

Sage Activities - August 2018

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

New programs and Program changes:

- **River Cree Casino Monthly Outing – No Casino for month of August. Will be starting again in September.**
- **Writer’s Group** - A drop-in, monthly group to help each other with your writing - memoirs, stories and more. Last Tuesday of each month. (Sage Room)
- **Kookum Senior Women’s Group - No Classes for Month of August**
- **Computers for Beginners - No Classes for Month of August**
- **The Next Page Book Club – Doesn’t meet in the summer**
- **“New” Millinery (Hat Decorating) Workshop and History of Millinery Presentation** – Join Marjorie Marshall, a local professional milliner for this fun, informative morning. Bring a hat and get decorating help and tips (decorating materials will be provided). Stay for the Mad Hatter Toonie Tea following workshop! Tuesday, August 7
- **Mad Hatter Toonie Tea Party** – Put on a fun, pretty, or sill hat. . . .whatever you like! Join us for an afternoon of merriment including tea, entertainment, and goodies! If you don’t have a hat, join our Hat Decorating Workshop with a professional Milliner! Pre-registration preferred. Tuesday, August 7
- **Mallaig, Alberta’s “Haying in the 30s” Festival** – See what it was like to be a framer in the 1930s! Events include horseshoe-making & demos, haying, wood splitting, grain & thrashing demos, face painting. Saturday, Aug. 4. Depart Sage at 8:30 am (return approx.. 10:00 pm with drop-off at Sutton Place Hotel). Cost is \$45.00 (hotdogs and hamburger lunch free at the festival, beef on a bun dinner, but bring snacks or other lunch if you desire.
- **Fort Saskatchewan Heritage Precinct** – Learn some Fort Saskatchewan history in this tour including the exteriors of the North West Mounted Police Fort and the buildings in the Historical Village. Thursday, August 16.
- **Hutterite Colony at Warburg Lunch & Tour** – A visit to the Warburg Hutterite colony that includes a homemade lunch and tour. Bring some money if you wish to purchase fresh produce and homemade goods. Wednesday, August 29.
- **High Tea at Fort Edmonton** – Enjoy tea, finger sandwiches, and delicious goodies in the historic Selkirk Hotel. Take some time to sight-see at Fort Edmonton Park, too. Register early! Wednesday, August 22
- **Fringe Theatre Performance** – See a play at the Fringe Theatre Performance Festival! Join Sage for a unique theatre experience. Plays are announced in July. Show will be between August 17-27. Must pre-register to be contacted about show details and tickets. Must pre-register by August 2
- **Move to the Music** – Join Pearl in the auditorium and dance to the rhythms of African & Caribbean music. There’s no wrong way to move! Feel free to bring small hand weights if you wish. **CANCELLED for August but will return in SEPTEMBER.**

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

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!

BrainFitness Classes – No classes in July and August

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

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: August 21

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

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 For Beginners - 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

Tuesdays: (con't)

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: August 14

Location: Louisiana Purchase
(111 Street)

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 Rm

Cost: Free

"New" Millinery (Hat Decorating) Workshop and History of Millinery Presentation –

Join Marjorie Marshall, a local professional milliner for this fun, informative morning. Bring a hat and get decorating help and tips (decorating materials will be provided). Stay for the Mad Hatter Toonie Tea following workshop!

Date: Tuesday, August 7

Time: 11:00 am

Location: Classroom B

Cost: \$2.00

Mad Hatter Toonie Tea Party – Put on a fun, pretty, or sill hat. . . .whatever you like!

Join us for an afternoon of merriment including tea, entertainment, and goodies! If you don't have a hat, join our Hat Decorating Workshop with a professional Milliner!

Pre-registration preferred.

Date: Tuesday, August 7

Time: 1:00 pm

Location: Café

Cost: \$2.00

Wednesdays:

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

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

Wednesdays : (con't)

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

Location: Café

Cost: Free

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

TED Talks Discussion group- TED talks are influential videos from expert speakers on science, tech, creativity and more. In this free, monthly group, we will watch and then discuss a thought-provoking video.

Date: Wednesday, August 29

Time: 1:30 pm

Location: Classroom A

Cost: Free

Hutterite Colony at Warburg Lunch & Tour – A visit to the Warburg Hutterite colony that includes a homemade lunch and tour. Bring some money if you wish to purchase fresh produce and homemade goods.

Date: Wednesday, August 29

Time: Depart Sage at 9:30

Location: Warburg

Cost: \$48/members, \$53/non-members

High Tea at Fort Edmonton – Enjoy tea, finger sandwiches, and delicious goodies in the historic Selkirk Hotel. Take some time to sight-see at Fort Edmonton Park, too. Register early!

Date: Wednesday, August 22

Time: Depart Sage at 12:45 or meet at Fort Edmonton Selkirk Hotel High Tea at 3 pm

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

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: Thursday, 9-10:30am

Location: Auditorium

Fridays 9:00 – 11:00 am

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: August 30

Thursday: (con't)

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: August 30

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: August 16 **Time:** 11-1pm

Location: Sage Café

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

Location: Café

Fort Saskatchewan Heritage Precinct – Learn some Fort Saskatchewan history in this tour including the exteriors of the North West Mounted Police Fort and the buildings in the Historical Village.

Date: Thursday, August 16

Time: Depart Sage at 9:00 am

Location: Fort Saskatchewan

Cost: \$47/members, \$52/non members

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: Thursday 9-10:30am

Location: Auditorium

Fridays 9:00 – 11:00 am

Cost: Free

Gentle Yoga - gentle, senior-friendly yoga. Can be done on a yoga mat or adapted to a chair. Open to everyone.

Date: Fridays

Time: 12-1pm

Location: Classroom C

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

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