


# Sage Activities At-a-Glance

# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 780-423-5510 Ext. 301		* 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!			9-12 Senior Social Dance (Aud) Drop-in 1 9:30-12pm Drop-in Oil Painting (A) Register <b>9:30-11:00 Mountains 101 (D) Register</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 (Café or A) Drop-in <b>1:30-2:30 Better Balance Classes (C) Register</b> 2:00 Line Dance (Aud) Spots available	2	
3 9:30 Tai Chi (Aud) Drop-in 11:20 Zumba Gold (Aud) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in <b>12:30-2:30pm 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	4 9:00 Busy Fingers (A) Drop-in <b>9:30-12 Better Choices, Better Health Workshop (C) Register</b> 10:00 Line Dancing (Aud) Currently Full 10-12 Colouring & Doodling Group (Café) Drop-in <b>10:30-12 Mahjong Lessons (Café) Reg.</b> 11-11:45 Sun. Sing-A-Long (Aud.) Drop-in 12-1 SING! Interc. Chorus (Aud) Drop-in 1:00 Rainbow Group (café ) Drop-in <b>2-4pm Ukulele Lessons (Aud.) Reg.</b>	5 9:00 Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in <b>10:00 Ballroom dance (Aud) Register</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 <b>1:30 Wellness Series J. Wilting (A) Drop-in</b> 2:00 Line Dance (Aud) Spots available <b>2-3:30 iPad classes (C) Register</b> <b>2:30-3:30 Computers for Beginners (3rd) Register</b>	6 10:00 Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in <b>10:00 Ballroom dance (Aud) Register</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 <b>1:30 Wellness Series J. Wilting (A) Drop-in</b> 2:00 Line Dance (Aud) Spots available <b>2-3:30 iPad classes (C) Register</b> <b>2:30-3:30 Computers for Beginners (3rd) Register</b>	7 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>10:30-11:30 Coffee Group (Cafe) Drop-in</b> 1:00 Ludo (Café) Drop-in 1:45-2:45 Ukelele Jam (Café) Drop-in	8 9-12 Senior Social Dance (Aud) Drop-in 9:30-12pm Drop-in Oil Painting (A) Register <b>9:30-11:00 Mountains 101 (D) Register</b> 10 -11am EAL Chat Group <b>10 Brainiacs (B) Drop-in</b> 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in <b>11:30 Ernest's Lunch Buffet</b> 12:00 Gentle Yoga (C ) Drop-in 12:15 Line Dance (Aud) Currently Full <b>12:30-2:30pm Spanish for Seniors (Beginner) (B) Register</b> 1-3 Downtown Men's Shed (Café or 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>	9	
10 9:30 Tai Chi (Aud) Drop-in 11:20 Zumba Gold (Aud) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in <b>1-2:30 Brain Fitness 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 <b>2:30-3:30 Computers for Beginners (3rd) Reg</b>	11 9:00 Busy Fingers (A) Drop-in <b>9:30-12 Better Choices, Better Health Workshop (C) Register</b> 10:00 Line Dancing (Aud) Currently Full 10-12 Colouring & Doodling Group (Café) Drop-in <b>10:30-12 Mahjong Lessons (Café) Reg.</b> 11-11:45 Sun. Sing-A-Long (Aud.) Drop-in 12-1 SING! Interc. Chorus (Aud) Drop-in <b>12:30 Let's do Lunch - Bistro Praha</b> 1:00 Rainbow Group (café ) Drop-in <b>1-2 Valentine's Day Tea</b> Purchase ticket (Café) <b>2-4 Ukulele Lessons (Aud.) Register</b>	12 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 Mind Your Money (Sage Rm)</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 2:00 Line Dance (Aud) Spots available <b>2-3:30 iPad classes (C) Register</b> <b>2:30-3:30 Computers for Beginners (3rd) Register</b>	13 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 Mind Your Money (Sage Rm)</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 2:00 Line Dance (Aud) Spots available <b>2-3:30 iPad classes (C) Register</b> <b>2:30-3:30 Computers for Beginners (3rd) Register</b>	14 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>10:30-11:30 Coffee Group (Cafe) Drop-in</b> 1:00 Ludo Drop-in- Puzzle Rm <b>1-2 Next Page Book Club- Raye Dolgoy Rm</b> 1:45-2:45 Ukelele Jam (Café) Drop-in	15 9:00-12 Senior Social Dance (Aud) Drop-In 9:30-12pm Drop-in Oil Painting (A) Register <b>9:30-11:00 Mountains 101 (D) Register</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>12:30-2:30pm Spanish for Seniors (Beginner) (B) Register</b> <b>1-2:30 BrainFitness (3rd) Register</b> 1-3 Downtown Men's Shed (Café or 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>	16	
