


Sage Activities At-a-Glance

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 SAGE phone # is 780-423-5510 Ext. 301						1 Registration for Senior's Housing Form on September 22 opens.
2 *Due to Broadcasting restrictions, Travel Film will no longer be offered*	3 CLOSED FOR LABOUR DAY	4 9:00 Busy Fingers (A) 10:00 Line Dancing Beginners (Aud) 10:00 News & Views Group (Café) 10:00 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)	5 10:00 Dominos (Café) NO DEVICE & COMPUTER HELP THIS WEEK 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) 2-3:30 iPad classes (Sage Rm) 2:30 Computers for Beginners (3rd)	6 9:00-10:30 Senior Social Dance (Aud) 10:00 Colouring Group (Café) 10:00 Scrabble Time (Café) 10:30 Sit & Be Fit (C) 12:00-1:00 SING! Choir (Aud) 1:00 Ludo (drop-in game) (Café) 1:00 Mahjong Drop-in (Café)	7 9:00-11:00 Senior Social Dance (Aud) 9:30-12pm Drop-in Oil Painting (A) 10:00 -11am EAL Chat Group (C) 11:30 Bridge Club (3rd floor Bdrm) 12:00 Gentle Yoga (C) 12:15-3:30 Line Dancing Class (Aud) 12:30-2:00 Brain Fitness Classes (3rd) 2:00-4:00 Downtown Men's Shed (A) 2:30 Computers for Beginners (3rd)	8 Please note: The Physical Therapy Students from UofA will let us know when Better Balance Classes will begin. Sign-up at Main Reception.
9 8:00 Stettler Train Ride Enjoy a scenic, fall drive to Stettler & then a train ride with all the extras. Departs SAGE at 8:00 am. Bus returns to the Sutton Place Hotel.	10 9:30 Tai Chi (Aud) 9:30-11:30 Craft Space (Café) 11:20 Zumba Gold (Aud) 11:30 Bridge Club (3rd fl. Bdrm) 12:30-2:00 Brain Fitness Classes (3rd) 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)	11 9:00 Busy Fingers (A) 10:00 Line Dancing- Beginners (Aud) 10:00 News & Views Group (Café) 10:00 Colouring (Café) 12:00 Cree for Beginners (A) 12:00 Rainbow Group- café 12:30 Let's do Lunch LUX Steakhouse (101 St.) 1:00 Mahjong Drop-in (Café) 2:00 Ukulele Jam Session (Café) 2:00-4:00 Poetry Series (Sage Rm)	12 10:00 Dominos (Café) NO DEVICE & COMPUTER HELP THIS WEEK 10:00 Move to the Music (Aud) 10:30 Understanding Investment Fees (Sage rm) 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 2-3:30 iPad classes (Sage Rm) 2:30 Computers for Beginners (3rd)	13 9:00-10:30 Senior Social Dance (Aud) 10:00 Colouring Group (Café) 10:00 Scrabble time (Café) 10:30 Sit & Be Fit (C) 12:00-1:00 SING! Choir (Aud) 1:00 Ludo (drop-in game) (Café) 1:00 Mahjong Drop-in (Café) 1:00 Next Page Book Club (Bdrm) 2:00 Ukulele Class (Multilevel) (A) 3:15 Ukulele Class (Beginner) (A)	14 9:00-11:00 Senior Social Dance (Aud) 9:30-12pm Drop-in Oil Painting (A) 10:00-11am EAL Chat Group (C) 10:00 Brainiacs (B) 11:30 Bridge Club (3rd flr bdrm) 12:00 Gentle Yoga (C) 12:15-3:30 Line Dancing Class (Aud) 12:30-2:00 Brain Fitness Classes (3rd) 2:00-4:00 Downtown Men's Shed (A) 2:30 Computers for Beginners (3rd)	15 St. Albert Farmers' Market Depart Sage at 10:00 Cost: \$15 for bus Bus returns at 2:00 pm
