

Sage Activities - September 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** – Hop on the bus for a fun day at the casino. You get a voucher for a free lunch at Tap 25 restaurant. You must pre-register. Monday September 24 & November 26. Departs Sage at 10:00 am. Cost is \$5.00. Must pre-register.
- **Kookum Senior Women's Group** – Class dates TBA
- **Computers for Beginners** –Must pre-register. **Dates:** Sept. 5, 7, 10, 12, 14, 17, 19. **Time:** 2:30-3:30 pm. **Location:** 3rd fl. Computer lab. **Cost:** \$5 (for 7 classes)
- **Here's to Your Health Presentations**
Different health related topics including diet, exercise. Wellbeing, and more. Offered the 4th Tuesday of each month. **Next Date:** Sept 25th **Next Topic:** Activity & Home Exercise **Location:** 3rd floor Boardroom **Time:** 1:30-2:30pm
- **The Next Page Book Club** – The 2nd Thursday of the month at 1:00 pm. **Next date:** Aug. 9th. **Location:** 3rd fl. Boardroom.
- **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. Wednesdays, starting September 12. **Location:** Auditorium. **Time:** 10:00 am
- **Indigenous Canada Course** – A 12 week on-line class that explores indigenous histories and contemporary issues in Canada. Fridays, September 21 – December 7. **Time:** 9:30 am – 12:00 pm. **Location:** Sage Room. Cost is \$10 for entire class and must pre-register.
- **Better Balance Classes** – Join Physical Therapy students from the U of A for classes on helping to improve balance and strength. Sign-up at Main Reception to get a call about dates. **Location:** Auditorium. **Time:** Mondays 3-4 pm. Start date TBD.
- **Stettler Train Ride** – Enjoy a scenic, fall drive to Stettler and then a train ride with all of the extras, including a buffet-style Alberta Roast beef meal. Sunday, September 9, Departs Sage at 8:00 am and drop-off will be at the Sutton Place Hotel. **Cost:** \$138 (\$156 non-member). Pre-registration past.
- **Seniors' Housing Forum** – Registration opens September 1. Date of Forum is Saturday, September 22 from 9:00 am – 2:30 pm. Held at the Central Lions Seniors Registration Centre. Please call 780-809-8604 to register.
- **St. Albert Farmers' Market** – The largest outdoor market in Western Canada. Must pre-register. **Date:** Saturday, September 15. Depart Sage at 10:00 am and return at 2:00 pm. **Cost:** \$15.00. Must pre-register.
- **Mind Your Money** – Monthly financial presentations with Wei Woo. **Date:** September 12 – Understanding Investment Fees with your Financial Institution. **Time:** 10:30 - 11:30 am
- **Canadian Seniors Benefits** – Learn about federal benefits and programs for seniors, and how to qualify for them. **Date:** Monday, September 24, **Time:**

10-11 am. **Cost:** Free. **Location:** Sage Room.

- **Brain Fitness Classes** – Computer games designed to help you remember more, think faster, and improve recall! Mondays and Fridays for 4 weeks. Sept. 7 to Oct. 1. Time: 12:30-2 pm. Cost is \$29.00 and must pre-register. Location: Sage Room
- **Craft Space** –Come and do a “Craft of the Week” or just drop-in to create your own using supplies available. Bring your creativity or just an openness to being crafty. No supplies needed. Drop in **Date/Time:** Mondays 9:30 – 11:30 am beginning September 10th **Location:** Sage Café. **Cost:** Free
- **Blue Pencil Café (writing class)** – Join instructor Melle in this very popular writing course. Must pre-register. **Date/Time:** Tuesdays, September 25 – November 13 at 9:30 – 11:30 am. **Cost:** is \$40.00. **Location:** Classroom C.
- **Poetry Series** – An informal tutorial and discussion about poem-crafting, with time allocated to group writing exercises.
Cost: \$5 **Dates:** Tuesdays Sept 11 & 18
Time: 2:00 to 4:00 pm Oct. 9 & 23
Location: Sage Room Nov. 13 & 27
- **Spanish for Seniors (Beginner and Intermediate)** A great introduction if you want to travel or just try something new! Must pre-register. **Dates:** Fridays from Sept. 21-Nov. 9th **Time:** 12:30-1:30 **Cost:** \$20
Location: Classroom D
- **iPad Classes (6 weeks)** Learn the basics of how to use an iPad in this 6 week course taught by an EPL community librarian. Must pre-register. **Dates:** Wednesdays, Sept 5th-Oct 10th **Time:** 2-3:30pm **Cost:** \$2.00 for all 6 weeks **Location:** Sage Room

