

Sage Activities - June 2018

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

New programs and Program changes:

- **“New” Here’s to Your Health Presentations** – join Sage for presentations on different health related topics including diet, exercise, wellbeing & more. Offered the 4 Tuesday every month.
- **Tai Chi with Master Ken** – Introduction to Tai Chi, which includes simple Tai Chi movements, warm up exercises, sitting & walking Tai Chi movements. Back Mondays at 9:30 am!
- **River Cree Casino Monthly Outing** - CANCELLED for the month of June.
- **Greenland Garden Centre Tour** - Get your summer flowers while browsing the gift shops filled with unique and interesting items. Date June 11
- **Celebration of Seniors “Sage’s Super Seniors:** is a fun-filled day highlighting all of the good things that come with aging! Included intergenerational Zumba Gold (show those kids how to move!), entertainment, cake, and more!
- **Lacombe’s Historic Main Street** - Enjoy strolling Lacombe’s historic Edwardian buildings, including the oldest operating Blacksmith. Tuesday, June 5.
- **Writer’s Group** - A drop-in, monthly group to help each other with your writing - memoirs, stories and more. Last Tuesday of each month.
- **Legislature Seniors Week Tea and Tour** - Join Sage as we enjoy a lovely tea at the Federal Building and then head to the Legislature for a tour. Must pre-register.
- **Funeral Pre-planning and Important Conversations:** Nothing is certain but death and taxes, isn’t that what they say? Join Connelly-McKinley for this free presentation. Pre-register by June 10.
- **Poetry Reading & Story Telling Cafe** - Featuring Sage Award winner Kavan Lyons and Blue Pencil Cafe instructor Mele Huizinga.
- **Pride Week Seniors Strawberry Toonie Tea** - Join as we celebrate our LGBTQ seniors and pride week with live music from Northern Heart. Thursday, June 14.
- **Canada Day Party** - Join the fun celebrating Canada’s birthday a bit early. There will be live entertainment, goodies, prizes, fun facts and more! Come and celebrate with us on June 28 at 1:00 pm.

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: Mondays

Time: 9:30am

Location: Auditorium

Cost: Free

Mondays: (con't)

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

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:** June 6, 8, 11, 13, 15, 18, 20

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: Mondays

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: Mondays & Fridays - June 4 - June 29

Time: 12:30pm

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: 1:00pm

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.

Cost: \$50.00 for 20 Comprehensive lessons (learn to play bridge)

or \$5.00 for specific/refresher lesson

Time: 1:00 - 2:30 pm

Date: Every Monday

Cost: Free

Location: 3rd Floor Boardroom

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

Greenland Garden Centre Tour - Get your summer flowers while browsing the gift shops.

Time: 10:30 am

Date: Monday, June 11

Location: Sage

Cost: \$15.00 (\$18.00 non-members)

Celebration of Seniors "Sage's Super Seniors: (Part 1) is a fun-filled day highlighting all of the good things that come with aging! Included intergenerational Zumba Gold (show those kids how to move!), entertainment, cake, and more!

Time: 11:20am in auditorium for Zumba

Date: Monday, June 11

Location: Sage

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 3rd Tuesday of every month.

Dates: June 19

Time: 1:30 pm

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

Tuesdays: (con't)

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: June 12 **Location:** Upper Crust Cafe
109th Street

"New" Here's to Your Health Presentations – join Sage for presentations on different health related topics including diet, exercise, wellbeing & more. Offered the 4th Tuesday every month.

Date: June 26 "Medical Assistance in Dying" **Time:** 1:15 pm
Location: 3rd floor Boardroom **Cost:** Free

Lacombe's Historic Main Street - Enjoy strolling Lacombe's historic Edwardian buildings, including the oldest operating Blacksmith. Must Register by June 1.

Date: Tuesday, June 5. **Time:** Depart Sage at 9:00 am
Location: Sage **Cost:** \$59 (\$70 non-members)

Writer's Group - A drop-in, monthly group to help each other with your writing - memoirs, stories and more. With Melle Huizinga

Date: Last Tuesday of each month **Time:** 10:00 am
Location: Sage cafe **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: June 6, 8, 11, 13, 15, 18, 20 **Time:** 2:30 pm
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)

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: 1st & 3rd Mondays **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 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

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 and Caribbean music. There’s no wrong way to move! You will not regret it! Starts Wednesday April 16th.

Date: June 20, 27 **Time:** 10:00 – 11:00 am
Location: Auditorium **Cost:** Free

Legislature Seniors Week Tea and Tour - Join Sage as we enjoy a lovely tea at the Federal Building and then head to the Legislature for a tour. Must pre-register.

Date: Wednesday, June 6 **Time:** Depart Sage at 9:15 AM
Location: Federal Bldg. 9820 - 107 St **Cost:** \$2.00 + ETS bus fare.

Walk & Talk Group - Meet new people and get some fresh air and exercise with this group that takes a weekly stroll. Open to all levels. Walking poles may be provided.

Date: Every Wednesday **Time:** 1:00 pm
Location: Leaves Sage, meet at reception **Cost:** Free

ETS Transit Changes “Coffee Chat” - Join representatives from City of Edmonton to chat about the transit changes being made to our system. Have your voice heard!

Date: June 6 **Time:** 1:30 pm
Location: Sage cafe **Cost:** Free

Funeral Pre-planning and Important Conversations: Nothing is certain but death and taxes, isn’t that what they say? Join Connelly-McKinley for this free presentation. Pre-register by June 10.

Date: June 13 **Time:** 1:30 pm
Location: Sage Cafe **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

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
Location: Classroom C **Cost:** Free

Thursday: (cont't)

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 am

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: June 28

Celebrate Canada Day and 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! Also Canada's birthday will be celebrated today with goodies, prizes and fun facts.

Sponsored by Dignity Memorial. (Hainstock's Funeral Home 9810-34 Ave & Memories Funeral Home 13403 St. Albert)

Date: June 28

Time: 1pm

Location: Sage Café

Cost: Free Cake and Live Music!

Thursday: (cont't)

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

Dates: June 21 **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.

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

Poetry Reading & Story Telling Cafe - Featuring Sage Award winner Kavan Lyons and Blue Pencil Cafe instructor Mele Huizinga.

Date: June 7 **Time:** 11:00 am
Location: Cafe **Cost:** Free

Celebration of Seniors "Sage's Super Seniors: (Part 2) is a fun-filled day highlighting all of the good things that come with aging! Included SING! choir & ukulele performance.

Time: 1:00 pm **Date:** Thursday, June 7
Location: Sage Cafe **Cost:** Free

Pride Week Seniors Strawberry Toonie Tea - Join as we celebrate our LBGTQ seniors and pride week with live music from Northern Heart.

Date: Thursday, June 14. **Time:** 1:00 - 3:00 pm
Location: Sage Cafe **Cost:** \$2.00

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 am
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.

Date: Friday June 1 & 15 **Time:** 11:00 am
Location: Classroom C **Cost:** Free

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: 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. **CANCELLED FOR MONTH OF JUNE**

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
Location: Classroom B

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: June 6, 8, 11, 13, 15, 18, 20 **Time:** 2:30 pm
Location: Computer Room **Cost:** \$5.00

Friday: (cont'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.**

Time: 12:30pm **Location:** Sage Computer Lab **Cost:** \$29.00

Dates: June 4 - June 29

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.

Cost: Free

EAL Chat Group - a chance to practice speaking English while meeting new people. Refreshments required.

Date: Fridays

Time: 10:00 - 11:00 am

Location: Classroom C

Cost: Free