

Sage Activities – January 2019

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

New programs and Program changes:

- **Mental Health Week** - January 21-25th
Mental health and wellness is an important part of our lives and is often a topic no one discusses. Join Sage's Mental Health Week for a variety of free activities including but not limited to:
Monday (Blue Monday):
 - **Coffee Talk: *Social Isolation & Loneliness*** (includes coffee) 11-12pm **Cost:** Free
 - **"Not so Blue Monday" Party** with cake and live music- 1pm in the Café **Cost:** Free**Wednesday:** Pet Visit (11am), Mental Health & Wellness Talk with Jennie Wilting 1:30pm
- ***New* Ballroom Dancing Lessons-** Experience the magic, the elegance, the fun of ballroom dance! Four weeks of wonderful waltz and joyful jitterbug. Never danced before? Well let's get started! No partner required. Pre-register, limited spaces available. **Date:** Beginning January 23- February 13, every Wednesday for 4 weeks
Time: 10-11:30am **Location:** Sage Auditorium **Cost:** \$2 total for all 4 weeks
- ***New* Pen-Pal Program-** with elementary students. Exchange one letter monthly followed by a get together in Spring. Interested? See main reception for more details!
- **"Mamma Mio" at Jubilations Dinner Theatre-** a story of love lost, found and rediscovered while enjoying the music of the 70's (including ABBA). Also dine on a delicious 3-course meal and be entertained by the Jubilations' cast. Please pre-register by January 15th. Tickets are limited! Meet at Jubilations at West Edmonton Mall, not at Sage. Jubilations is in Phase 1, Upper Level. **Date:** Tuesday, January 29 **Time:** Seating begins at 11:00 am **Cost:** \$56.00 member, \$62 non-member (with taxes & tip). Must pay for own additional beverages.
- **Mountains 101** is a 12-lesson Course teaching a comprehensive overview of Mountain Studies. Mountains 101 will include stunning video footage as well as study the physical, biological, and human dimensions of mountain places in Alberta, Canada, and around the world. Class is held in a group format where we have handouts and watch videos and lectures provided by the University of Alberta. We then hold our own class discussions on topics covered. Pre-register at main reception. Classes will be Fridays 9:30- approx. 11am. January 18- April 5th. **Cost:** \$10.00 for all 12 weeks of hand-outs.
- **River Cree Casino Outing** - hop on Intrepid Charter's (Alan's) bus the 4th Monday every 2nd 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. You must pre-register. **Date:** Monday- January 28th **Time:** Depart Sage at 10:00am **Cost:** \$10.00 (includes bus to and from casino, lunch and \$5 gambling voucher)
- **Better Balance Classes-** join Physical Therapy students from the U of A for classes focusing on helping to improve balance and strength. For all skill levels. Must pre-register as space is limited. **Date:** Fridays, Jan. 18- March 29th (minus reading week Feb 22) **Time:** 1:30 - 2:30pm **Cost:** \$5.00 total **Location:** Classroom C
- **Mahjong (Tile Game) Lessons-** learn the world's most popular tile game from Aaron and his helpers. Mahjong is very similar to gin rummy. Must pre-register. **Date:** Tuesdays- starts January 8th (6 weeks) **Time:** 10:30-12pm **Location:** Sage Café **Cost:** \$5.00 for 6 weeks
- **French Chat Group** coming to the Sage in 2019. For those who have a bit of knowledge of the language to those who are fluent. This will be a fun and laid back way to practice your French and meet other French speakers. **Dates:** Starting Jan. 18th and will be every 1st and 3rd Friday of each month **Time:** 11-12pm **Location:** Café **Cost:** FREE
- ***Better Choices, Better Health® Workshop-** A six-week workshop with topics that include eating well, stress, activity, medications & more. Designed to support people living with or at risk of developing long-term health problems (e.g., diabetes, heart disease, asthma, chronic pain) or anyone wanting to learn more about living a healthy lifestyle. Only 12 spots available. Pre-register. **Date:** Tuesdays- January 29- March 5th **Time:** 9:30-12pm **Cost:** Free **Location:** Classroom C
- **iPad classes (6 weeks)-** it is amazing what an iPad can do- internet, email, pictures, games and more! Learn the basics of how to use an iPad in this 6 week course taught by an EPL community librarian. Please pre-register by January 7th, space is limited. **Date:** Wednesdays, January 9, 16, 23, 30, February 6 & 13 **Location:** Classroom C **Time:** 2-3:30pm **Cost:** \$2.00 for all 6 weeks
- **Ukrainian Christmas-** celebrate Ukrainian Christmas at Sage with a Ukrainian plate lunch special for purchase as well as some entertainment in the café. No registration required **Cost:** Lunch Special \$7.50 at Café **Date:** Monday, January 7th **Time:** 12pm in the Café
- **Mind your Money – Monthly Financial Presentations with Wei Woo**
Next Topic: *Optimizing the Retirement Benefits of a Tax Free Savings Account* **Cost:** Free. **Date:** January 9th
Location: Sage Room
- **Here's to Your Health Presentations –** Join Sage for presentations on different health related topics. **January Topic: *Mental Health*** Offered the 4th Tuesday of the month except in January **Next Date:** Wednesday Jan. 23rd
Cost: Free **Time:** 10:30-11:30am **Location:** Ray Dolgoy Room on 3rd Floor

