


Sage Activities At-a-Glance

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p>  <p>SAGE phone # is 780-423-5510 Ext. 301</p>	<p>2</p> <p>CLOSED</p>	<p>3</p> <p>9:00 Busy Fingers (A) 10:00 Devonian Gardens Tour 10:00 Line Dancing Beginners (aud) 10:00 News & Views Group (café) 10:30 Colouring (café) 12:00 Cree for Beginners (A) 1:00 Mahjong Drop-in (café) 1:00 Rainbow Group (café) 2:00 Ukulele Jam Session (café)</p>	<p>4</p> <p>10:00 Dominos (café) 10-12 Device & Computer help (3rd) 10:00 Move to the Music 11:30 Bridge Club (3) 12:15-3:30 Line Dancing Classes (aud) 1:00 Ludo drop-in (café) 1:00 Mahjong drop-in (Lessons available)-café 1:00 Walk & Talk Group 1:00 Crib Games (Café) 1:30 Wellness Series with J Wilting (A) 2:30 Computers for Beginners (3rd)</p>	<p>5</p> <p>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 1:00 Ludo (drop-in game) (café) 1:00 Mahjong Drop-in (café)</p>	<p>6</p> <p>9:00-11:00 Senior Social Dance (aud) 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) 12:00 Gentle Yoga © 12:15-3:30 Line Dancing Class (aud) 12:45 Olde Towne Beverly Interpretive Centre 2:00-4:00 Downtown Men's Shed (A) 2:30 Computers for Beginners (3rd)</p>	<p>7</p>
<p>8</p> <p><i>*Due to Broadcasting restrictions, Travel Film will no longer be offered*</i></p>	<p>9</p> <p>9:30 Tai Chi (aud) 11:20 Zumba Gold (aud) 11:30 Bridge Club (3rd fl. Bdrm) 12:30-2:30 Kookum Drop-in 1:00 Mahjong drop-in (café) 1:00 Line Dance Beginner (aud) 1:00-2:30 Ludo drop in (café) 2:30 Computers for Beginners (3rd)</p>	<p>10</p> <p>9:00 Busy Fingers (A) 10:00 Line Dancing Beginners (aud) 10:00 News & Views Group (café) 10:30 Colouring (café) 12:00 Cree for Beginners (A) 12:30 Lets Do Lunch-Wishbone 1:00 Mahjong Drop-in (café) 1:00 Rainbow Group (café) 2:00 Ukulele Jam Session (café)</p>	<p>11</p> <p>CLOSED FOR STAFF PROFESSIONAL DEVELOPMENT</p>	<p>12</p> <p>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 Mahjong Drop-in (café)</p>	<p>13</p> <p>9:00-11:00 Senior Social Dance (aud) 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) 12:00 Gentle Yoga © 12:15-3:30 Line Dancing Class (aud) 2:00-4:00 Downtown Men's Shed (A) 2:30 Computers for Beginners (3rd) 3:00-5:00 GeriActors Summer School (C)</p>	<p>14</p>
<p>15</p> <p>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.</p>	<p>16</p> <p>9:30 Tai Chi (Aud) 11:20 Zumba Gold (Aud) 11:30 Bridge Club (3rd fl. Bdrm) 1:00-2:30 Ludo drop-in (café) 1:00 Mahjong drop-in (café) 1:00 Line Dance Beginner (aud) 2:30 Computers for Beginners (3rd)</p>	<p>17</p> <p>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 1:00 Mahjong Drop-in (café) 1:00 J. Wilting Discussion Group (bdrm) 2:00 Ukulele Jam Session (café)</p>	<p>18</p> <p>10:00 Dominos (café) 10-12 Device & Computer help (3rd) 10:00 Move to the Music 11:30 Bridge Club (3rd flr bdrm) 12:15-3:30 Line Dancing Classes (aud) 1:00 Ludo drop-in games (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)</p>	<p>19</p> <p>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 11:45-1 SING! Choir (aud) 1:00 Ludo (drop-in game) (café) 1:00 Mahjong Drop-in (café)</p>	<p>20</p> <p>9:00-11:00 Senior Social Dance (aud) 9:30-12pm Drop-in Oil Painting (A) 10:00-11am EAL Chat Group (C) 11:00 Laughter Yoga (C) 11:00 Sage Singers 11:30 Bridge Club (3rd flr bdrm) 12:00 Gentle Yoga © 12:15-3:30 Line Dancing Class (aud) 12:30 Klondike Kate Performs 2:00-4:00 Downtown Men's Shed (A) 2:30 Computers for Beginners 3:00-5:00 GeriActors Summer School (C)</p>	<p>21</p>
<p>22</p>	<p>23</p> <p>9:30 Tai Chi (aud) 10:00 River Cree Casino Outing 11:20 Zumba Gold (aud) 11:30-1:30 Bridge Lessons (pre-register) 1:00 Mahjong drop-in (café) 1:00 Line Dancing (Beginner) (aud) 1:00-2:30 Ludo (café)</p>	<p>24</p> <p>9:00 Busy Fingers (A) 10:00 Line Dancing 10:00 News & Views Group (café) 12:00 Cree for Beginners (A) 1:00 Rainbow Group (café) 1:00 Mahjong Drop-in (café) 1:15 Diabetes Management with Lily Lo (bdrm) 2:00 Ukulele Jam Session (café)</p>	<p>25</p> <p>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 (café) 1:00 Crib Games (café) 1:00 Mahjong drop-in (Lessons available)-café 1:00 Walk & Talk Group 1:30 TED Talks Discussion Group (A) 6:15 Jubilations Dinner Theatre Meet at Jubilations, Phase 1</p>	<p>26</p> <p>9:00-10:30 Senior Social Dance (aud) 10:00 Colouring Group (café) 10:00 Scrabble time (café) 10:30 Sit & Be Fit (C) 11:45-1 SING! Choir (aud) 12:30 Sage Tour with Joan 1:00 Mahjong Drop-in (café) 1:00 Ludo (drop-in game) (café) 1:00 Sage Monthly Birthday Party Free Cake & Live Music</p>	<p>27</p> <p>9:00-11:00 Senior Social Dance (aud) 9:00 Athabasca Area & Amber Valley Tour 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) 12:00 Gentle Yoga © 12:15-3:30 Line Dancing Class (aud) 2:00-4:00 Downtown Men's Shed (A) 3:00-5:00 GeriActors Summer School (C)</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>9:30 Tai Chi Intro (aud) 11:00 LAST Laughter Yoga (C) 11:20 Zumba Gold (aud) 11:30-1:30 Bridge Lessons (pre-register) 12:30-2:30 Kookum Drop-in 1:00 Mahjong drop-in (café) 1:00 Line Dancing (Beginner) (aud) 1:00-2:30 Ludo (café)</p>	<p>31</p> <p>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 for Beginners (A) 1:00 Rainbow Group (café) 1:00 Mahjong Drop-in (café) 1:00 The Importance of Nutrition & Physical Activity" with Dr. A. Wagg 2:00 Ukulele Jam Session (café)</p>				