

Sage Activities - November 2018

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

New programs and Program changes:

- **Greenland Garden Centre** – Greenland decorates for Christmas like no other, so come along and get in the festive spirit! They also have a beautiful selection of poinsettias, a delicious café, and an amazing selection of Christmas decorations, giftware, and home décor to suit every need. **Date:** Wednesday, Nov. 28
Time: Bus departs from Sage 10am- Return approx. 2pm **Cost:** \$15.00 for bus – must pay own lunch, etc.
- **River Cree Casino Outing** – Hop on Intrepid Charter's bus the 4th Monday of every second month for a fun day at the casino. If you stay for four hours, you get a voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. Must pre-register. **Next Date:** Nov. 26th **Time:** Bus departs from Sage at 10am
Cost: \$5.00
- **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.
Date/Time: Mondays 1:30 – 3:30pm. **Location:** Sage Café or Classroom A. **Cost:** Free
- **Sunshine Singalong** If you love music, singing and being among friends then join our weekly gathering of singalong favourites with Elaine. Everyone welcome! **Date:** Thursdays **Time:** 10:30-11:15am
Location: Sage cafe **Cost:** Free
- **The Next Page Book Club** The 2nd Thursday of the month. **Time:** 1:00 pm. **Next date:** Nov. 8th
Location: 3rd fl. Boardroom
- **Computers for Beginners** –Must pre-register. **Next Dates:** Oct. 29, 31, Nov. 2, 5, 7, 9, 14.
Time: 2:30-3:30 pm. **Location:** 3rd fl. Computer lab. **Cost:** \$5 (for 7 classes)
- **Indigenous Canada Course** – A 12 week online class that explores indigenous histories and contemporary issues in Canada. **Dates:** 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. **Location:** Auditorium. **Dates:** Mondays, until Dec. 3.
Time: 3-4 pm. **Cost:** \$5
- **Brain Fitness Classes** – Computer games designed to help you remember more, think faster, and improve recall! Mondays and Fridays for 4 weeks. **Previous Class Dates:** Oct. 12-Nov. 5
Next Class Dates: Nov. 19 – Dec. 14. **Time:** 12:30-2 pm. **Cost** is \$29.00 and must pre-register.
Location: 3rd floor computer lab
- **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 (for all 5 classes) **Dates left:** Nov. 13 & 27 **Time:** 1:30 – 3:00 pm
Location: Classroom B
- **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 B
- **Kookum's Tea Time** A group for senior women to get together, share stories, connect and enjoy a cup of tea. Kookum is the Cree word for grandmother. This group is open to anyone to join drop-in and is led by Sophie Laboucan from Bent Arrow Healing Society. **Next Dates:** Mondays – Nov. 5th & 19th
Time: 12:30pm-2:30pm (including clean-up) **Location:** Classroom A **Cost:** Free
- **Here's to your Health** join Sage for presentations on different health related topics by the knowledgeable nursing staff from Sage's Health clinic including diet, exercise, wellbeing & more. Offered the 4th Tuesday every month. **Next Topic:** De-prescribing: When you are taking too many medicines **Date:** Nov. 27
Time: 1:30-2:30pm **Location:** 3rd floor Boardroom
- **Social Media Basics** Twitter, Facebook, Instagram...what are they? How do you use them? How do you create a profile and stay safe? Please pre-register. **Date:** Nov. 14. **Time:** 2:00-3:30PM. **Location:** 3rd floor 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!

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

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

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. Lessons will be available in January 2019.
Date: Mondays and Wednesdays. Tiles are available for play anytime Sage is open.
Time: 1pm **Location:** Café **Cost:** Free

Seniors Line Dancing Classes- a great opportunity to learn some line dances, have some fun and meet new people! Workout your body while you work-out you brain learning new steps. Limited spaces are available.
Location: Auditorium **Cost:** \$2.00 a month

Classes:

- A) 1pm- Mondays & 10am- Tuesdays (currently full)
- B) 12:15pm- Wednesday & Friday (currently full)
- C) 2:00pm- Wednesday & Friday (space available)

Tuesdays:

Busy Fingers is a year round crafting group. They are currently focusing on knitting and crocheting. Come and join these amazing people as they create beautiful pieces. Guidance and instruction is available.

Date: Tuesdays **Time:** 9:00 am
Location: Classroom A **Cost:** Free

Colouring Your Conversation- 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

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

Over The Rainbow Group- this laid-back social support group is for Lesbian, Gay, Bi-Sexual, and transgendered seniors, and/or seniors who would like to understand their LGBTQ+ family members and friends. You can just drop by or e-mail Jeff Bovee, group leader directly, at email: tuff69@telus.net

Date: Tuesdays **Time:** 1-3:30pm **Location:** Sage Café **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. **Date:** November 13

Location: Kids in the Hall Bistro in City Hall **Cost:** must pay own lunch at Restaurant +ETS

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. Drop-in.

Next Date: 3rd Tuesday monthly **Time:** 1:30 pm – 2:30 pm
Location: 3rd floor boardroom **Cost:** Free

Ukulele Jam Sessions Grab your Ukulele and join the fun in this drop-in group! All Skill levels welcome – open to all!

Dates: Tuesdays **Time:** 2-3pm **Location:** Café **Cost:** Free

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

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

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.

Seniors Line Dancing Classes- a great opportunity to learn some line dances, have some fun and meet new people! Workout your body while you work-out you brain learning new steps. Limited spaces are available.

Location: Auditorium **Cost:** \$2.00 a month

Classes:

A) 1pm- Mondays & 10am- Tuesdays (currently full)

B) 12:15pm- Wednesday & Friday (currently full)

C) 2:00pm- Wednesday & Friday (space available)

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 **Time:** 1-2:30pm **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.

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.

Time: 1:30-2:30pm **Cost:** \$1.00

Location: Classroom A

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: Last Wednesday of the month **Time:** 1:30-2:30 pm

Location: Classroom A **Cost:** Free

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. Lessons will be available in January 2019.

Date: Mondays and Wednesdays. Tiles are available for play anytime Sage is open.

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

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: Aud. **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:** Thursdays: 9-10:30am & Fridays: 9:00-11:00am

Location: Auditorium **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:** 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. **Time:** 12:30pm. Meet at main floor reception. **Date:** Nov. 29.

Avon Calling! A chance to look at the latest Avon products, and to place or pick-up orders. The 3rd Thursday of each month.

Next Date: Nov. 15th **Time:** 11-1pm **Location:** 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:** Nov. 30 **Time:** 10-11 am **Location:** Sage Room

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:** Thursdays: 9-10:30am & Fridays: 9:00–11:00am
Location: Auditorium **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 (No Yoga on Nov. 2nd & 9th) **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)

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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 and must pre-register.
Date: Fridays **Time:** 10:00 - 11:00 am
Location: Classroom C **Cost:** Free

Men's Shed - the Downtown Shed is in independent free group that meets twice a week including once at Sage. This is a group for men, by men. Drop-ins are welcome. A Shed is a space for men of all ages, abilities, and backgrounds to get together to share skills and knowledge and to communicate shoulder to shoulder; thereby building friendships, enhancing resilience, and providing emotional support.

Days/Times/Locations: Thursdays 7-9pm at The Churchill (10015-103rd ave) in the Coffee Room
- use buzzer to enter main building
Fridays 1-3 pm at Sage Seniors Association.

This is not a Sage program so for more information please contact Lawrence at 780-905-4307 or Amanda at 780-809-9404 ext. 366.