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!

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, & Thursdays **Time:** 1-2:30 pm **Location:** Café

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 or \$1.50 per play

Time: 11:30 am-4pm

Date: Every Monday, Wednesday, Friday

Location: 3rd Floor Boardroom

Mahjong (Tile Game) Drop-in- a great chance to play the world's most popular tile game.

Majhong is very similar to gin rummy. Caution: highly addictive! Open to everyone.
Date: Mondays to Thursdays. Lessons available Wednesdays. Tiles are available for play anytime Sage is open.

Time: 1pm **Location:** Café **Cost:** Free

River Cree Casino Monthly Outing – Hop on the bus for a fun day at the casino. You get a voucher for a free lunch at Tap 25 restaurant. You must pre-register. Monday September 24 & November 26.

Date: Monday, September 24 **Time:** Depart from Sage at 10:00 am.

Cost: \$5.00 per trip

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: Sept. 18th **Time:** 1:30 pm – 2:30 pm

Location: 3rd floor boardroom

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:** 10:00am

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

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: September 11 **Location:** LUX Steakhouse
(101 Street)

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. Usually 1st & 3rd Wednesdays of each month. No talk on Sept. 5th.

Next Date: Sept. 19th **Time:** 1:30-2:30pm

Next Topic: Dealing with Today **Cost:** \$1.00

Location: Classroom A

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
Location: Sage Café

Time: 10:00am
Cost: Free

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 or \$1.50 per play

Time: 11:30 am-4pm
Date: Every Monday, Wednesday, Friday
Location: 3rd Floor Boardroom.

Cribbage: 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 & Thursdays
Location: Café

Time: 1-2:30pm
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
Location: Leaves Sage, meet at reception

Time: 1:00 pm
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. Last Wednesday of each month.

Next Date: Sept. 26th
Location: Classroom A

Time: 1:30-2:30 pm
Cost: Free

Thursday:

SING! Seniors Intercultural & Newcomers Gathering- enjoy sharing music while practicing English and meeting new friends.

Date: Thursdays
Location: Auditorium

Time: 12-1pm
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
Location: Aud.

Time: 10:30am
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
Location: Auditorium

Time: Thursday, 9-10:30am
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
Time: 10:00 am

Cost: Free
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: Sept. 27.

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: September 27

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. 3rd Thursday of each month

Next Date: September 20

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: Monday, Wednesday & Thursday

Time: 1:00-2:30 pm

Location: Café

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

Next Date: September 27

Time: 10-11 am

Location: Sage Rm

Cost: Free

Ukulele Classes Sage is strumming and humming! Come and join the fun with instructor Elaine Mann. **Dates:** Thursdays, for 12 weeks starting Sept 13th. **Cost:** \$20.00 –Thanks to the Edmonton Community Foundation. **Location:** Classroom A

Two class options:

Multilevel: For those with a little or a lot experience. There will strumming and picking styles for everyone. **Time:** 2-3pm

Absolute Beginner Level: 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! **Time:** 3:15-4pm

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: 10-11am

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 - 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 or \$1.50 per play

Time: 11:30 am-4pm

Date: Every Monday, Wednesday, Friday

Location: 3rd Floor Boardroom

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