


# Sage Activities At-a-Glance

# January

Sunday	W	Tuesday	Wednesday	Thursday	Friday	Saturday	
 780-423-5510 Ext. 301	<b>NEW WINTER CLASSES, GROUPS, &amp; EVENTS:</b> Mountains 101 Mental Health Week iPad Classes Mahjong Lessons Better Choices, Better Health French Social Chat Group Coffee Group Jubilations "Mamma Mio" "New" Poetry Workshop	1 <b>SAGE is closed today.</b> Happy New Year to everyone	2 10:00 Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) 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 <b>Wellness Series J. Wilting (A) Drop-in</b> 2:00 Line Dance (Aud) Spots available	3 9:00-10:30 Senior Social Dance (Aud) Drop-in 10:00 Scrabble Time (Café) Drop-in 10:30 Everyday Fitness (Aud) Drop-in 1:00 Ludo (Café) Drop-in 1:45-2:45 Ukelele Jam (Café) Drop-in	4 9:11:00 Senior Social Dance (Aud) Drop-in 9:30-12pm Drop-in Oil Painting (A) Register 10 -11am EAL Chat Group 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:00 Gentle Yoga (C ) Drop-in 12:15 Line Dance (Aud) Currently Full 1-3 Downtown Men's Shed (A) Drop-in 2:00 Line Dance (Aud) Spots available	5	
6 9:30 Tai Chi (Aud) Drop-in 11:20 Zumba Gold (Aud) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in <b>12-1 Ukrainian Christmas (Café)</b> <b>12:30-2 BrainFitness Class(3rd) Register</b> 1:00-2:30 Ludo (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Line Dance (Aud) Currently Full 12:30-2:30 Craft Space (Café) Drop-in	7 9:00 Busy Fingers (A) Drop-in 10:00 Line Dancing (Aud) Currently Full 10-11 Colouring Group (Café) Drop-in <b>10:30-12 Mahjong Lessons (Café) Register</b> 12:00 Cree for Beginners (A) Drop-in <b>12:30 Lets do Lunch-Bottega-Register</b> 1:00 Rainbow Group (café ) Drop-in	8 10:00 Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in <b>10:30 Mind your money (Sage Rm)</b> <b>10:30-11:30 Coffee Group (Cafe) Drop-in</b> 11:30 Bridge Club (Ray Dolgoy Rm) 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 2:00 Line Dance (Aud) Spots available <b>2-3:30 iPad classes (C) Regiser</b> <b>2:30-3:30 Computers for Beginners (3rd) Register</b>	9 10:00 Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in <b>10:30-11:30 Coffee Group (Cafe) Drop-in</b> 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:15 Line Dance (Aud) Currently Full 1:00 Crib Game & Ludo game (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Crib Games (Café ) Drop-in 2:00 Line Dance (Aud) Spots available <b>2-3:30 iPad classes (C) Regiser</b> <b>2:30-3:30 Computers for Beginners (3rd) Register</b>	10 9:00-10:30 Senior Social Dance (Aud) Drop-in 10:00 Scrabble Time (Café) Drop-in 10:30 Everyday Fitness (Aud) Drop-in 1:00 Ludo (Café) Drop-in <b>1-2 Next Page Book Club- Raye Dolgoy Rm</b> 1:45-2:45 Ukelele Jam (Café) Drop-in	11 9-11:00 Senior Social Dance (Aud) Drop-in 9:30-12pm Drop-in Oil Painting (A) Register 10 -11am EAL Chat Group <b>10 Brainiacs (B) Drop-in</b> 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:00 Gentle Yoga (C ) Drop-in 12:15 Line Dance (Aud) Currently Full <b>12:30-2 BrainFitness (3rd) Register</b> 1-3 Downtown Men's Shed (A) Drop-in 2:00 Line Dance (Aud) Spots available <b>2:30-3:30 Computers for Beginners (3rd) Register</b>	12	
