



Sage Activities At-a-Glance

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 SAGE phone # is 780-423-5510 Ext. 301				9:00-10:30 Senior Social Dance (Aud) Drop-in 10:00 Colouring Your Conversation (Café) Drop-in 10:00 Scrabble Time (Café) Drop-in 10:30 Everyday Fitness (Aud) Drop-in 10:30-11:30 Sunshine Sing-A-Long (Café) Drop-in 12-1:00 SING! Intercultural Chorus (Aud) Drop-in 1:00 Ludo (Café) Drop-in 2:00 Ukulele Class (Multilevel) (A) Register 3:15 Ukulele Class (Beginner) (A) Register	9-11:00 Senior Social Dance (Aud) Drop-in 2 9:30-12pm Drop-in Oil Painting (A) Register 9:30-12:00 Indigenous Canada Course (Sage Rm) Register 10:00 -11am EAL Chat Group (c) Drop-in 11:30 Bridge Club (3rd floor Bdrm) Drop-in 12:30-1:30 Spanish for Seniors (B) Register 12:30-2 Brain Fitness Class (3rd) Register 12:15 Line Dance (Aud) Currently Full 1:00-3:00 Downtown Men's Shed (A) Drop-in 2:00 Line Dance (Aud) Spots available 2:30-3:30 Computers for Beginners (3rd) Register	
4 9:30 Tai Chi (Aud) Drop-in 11:20 Zumba Gold (Aud) Drop-in 11:30 Bridge Club (3rd fl. Bdrm) Drop-in 12:30-2 Brain Fitness Class(3rd) Register 12:30-2:30pm Kookum's Tea Time (A) Drop-in 1:00-2:30 Ludo (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Line Dance (Aud) Currently Full 1:30-3:30 Craft Space (Café) Drop-in 2:30-3:30 Computers for Beginners (3rd) Register 3-4 Better Balance Class (Aud) Register	5 9:00 Busy Fingers (A) Drop-in 9:30-11:30 Blue Pencil Café (C) Register 10:00 Line Dancing (Aud) Currently Full 10:00 Colouring Your Conversation (Café) Drop-in 12:00 Cree for Beginners (A) Drop-in 1:00 Rainbow Group (café) Drop-in 2-3:00 Ukulele Jam Session (Café) Drop-in	6 10:00 Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in 11:30 Bridge Club (3rd) Drop-in 12:15 Line Dance (Aud) Currently Full 1:00 Ludo (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Crib Games (Café) Drop-in 1:30 Wellness Series J. Wilting (A) Drop-in 2:00 Line Dance (Aud) Spots available 2:30-3:30 Computers for Beginners (3rd) Register	7 9:00-10:30 Senior Social Dance (Aud) Drop-in 10:00 Colouring Your Conversation (Café) Drop-in 10:00 Scrabble Time (Café) Drop-in 10:30 Everyday Fitness (Aud) Drop-in 10:30-11:30 Sunshine Sing-A-Long (Café) Drop-in 12-1:00 SING! Intercultural Chorus (Aud) Drop-in 1:00 Ludo (Café) Drop-in 1:00 Next Page Book Club (Bdrm) Drop-in 2:00 Ukulele Class (Multilevel) (A) Register 3:15 Ukulele Class (Beginner) (A) Register	8 9-11:00 Senior Social Dance (Aud) Drop-in 9 9:30-12pm Drop-in Oil Painting (A) Register 9:30-12:00 Indigenous Canada Course (Sage Rm) Register 10 - 11am Brainiacs (B) Drop-in 10 -11am EAL Chat Group (c) Drop-in 11:30 Bridge Club (3rd floor Bdrm) Drop-in 12:15 Line Dance (Aud) Currently Full 12:30-1:30 Spanish for Seniors (B) Register 1:00-3:00 Downtown Men's Shed (A) Drop-in 2:00 Line Dance (Aud) Spots available 2:30-3:30 Computers for Beginners (3rd) Register	10	
	CLOSED IN LIEU OF NOVEMBER 11	11 9:00 Busy Fingers (A) Drop-in 9:30-11:30 Blue Pencil Café (C) Register 10:00 Line Dancing (Aud) Currently Full 10:00 Colouring Your Conversation (Café) Drop-in 12:00 Cree for Beginners (A) Drop-in 12:30 Let's do Lunch- Kids in the Hall Bistro- Register 1:00 Rainbow Group (café) Drop-in 1:30-3:00 Poetry Series (B) Register 2-3:00 Ukulele Jam Session (Café) Drop-in	12 10:00 Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in 10:30 Mind Your Money-Mindful Investing (Sg Rm) Drop-in 11:30 Bridge Club (3) Drop-in 12:15 Line Dance (Aud) Currently Full 1:00 Crib Game & Ludo game (Café) Drop-in 1:00 Mahjong (Café) Drop-in 2:00 Line Dance (Aud) Spots available 2-3:30-Social Media Basics (Sage Rm) Register 2:30-3:30 Computers for Beginners (3rd) Register	13 9:00-10:30 Senior Social Dance (Aud) 15 10:00 Colouring Your Conversation (Café) Drop-in 10:00 Scrabble Time (Café) Drop-in 10:30 Everyday Fitness (Aud) Drop-in 10:30-11:30 Sunshine Sing-A-Long (café) Drop-in 12-1:00 SING! Intercultural Chorus (Aud) Drop-in 1:00 Ludo (Café) Drop-in 2:00 Ukulele Class (Multilevel) (A) Register 3:15 Ukulele Class (Beginner) (A) Register	14 9:00-11:00 Senior Social Dance (Aud) 16 9:30-12pm Drop-in Oil Painting (A) Register 9:30-12 Indigenous Canada Course (3) Register 10:00 -11am EAL Chat Group (c) Drop-in 11:30 Bridge Club (3rd floor Bdrm) Drop-in 12:00 Gentle Yoga (C) Drop-in 12:15 Line Dance (Aud) Currently Full 2:00 Line Dance (Aud) Spots available 1-3:00 Downtown Men's Shed (A) Drop-in	17
