

## **Sage Activities - December 2018**

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

### **New programs and Program changes:**

- **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. **Time changing to 12:30-2:30pm as of Monday Dec. 10<sup>th</sup>.** **Location:** Sage Café **Cost:** Free
- **Sunshine Singalong moves to Tuesdays starting 2019. Singalong will be on break after December 13 until January 8<sup>th</sup>, 2019.** 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 2<sup>nd</sup> Thursday of the month. **Time:** 1:00 pm. **Next date:** Dec. 13<sup>th</sup>  
**Location:** 3<sup>rd</sup> fl. Boardroom
- **Computers for Beginners** –Must pre-register. **Date:** December 5, 7, 10, 12, 14, 17, 19  
**Time:** 2:30-3:30 pm. **Location:** 3<sup>rd</sup> fl. Computer lab. **Cost:** \$5 (for 7 classes)
- **Christmas Light Tour** – see the beautiful Christmas lights around Edmonton while enjoying hot chocolate and a treat. **Special thanks to Dignity Memorial for sponsoring this trip. Must pre-register- spots are limited**  
**Date:** Wednesday, December 19<sup>th</sup> **Time:** depart from Sage at 6pm (to approx. 8pm) **Cost:** \$5.00 (\$20 subsidized by Dignity Memorial)
- **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:** Will begin again from January 18, 2019 to March 29, 2019.  
**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. **Last Date:** Dec. 14. **Next Class Dates:** January 7 to February 1, 2019. **Time:** 12:30-2 pm. **Cost** is \$29.00 and must pre-register.  
**Location:** 3<sup>rd</sup> floor computer lab
- **Spanish for Seniors (Beginner and Intermediate)** A great introduction if you want to travel or just try something new! Must pre-register. Dates: Fridays Feb. 8 to March 22, 2019 **Time:** 12:30-2:30 **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, Dec. 3<sup>rd</sup> and Dec. 10<sup>th</sup>  
**Time:** 12:30pm-2:30pm (including clean-up) **Location:** Classroom A **Cost:** Free
- **Christmas Dinner** – Delicious turkey lunch with all the trimmings: mashed potatoes, stuffing, veggies, gravy, cranberries, and a bun. Also includes dessert, coffee and tea. Also live entertainment.  
**Date:** Thursday, Dec. 13. **Time:** 11:30 am. **Location:** Sage Café. **Cost:** \$12.00  
**Must pre-purchase. Only 50 tickets available.**
- **Justice Presentation: What Does the Alberta Review Board Do?** – The Alberta Review Board makes or reviews dispositions concerning any accused person for whom a verdict of “not criminally responsible because of mental disorder” or “unfit to stand trial” is rendered based on Canada’s criminal code. Please pre-register.  
**Date:** Tuesday, Dec. 4<sup>th</sup> **Location:** Sage Room **Time:** 1:30 pm

### **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. You MUST pre-register for lessons.  
**Cost:** \$50.00 for 20 Comprehensive lessons or \$5.00 for specific/refresher lesson or \$1.50 per play  
**Time:** 11:30 am-4pm **Date:** Every Monday, Wednesday, Friday  
**Location:** 3<sup>rd</sup> 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 your 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](mailto: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 and ventures out to new dining experiences. Must pre-register. Call **Sage** to register. **Date:** December 11<sup>th</sup> **Time:** This month we are meeting at the hotel at 11:30am **Location:** LaRonde Festive Lunch Buffet (LaRonde Restaurant located in the Chateau Lacombe Hotel at 10111 Bellamy Hill) **Cost:** Must pre-pay at Sage for this buffet.

**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 3<sup>rd</sup> Tuesday of every month. Drop-in.

**Next Date:** 3<sup>rd</sup> Tuesday monthly

**Time:** 1:30 pm – 2:30 pm

**Location:** 3<sup>rd</sup> 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

**Mind Your Money- Monthly Financial Presentations with Wei Woo**

**Next Topic:** 2018 Annual Financial Review **Next Date:** Dec. 12<sup>th</sup> **Time:** 10am **Location:** Sage Room

**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:** 3<sup>rd</sup> 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

**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 1<sup>st</sup> & 3<sup>rd</sup> 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

**No TED Talk in December as Sage is closed December 22 to January 2, 2019.**

**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. **Please note: this program will be on Tuesdays in 2019. There will be a break after December 13 and return on January 8, 2019.**

**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 (except December). **Time:** Meet at main floor reception. **Date:** Nov. 20 at 11:00 am.

**Avon Calling!** A chance to look at the latest Avon products, and to place or pick-up orders. The 3<sup>rd</sup> Thursday of each month (except December).

**Next Date:** Dec. 13

**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

**Ukulele Classes** Sage is strumming and humming! Come and join the fun with instructor Elaine Mann. **Dates:** Thursdays, for 12 weeks starting Sept 13<sup>th</sup>. **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

**Sage Monthly Birthday Party:** Sage celebrates birthdays every month with free 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)** **December Date:** December 20<sup>th</sup> (as we are closed the last week of December). **New Time:** 11:30am-12:30pm (as Sage closes at 1pm this day). **Location:** Sage Café **Cost:** Free!!

## **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 **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 2<sup>nd</sup> & 4<sup>th</sup> Friday of the month (only the 2<sup>nd</sup> Friday in Dec. as Sage is closed the last week of Dec.) **Time:** 10-11am  
**Location:** Classroom B

**Drop-In Oil Painting:** 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.

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or \$5.00 for specific/refresher lesson or \$1.50 per play  
**Time:** 11:30 am-4pm **Date:** Every Monday, Wednesday, Friday  
**Location:** 3<sup>rd</sup> Floor Boardroom

**EAL Chat Group** - a chance to practice speaking English while meeting new people. Refreshments required and must pre-register. **On break. Will resume in January, 2019.**

**Date:** Fridays **Time:** 10:00 - 11:00 am  
**Location:** Classroom C **Cost:** Free

**Men's Shed** - the Downtown Shed is an 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 (10015-103<sup>rd</sup> 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.