13 9:30 Tai Chi (Aud) Drop-in 11:20 Zumba Gold (Aud) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in <b>12:30-2 Brain Fitness Class(3rd) Register</b> <b>12:30-2:30pm Kookum's Tea Time (A) Drop-in</b> 1:00-2:30 Ludo (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Line Dance (Aud) Currently Full 12:30-2:30 Craft Space (Café) Drop-in <b>2:30-3:30 Computers for Beginners (3rd) Reg</b>	14 9:00 Busy Fingers (A) Drop-in 10:00 Line Dancing (Aud) Currently Full 10-11 Colouring Group (Café) Drop-in <b>10:30-12 Mahjong Lessons (Café) Register</b> 11-11:45 Sun. Sing-A-Long (Aud.) Drop-in 12-1 SING! Interc. Chorus (Aud) Drop-in 12:00 Cree for Beginners (A) Drop-in 1:00 Rainbow Group (café ) Drop-in 1:30 J. Wilting Disc. Group (Ray Dolgoy Rm) Drop-in <b>2-4 Ukulele Lessons (Aud.) Register</b>	15 10:00 Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in <b>10:30-11:30 Coffee Group (Cafe) Drop-in</b> 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:15 Line Dance (Aud) Currently Full 1:00 Crib Game & Ludo game (Café) Drop-in 1:00 Mahjong (Café) Drop-in <b>1:30 Wellness Series J. Wilting (A) Drop-in</b> <b>2-3:30 iPad classes (C) Regiser</b> <b>2:30-3:30 Computers for Beginners (3rd) Register</b>	16 9:00-10:30 Senior Social Dance (Aud) Drop-in 10:00 Scrabble Time (Café)-Drop-in 10:30 Everyday Fitness (Aud) Drop-in <b>NO AVON THIS MONTH</b> 1:00 Ludo Drop-in- Puzzle Rm 1:45-2:45 Ukelele Jam (Café) Drop-in	17 9:00-11:00 Senior Social Dance (Aud) Drop-in 9:30-12pm Drop-in Oil Painting (A) Register <b>9:30-11:00 Mountains 101</b> 10 -11am EAL Chat Group <b>11-12 French Social Chat Group (Café) Drop-in</b> 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:00 Gentle Yoga (C ) Drop-in 12:15 Line Dance (Aud) Currently Full <b>12:30-2 BrainFitness (3rd) Register</b> 1-3 Downtown Men's Shed (A) Drop-in <b>1:30-2:30 Better Balance Classes (C) Register</b> 2:00 Line Dance (Aud) Spots available <b>2:30-3:30 Computers for Beginners (3rd) Register</b>	18 9:00-11:00 Senior Social Dance (Aud) Drop-in 9:30-12pm Drop-in Oil Painting (A) Register <b>9:30-11:00 Mountains 101</b> 10 -11am EAL Chat Group <b>11-12 French Social Chat Group (Café) Drop-in</b> 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:00 Gentle Yoga (C ) Drop-in 12:15 Line Dance (Aud) Currently Full <b>12:30-2 BrainFitness (3rd) Register</b> 1-3 Downtown Men's Shed (A) Drop-in <b>1:30-2:30 Better Balance Classes (C) Register</b> 2:00 Line Dance (Aud) Spots available <b>2:30-3:30 Computers for Beginners (3rd) Register</b>	19	
<b>Mental Health Week is January 21 - 25. There are a variety of free activities and sessions happening at Sage.</b>	20 9:30 Tai Chi (Aud) Drop-in <b>11-12 Social Isolation &amp; Lonliness Coffee Talk (Café) Drop-In</b> 11:20 Zumba Gold (Aud) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 1:00 Mahjong & Ludo (Café) Drop-in 1:00 Line Dance Class (Aud) Full <b>1-2pm Not So Blue Monday Party with Cake (Café) Drop-in</b> 12:30-2:30 Craft Space (Café) Drop-in <b>12:30-2 Brainfitness (3rd) Register</b> <b>2:30-3:30 Computers for Beginners (3rd) Register</b>	21 9:00 Busy Fingers (A) Drop-in 10:00 Line Dancing (Aud) Currently Full 10-11 Colouring Group (Café) Drop-in 11-11:45 Sun. Sing-A-Long (Aud.) Drop-in <b>10:30-12 Mahjong Lessons (Café) Register</b> 12-1 SING! Interc. Chorus (Aud) Drop-in 12:00 Cree for Beginners (A) Drop-in 1:00 Rainbow Group (café ) Drop-in <b>2-4 Ukulele Lessons (Aud.) Register</b>	22 10:00 Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in <b>10:30-11:30 Coffee Group (Cafe) Drop-in</b> <b>10:00 Ballroom dance (Aud) Register</b> <b>11-12pm Pet Visit (Café) Drop-in</b> 12:15 Line Dance (Aud) Currently Full 1:00 Crib Game & Ludo