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.	18 9:30 Tai Chi (Aud) Drop-in 11:20 Zumba Gold (Aud) Drop-in 11:30 Bridge Club (3rd fl. Bdrm) Drop-in 12:30-2 Brain Fitness Class(3rd) Register 12:30-2:30pm Kookum's Tea Time (A) Drop-in 1:00-2:30 Ludo (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Line Dance Class (Aud) Full 1:30-3:30 Craft Space (Café) Drop-in 3-4 Better Balance Class (Aud) Register	19 9:00 Busy Fingers (A) Drop-in 10:00 Line Dancing (Aud) Currently Full 10:00 Colouring Your Conversation (Café) Drop-in 10:00 Airport Outlet Mall Trip-Return at 2:00 pm 12:00 Cree for Beginners (A) Drop-in 1:00 Rainbow Group (café) Drop-in 1:30-2:30 J. Wilting Discussion Group (bdrm) Drop-in 2-3:00 Ukulele Jam Session (Café) Drop-in	20 10:00 Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in 11:30 Bridge Club (3) Drop-in 12:15 Line Dance (Aud) Currently Full 1:00 Crib Game & Ludo game (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:30-2:30 Wellness Series by J. Wilting (A) Drop-in 2:00 Line Dance (Aud) Spots available	21 9:00-10:30 Senior Social Dance (Aud) 22 10:00 Colouring Your Conversation (Café) Drop-in 10:00 Scrabble Time (Café) Drop-in 10:30 Everyday Fitness (Aud) Drop-in 10:30-11:30 Sunshine Sing-A-Long (café) Drop-in 12-1:00 SING! Intercultural Chorus (Aud) Drop-in 1:00 Ludo (Café) Drop-in 2:00 Ukulele Class (Multilevel) (A) Register 3:15 Ukulele Class (Beginner) (A) Register	22 9:00-11:00 Senior Social Dance (Aud) 23 9:30-12pm Drop-in Oil Painting (A) Register 9:30-12:00 Indigenous Canada Course (Sage Rm) Register 10 - 11am Brainiacs (B) Drop-in 10:00 -11am EAL Chat Group (c) Drop-in 11:30 Bridge Club (3rd floor Bdrm) Drop-in 12:00 Gentle Yoga (C) Drop-in 12:15 Line Dance (Aud) Currently Full 12:30-2 Brain Fitness Class(3rd) register 1:00-3:00 Downtown Men's Shed (A) Drop-in 2:00 Line Dance (Aud) Spots available	24
25 9:30 Tai Chi (Aud) Drop-in 10:00 River Cree Casino Outting 11:20 Zumba Gold (Aud) Drop-in 11:30 Bridge Club (3rd fl. Bdrm) Drop-in 12:30-2 Brain Fitness Class(3rd) Register 1:00-2:30 Ludo drop-in (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Line Dance Class (Aud) Full 1:30-3:30 Craft Space (Café) Drop-in 3-4 Better Balance Class (Aud) Register	26 9:00 Busy Fingers (A) Drop-in 10:00 Line Dancing (Aud) Currently full 10:00 Colouring Your Conversation (Café) Drop-in 12:00 Cree for Beginners (A) Drop-in 1:00 Rainbow Group (Café) Drop-in 1:30-2:30 Here's to your Health De-prescribing: When you are taking too many medicines (3rd fl bdrm) Drop-in 1:30-3:00 Poetry Series (B) Register 2-3:00 Ukulele Jam Session (Café) Drop-in	27 10:00 Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in 10:00 Greenland Garden Centre-Return at 2pm 11:30 Bridge Club (3) Drop-in 12:15 Line Dance (Aud) Currently Full 1:00 Crib Game & Ludo game (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:30 TED Talks Discussion Group (A) 2:00 Line Dance (Aud) Spots available	28 9:00-10:30 Senior Social Dance (Aud) 29 10:00 Colouring Your Conversation (Café) Drop-in 10:00 Scrabble Time (Café) Drop-in 10:00 Writer's Sharing Grp (Sage Rm) Drop-in 10:30 Everyday Fitness (Aud) Drop-in 10:30-11:30 Sunshine Sing-A-Long (café) Drop-in 11-2:00 Craft & Gift Sale (Café) 12:30 Sage Tour with Joan Drop-in 12-1:00 SING! Intercultural Chorus (Aud) Drop-in 1:00 Ludo (drop-in game) (Café) 1:00 Sage Monthly Birthday Party (Café) 2:00 Ukulele Class (Multilevel) (A) Register 3:15 Ukulele Class (Beginner) (A) Register	29 9:00-11:00 Senior Social Dance (Aud) 30 9:30-12pm Drop-in Oil Painting (A) Register 9:30-12:00 Indigenous Canada Course (Sage Rm) Register 10:00 -11am EAL Chat Group (c) Drop-in 11:30 Bridge Club (3rd floor Bdrm) Drop-in 12:00 Gentle Yoga (C) Drop-in 12:15 Line Dance (Aud) Currently Full 12:30-2 Brain Fitness Class(3rd) register 1:00-3:00 Downtown Men's Shed (A) Drop-in 2:00 Line Dance (Aud) Spots available	30	