) 423-5510 ext 301.	9:30 Tai Chi (aud) 10:30 Greenland Garden Centre Tour 11:20 Zumba Gold Intergenerational (Aud) 11:30 Bridge Club (3rd fl. Bdrm) 12:30 BrainFitness (3rd) 1:00-2:30 Ludo (café) 1:00 Mahjong drop-in (café) 1:00 Line Dance Beginner (aud) 2:30 Computers for Beginners (3rd)	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) 12:00 Rainbow Group- café 12:30 Lets Do Lunch-Upper Crust Café 1:00 Mahjong Drop-in (café) 2:00 Ukulele Jam Session (café)	10:00 Dominos- café 10-12 Device & Computer help 10:00 Move to the Music-cancelled today 10:30 Investment Institution Papers (D) 10:30 "Understanding the Rainbow"(Sage Rm) 11:30 Bridge Club (3rd flr bdrm) 12:15-3:30 Line Dancing Classes (aud) 1:00 Ludo (drop-in game) (café) 1:00 Crib Games (Café) 1:00 Mahjong drop-in (Lessons available)-café 1:00 Walk & Talk Group 1:30 Funeral Planning & Important ConversationS 2:-3:30 iPad Classes (C) 2:30 Computers for Beginners (3rd)	9:00-10:30 Senior Social Dance (aud) 14 10:00 Colouring Group 10:00 Scrabble time (café) 10:30 Sit & Be Fit (C) 11:00 Sage Singers 11:45-1 SING! Choir (aud) 1:00-3pm Pride Week Seniors Strawberry Toonie Tea (café) 1-4:00 Ukulele classes (A) 1:00 Ludo (drop-in game) (café) 1:00 Mahjong Drop-in (café) 1:00 Next Page Book Club (3rd)	9:00-11:00 Senior Social Dance (aud) 15 9:30-12pm Drop-in Oil Painting (A) 10:00-11am EAL Chat Group (C) 11:00 Laughter Yoga (C) 11:30 Bridge Club (3rd flr bdrm) 12:15-3:30 Line Dancing Class (aud) 2:00-4:00 Downtown Men's Shed (A) 2:30 Computers for Beginners (3rd)	NO GENTLE YOGA FOR MONTH OF JUNE	16
	9:30 Tai Chi (aud) 11:20 Zumba Gold (aud) 11:30-1:30 Bridge Lessons (pre-register) 12:30 Brain Fitness (3rd) 1:00 Mahjong drop-in (café) 1:00 Line Dancing (Beginner) (aud) 1:00 Kookum Women's Group (A) 1:00-2:30 Ludo (café) 2:30 Computers for Beginners (3rd)	9:00 Busy Fingers (A) 10:00 Line Dancing- CANCELLED TODAY 10:00 News & Views Group (café) 12:00 Cree Conversation (A) 1:00 Rainbow Group (café) 1:00 Mahjong Drop-in (café) 1:30 J. Wilting Discussion Group (bdrm) 2:00 Ukulele Jam Session (café)	10:00 Dominos (café) 10:00 Move to the Music (Aud) 10-12 Device & Computer help (3rd) 11:00 "New Date" Word Game 11:30 Bridge Club (3) 12:15-3:30 Line Dancing Classes (aud) 1:00 Ludo (drop-in game) (café) 1:00 Crib Games (café) 1:00 Mahjong drop-in (Lessons available)-café 1:00 Walk & Talk Group 1:30 Wellness Series with J Wilting(A) 2:30 Computers for Beginners (3rd)	9:00-10:30 Senior Social Dance (aud) 21 10:00 Colouring Group (café) 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) 1:00 Mahjong Drop-in (café) 1-4:00 Ukulele classes (A) 1:00 Ludo (drop-in game) (café)	9:00-11:00 Senior Social Dance (aud) 22 9:30-12pm Drop-in Oil Painting (A) 10:00 Brainiacs (B) 10:00-11am EAL Chat Group (C) 11:30 Bridge Club (3rd flr Bdrm) 12:15-3:30 Line Dancing Class (aud) 12:30 Brain Fitness (3rd fl) 2:00-4:00 Downtown Men's Shed (A) 2:30 Computers for Beginners (3rd)	23	
	9:30 Tai Chi Intro (aud) 10:00 No Casino trip this month 11:20 Zumba Gold (aud) 11:30-1:30 Bridge Lessons (pre-register) 12:30 Brain Fitness (3rd) 1:00 Mahjong drop-in (café) 1:00 Line Dancing (Beginner) (aud) 1:00-2:30 Ludo (café)	9:00 Busy Fingers (A) 10:00 Writer's Group (Sage Rm) 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 Mahjong Drop-in (café) 1:15 Here's to Your Health Presentation "Medical Assistance in Dying" 2:00 Ukulele Jam Session (café)	10:00 Dominos (café) 10:00 Move to the Music (Aud) 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 Crib Games (café) 1:00 Mahjong drop-in (Lessons available)-café 1:00 Walk & Talk Group 1:30 TED Talk (A) 2:-3:30 iPad Classes (café)	9:00-10:30 Senior Social Dance (aud) 28 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- no class today 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) 1:00 Canada Day/B-day Party (café)	9:00-11:00 Senior Social Dance (aud) 29 9:30-12pm Drop-in Oil Painting (A) 10:00-11am EAL Chat Group (C) 11:30 Bridge Club (3rd) 12:15-3:30 Line Dancing Class (aud) 12:30 Brain Fitness (3rd fl) 2:00-4:00 Downtown Men's Shed (A)	30	