16 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.	17 9:30 Tai Chi (Aud) 9:30-11:30 Craft Space (Café) 11:20 Zumba Gold (Aud) 11:30-1:30 Bridge Club 12:30-2:00 Brain Fitness Classes (3rd) 1:00 Mahjong drop-in (Café) 1:00 Line Dancing (Beginner) (Aud) 1:00-2:30 Ludo (Café) 2:30 Computers for Beginners (3rd)	18 9:00 Busy Fingers (A) 10:00 Line Dancing 10:00 News & Views Group (Café) 10:00 Colouring (Café) 12:00 Cree for Beginners (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) 2:00-4:00 Poetry Series (Sage Rm)	19 10:00 Dominos (Café) 10-12 Device & Computer help (3rd) 10:00 Move to the Music (Aud) 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 Wellness Series with J Wilting (A) Topic: Dealing with Today 2-3:30 iPad classes (Sage Rm) 2:30 Computers for Beginners (3rd)	20 9:00-10:30 Senior Social Dance (Aud) 10:00 Colouring Group (Café) 10:00 Scrabble time (Café) 11:00-1:00 Avon Calling (Café) 10:30 Sit & Be Fit (C) 12:00-1:00 SING! Choir (Aud) 1:00 Mahjong Drop-in (Café) 1:00 Ludo (drop-in game) (Café) 2:00 Ukulele Class (Multilevel) (A) 3:15 Ukulele Class (Beginner) (A)	21 9:00-11:00 Senior Social Dance (Aud) 9:30-12pm Drop-in Oil Painting (A) 9:30-12:00 Indigenous Canada Course (Sage Rm) 10:00-11am EAL Chat Group (C) 11:30 Bridge Club (3rd flr Bdrm) 12:00 Gentle Yoga (C) 12:15-3:30 Line Dancing Class (Aud) 12:30-1:30 Spanish for Seniors (D) 12:30-2:00 Brain Fitness Classes (3rd) 2:00-4:00 Downtown Men's Shed (A)	22 Seniors Housing Forum Time: 9:00 - 2:30 Held at the Central Lions Seniors Recreation Centre Call: 780-809-8604 to register.
26	24 9:30 Tai Chi Intro (Aud) 9:30-11:30 Craft Space (Café) 10:00 River Cree Casino Outing 10:00 Canadian Seniors Benefits (3rd) 11:20 Zumba Gold (Aud) 11:30-1:30 BridgeClub (3rd fl bdrm) 12:30-2:00 Brain Fitness Classes (3rd) 1:00 Mahjong drop-in (Café) 1:00 Line Dancing (Beginner) (Aud) 1:00-2:30 Ludo (Café)	25 9:00 Busy Fingers (A) 9:30-11:30 Blue Pencil Café (wriing class) 10:00 Line Dancing- Beginners (Aud) 10:00 News & Views Group (Café) 10:00 Colouring (Café) 12:00 Cree for Beginners (A) 1:00 Rainbow Group (Café) 1:00 Mahjong Drop-in (Café) 1:30 Activity & Home Exercise Here's to your Health (3rd fl bdrm) 2:00 Ukulele Jam Session (Café)	26 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) 2-3:30 iPad classes (Sage Rm)	27 9:00-10:30 Senior Social Dance (Aud) 10:00 Colouring Group (Café) 10:00 Scrabble time (Café) 10:00 Writer's Sharing Group (C) 10:30 Sit & Be Fit (C) 12:00-1:00 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 2:00 Ukulele Class (Multilevel) (A) 3:15 Ukulele Class (Beginner) (A)	28 9:00-11:00 Senior Social Dance (Aud) 9:30-12pm Drop-in Oil Painting (A) 9:30-12:00 Indigenous Canada Course (Sage Rm) 10:00-11am EAL Chat Group (C) 10:00 Brainiacs (B) 11:30 Bridge Club (3rd flr Bdrm) 12:00 Gentle Yoga (C) 12:15-3:30 Line Dancing Class (Aud) 12:30-1:30 Spanish for Seniors (D) 12:30-2:00 Brain Fitness Classes (3rd) 2:00-4:00 Downtown Men's Shed (A)	29
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