17	<b>FAMILY DAY</b> <b>Sage Closed</b>	18 9:00 Busy Fingers (A) Drop-in <b>9:30-12 Better Choices, Better Health Workshop (C) Register</b> 10:00 Line Dancing (Aud) Currently Full 10-12 Colouring & Doodling 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 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>	19 10:00 Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in <b>10:00 Ballroom dance (Aud) Register</b> <b>10:00 Royal Alberta Museum Trip</b> 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 <b>1:30 Wellness Series by J. Wilting (A) Drop-In</b> <b>2:30-3:30 Computers for Beginners (3rd) Register</b>	20 9-10:30 Senior Social Dance (Aud) Drop-in 10:00 Scrabble Time (Café) Drop-in 10:30 Everyday Fitness (Aud) Drop-in <b>10:30-11:30 Coffee Group (Cafe) Drop-in</b> <b>11-1 :00 Avon Calling! (Café)</b> 1:00 Ludo Drop-in- Puzzle Rm 1:45-2:45 Ukelele Jam (Café) Drop-in	21 9:00-12 Senior Social Dance (Aud) Drop-In 9:30-12pm Drop-in Oil Painting (A) Register <b>9:30-11:00 Mountains 101 (D) Register</b> 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>1-2:30 BrainFitness (3rd) Register</b> <b>12:30-2:30pm Spanish for Seniors (Beginner) (B) Register</b> 1-3 Downtown Men's Shed (Café or A) Drop-in <b>NO BETTER BALANCE CLASSES THIS WEEK</b> 2:00 Line Dance (Aud) Spots available <b>2:30-3:30 Computers for Beginners (3rd) Register</b>	22 9:00-12 Senior Social Dance (Aud) Drop-In 9:30-12pm Drop-in Oil Painting (A) Register <b>9:30-11:00 Mountains 101 (D) Register</b> 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>1-2:30 BrainFitness (3rd) Register</b> <b>12:30-2:30pm Spanish for Seniors (Beginner) (B) Register</b> 1-3 Downtown Men's Shed (Café or A) Drop-in <b>NO BETTER BALANCE CLASSES THIS WEEK</b> 2:00 Line Dance (Aud) Spots available <b>2:30-3:30 Computers for Beginners (3rd) Register</b>	23 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.
24 <b>Holden Dinner Theatre</b> <b>"The Best of George Jones"</b> Bus departs from Sage at 12pm <b>Must Pre-Register</b>	25 9:30 Tai Chi (Aud) Drop-in <b>10-12 Federal &amp; Alberta Gov't Benefits for Seniors (Sage Rm) 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>1-2:30 Brainfitness (3rd) Register</b>	26 9:00 Busy Fingers (A) Drop-in <b>9:30-12 Better Choices, Better Health Workshop (C) Register</b> 10:00 Line Dancing (Aud) Currently Full 10-12 Colouring & Doodling Group (Café) Drop-in <b>10:30 Legal Doc.s You Should Have (Sage Rm) Register</b> 11-11:45 Sun. Sing-A-Long (Aud.) Drop-in <b>10:30-12 Mahjong Lessons (Café) Reg.</b> 12-1 SING! Interc. Chorus (Aud) Drop-in 1:00 Rainbow Group (café ) Drop-in 1:30-2:30 Heart Smart (Ray Dolgoy Rm) Reg. <b>Here's to Your Health</b> <b>2-4 Ukulele Lessons (Aud.) Register</b>	27 10:00 Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in <b>10:00 Ballroom dance (Aud) Register</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>1:30-2:30 TED TALKS Drop-in</b> 2:00 Line Dance (Aud) Spots available <b>2-3:30 Internet Security; Protect Yourself (Sage Rm) Register</b>	28 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>10:30-11:30 Coffee Group (Cafe) Drop-in</b> <b>11-12 Funeral Pre-Planning &amp; Important Conversations (C) Register</b> <b>12:30 Sage Tour with Joan</b> <b>1-2 Birthday Party (Café)</b> 1:00 Ludo Drop-in- Puzzle Rm 1:45-2:45 Ukelele Jam (Café) Drop-in	29 9:00-12 Senior Social Dance (Aud) Drop-In 9:30-12pm Drop-in Oil Painting (A) Register <b>9:30-11:00 Mountains 101 (D) Register</b> 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>1-2:30 BrainFitness (3rd) Register</b> <b>12:30-2:30pm Spanish for Seniors (Beginner) (B) Register</b> 1-3 Downtown Men's Shed (Café or A) Drop-in <b>NO BETTER BALANCE CLASSES THIS WEEK</b> 2:00 Line Dance (Aud) Spots available <b>2:30-3:30 Computers for Beginners (3rd) Register</b>	30	