- **“New” Poetry Workshop** – Examine various styles of poetic expression. Participants will write some poems to share or to keep private. Taught by Melle Huizinga. Pre-register. **Cost:** Free **Date:** January 31 **Time:** 10-12pm
- **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. **Time: Changed to 12:30-2:30pm** **Location:** Sage Café **Cost:** Free
- **Sunshine Singalong moves to Tuesdays starting 2019. Singalong begins January 15th, 2019.** If you love music, singing and being among friends then join our weekly gathering of singalong favourites with Elaine. Everyone welcome! **Date:** Tuesdays **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:** Jan. 10th **Location:** Raye Dolgoy Room on 3rd floor
- **Computers for Beginners-** an introduction to computer basics including learning how to use the mouse and working up to using internet and e-mail. Classes will be offered in small groups. You must pre-register. **January Dates:** January 9, 11, 14, 16,18,21,23 **Time:** 2:30pm-3:30pm **Cost:** \$5 (for each set of 7 classes). Thanks to ECALA grants!
- **Brain Fitness Classes** – Computer games designed to help you remember more, think faster, and improve recall! Mondays and Fridays for 4 weeks. **Next Class Dates:** January 7 - February 1, 2019. **Time:** 12:30-2 pm. **Cost** is \$29.00 and must pre-register. **Location:** 3rd 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 - March 22 **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, January 14 and 28th **Time:** 12:30pm-2:30pm (including clean-up) **Location:** Classroom A **Cost:** Free

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:** Raye Dolgoy Room on 3rd floor

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: Tuesday **Time:** 9:00 am **Location:** Classroom A **Cost:** Free

Colouring Your Conversation (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 **Time:** 10:00am **Location:** Sage café **Cost:** Free

SING! Seniors Intercultural & Newcomers Gathering- enjoy sharing music while practicing English and meeting new friends. **Date:** Tuesdays starting again on January 15 **Time:** 12-1pm **Location:** Auditorium **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

Sunshine Sing-a-long- If you love music, singing and being among friends then join our weekly gathering of singalong favourites with Elaine. Everyone welcome! **Date:** Tuesdays starting again Jan. 15th **Time:** 11-11:45am **Location:** Auditorium **Cost:** Free

Ukulele Lessons- The ukulele is a small instrument with BIG possibilities – especially when you play with friends! This multi-level class is for beginners and beyond. Participants need to know a few chords. There will be chording, strumming and picking styles for every level. **Please note: This class is not suitable for Absolute Beginners.** Please call Rachel at 780-701-9016 if you are looking for an absolute beginner class. Please pre-register. **Location:** Auditorium **Date:** Tuesdays, 7 weeks each: Jan. 15- February 26th, March 5- April 16th **Cost:** \$20.00 **Time:** 2-4pm

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:** 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:** January 8 **Time:** 12:30 at Sage or 1:00 at the restaurant. **Location:** Bottega 104 – Italian (82 Avenue) **Cost:** Must pre-pay at Sage the Friday before.

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- 2:30 pm **Location:** Raye Dolgoy Room on 3rd floor **Cost:** Free

Wednesdays:

***New* Ballroom Dancing Lessons-** Experience the magic, the elegance, the fun of ballroom dance! Four weeks of wonderful waltz and joyful jitterbug. Never danced before? Well let's get started! No partner required. Pre-register, limited spaces available. **Date:** Beginning January 23- February 13, every Wednesday for 4 weeks **Time:** 10-11:30am **Location:** Sage Auditorium **Cost:** \$2 total for all 4 weeks

Device and Computer help- drop-in for some 1-1 volunteer help- whether it is a help with your device, a computer question, Microsoft Word, emails, internet, laptops, iPads, cell phones, uploading photos, 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

Optimizing the Retirement Benefits of a Tax Free Savings Account presented by Wei Woo. **January 9-** at 10:30am in the Sage Room. Watch for more monthly topics!

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:** Raye Dolgoy Room on 3rd floor

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)

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 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:

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

Dates: Thursdays **Time:** 1:45-2:45pm **Location:** Café **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:** Auditorium **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:** Thursday **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 3rd Thursday of each month.

No Avon in January **Next Date:** February 21st **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

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)** **Date:** January 31. **New Time:** 1:00 pm.

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 2nd & 4th Friday of the month **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.

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:** Raye Dolgoy Room on 3rd floor

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 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 (10015-103rd 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- for more information please contact Lawrence 780-905-4307 or Amanda 780-809-9404 ext. 366.