game (Café) Drop-in 1:00 Mahjong (Café) Drop-in <b>1:30 Here's To Your Health-Mental Health (Ray Dolgoy Rm) Drop-in</b> 2:00 Line Dance (Aud) Spots available <b>2-3:30 iPad classes (C) Regiser</b> <b>2:30-3:30 Computers for Beginners (3rd) Register</b>	23 9-10:30 Senior Social Dance (Aud) Drop-in 10:00 Scrabble Time (Café) Drop-in 10:30 Everyday Fitness (Aud) Drop-in 1:00 Ludo Drop-in- Puzzle Rm 1:45-2:45 Ukelele Jam (Café) Drop-in	24 9:00-11:00 Senior Social Dance (Aud) Drop-in 9:30-12pm Drop-in Oil Painting (A) Register 10 -11am EAL Chat Group <b>10 Brainiacs (B) Drop-in</b> 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:00 Gentle Yoga (C ) Drop-in 12:15 Line Dance (Aud) Currently Full <b>12:30-2 BrainFitness (3rd) Register</b> 1-3 Downtown Men's Shed (A) Drop-in <b>1:30-2:30 Better Balance Classes (C) Register</b> 2:00 Line Dance (Aud) Spots available	25 9:00-11:00 Senior Social Dance (Aud) Drop-in 9:30-12pm Drop-in Oil Painting (A) Register 10 -11am EAL Chat Group <b>10 Brainiacs (B) Drop-in</b> 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:00 Gentle Yoga (C ) Drop-in 12:15 Line Dance (Aud) Currently Full <b>12:30-2 BrainFitness (3rd) Register</b> 1-3 Downtown Men's Shed (A) Drop-in <b>1:30-2:30 Better Balance Classes (C) Register</b> 2:00 Line Dance (Aud) Spots available	26 <b>For more information for all activities at Sage, visit our website at <a href="http://www.mysage.ca">www.mysage.ca</a> or check out our newsletter. Call (780) 423-5510 ext, 301.</b>
27 9:30 Tai Chi (Aud) Drop-in <b>10 River Cree Casino Outing - Register</b> 11:20 Zumba Gold (Aud) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in <b>12:30-2:30pm Kookum's Tea Time (A) Drop-in</b> 1:00-2:30 Ludo (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Line Dance Class (Aud) Full 12:30-2:30 Craft Space (Café) Drop-in <b>12:30-2 Brainfitness (3rd) Register</b>	28 9:30-12 Better Choices, Better Health Workshop @ 10:00 Line Dancing (Aud) Currently Full 10-11 Colouring Group (Café) Drop-in 11-11:45 Sun. Sing-A-Long (Aud.) Drop-in <b>10:30-12 Mahjong Lessons (Café) Register</b> 11 "Mamma Mio" at Jubilations-Register 12-1 SING! Interc. Chorus (Aud) Drop-in 12:00 Cree for Beginners (A) Drop-in 1:00 Rainbow Group (café ) Drop-in <b>2-4 Ukulele Lessons (Aud.) Register</b>	29 10:00 Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in <b>10:00 Ballroom dance (Aud) Register</b> <b>10:30-11:30 Coffee Group (Cafe) Drop-in</b> 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:15 Line Dance (Aud) Currently Full 1:00 Crib Game & Ludo game (Café) Drop-in 1:00 Mahjong (Café) Drop-in <b>1:00 Chinese New Year Celebration (Aud)</b> <b>1:30-2:30 TED TALKS Drop-in</b> 2:00 Line Dance (Aud) Spots available <b>2-3:30 iPad classes (C) Regiser</b>	30 9:00-10:30 Senior Social Dance (Aud) Drop-in 10:00 Scrabble Time (Café) Drop-in <b>10-12 "New" Poetry Workshop (Sg Rm) Register</b> 10:30 Everyday Fitness (Aud) Drop-in 12:30 Sage Tour with Joan 1-2 Birthday Party (Café) 1:00 Ludo Drop-in- Puzzle Rm 1:45-2:45 Ukelele Jam (Café) Drop-in	31 9:00-10:30 Senior Social Dance (Aud) Drop-in 10:00 Scrabble Time (Café) Drop-in 10:30 Everyday Fitness (Aud) Drop-in 12:30 Sage Tour with Joan 1-2 Birthday Party (Café) 1:00 Ludo Drop-in- Puzzle Rm 1:45-2:45 Ukelele Jam (Café) Drop-in	* New* Pen-pal Program with elementary school students. Send a monthly letter & meet them for a visit in the Spring! See main desk for details!	31	