

Sage Activities – February 2019

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

New programs and Program changes:

- ***NEW* Karaoke Korner** starting in March. Ever wanted to sing Karaoke but didn't know everywhere else seemed to intimidating? Drop-in to sing your favorite song in a welcoming atmosphere. **Date:** Every Thursday beginning March 7th **Time:** 12:30-1:30pm **Location:** Back corner of Café **Cost:** FREE
- **Coffee Group-** want to meet new people or visit and don't know where to start? Join us weekly for a warm cup of coffee (or tea), some friendly faces, a chance to connect with others, and learn what Sage has to offer. **Date:** Wednesdays starting January 9th and moved to Thursdays starting Jan. 31st. **Time:** 10:30-11:30am **Location:** Sage café **Cost:** Free (a coffee and tea coupon provided)
- ***New* Ballroom Dancing Lessons-** Experience the magic, the elegance, the fun of ballroom dance! Four weeks of wonderful waltz, joyful jitterbug Foxtrot, Cha Cha, etc. 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 or call reception to sign up! **Seniors meet at Sage 1st Friday of the month at 12:30pm in the Café to pick up their letters. You have until the 2nd Friday of the month (1 week) to write back and hand your letter in to reception on the main floor. FREE to participate!**
- **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. **Location:** Classroom D
- **River Cree Casino Outing** – This outing is every second month. Will be March.
- **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. Every 1st and 3rd Friday of each month. **Feb Dates:** Feb. 1st & 15th **Note:** **March & April dates will be March 8th & 22nd and April 12th & 26th (the 2nd & 4th Fridays of the months) due to volunteer availability** **Time:** 11-12pm **Location:** **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
- **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
- **The Next Page Book Club** The 2nd Thursday of the month. **Time:** 1-2 pm. **Next date:** Feb. 14 **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. **February Dates:** February 6, 8, 11, 13, 15, 20, 22 **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. **Class Dates:** Jan. 7 – Feb. 1, 2019 (**Time:** 12:30-2pm) and **next course Feb. 11-Mar. 11 (New Time:** 1-2:30pm) **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, February 4 and 25. **Time:** 12:30pm-2:30pm (including clean-up) **Location:** Classroom A **Cost:** Free
- **Nait- Ernest's Lunch Buffet-** a delicious buffet from the culinary arts students at Nait. Please pre-register as seating is limited. **Date:** Friday, February 8th **Time:** Depart Sage at 11:00am (11:30am seating). Please indicate if not coming to Sage. **Cost:** \$42.00 (tax & tip included) plus ETS
- **Royal Alberta Museum** – Haven't seen the new museum yet or want to go again with some great company? The new museum features extensive human and natural history halls chronicling the history of Alberta's people, landscapes, and animals. Please pre-register by February 15th. **Date:** Wednesday, February 20th **Time:** 10am leave from Sage or meet there for 10:15am **Cost:** \$2! All 35 spots are full but you can put yourself on the waitlist in case there are any cancellations.
- **Holden Dinner Theatre: "The Best of George Jones"**- venture to the town of Holden where we will enjoy a performance with the amazing songs and stories of the great George Jones as performed by Duane Steele. Followed by a delicious country dinner. Pre-register, limited seats available! **Date:** Sunday, February 24th **Time:** Depart Sage at 12pm **Cost:** \$68.00 members, \$79 non-members
- **Funeral Pre-planning and Important Conversations** Nothing is certain but death and taxes, isn't that what they say? And yet dying, last wishes, funerals and important documents are hard conversations to have. Join Dignity Memorial for this free presentation. Please pre-register. **Date:** Thursday, Feb. 28th **Time:** 11-12pm **Location:** Classroom C
- **Valentine's Day Tea-** have a lovely afternoon celebrating Valentine's Day (2 days early) with a delicious desert, coffee/tea and music from our talented ukulele group. Please pre-purchase your tickets by 9th for catering purposes. (Tickets can still be purchased day of event.) **Date:** Tuesday, February 12th **Time:** 1-2pm **Location:** Sage Café **Cost:** \$2.00
- **Federal & Alberta Government's Benefits for Seniors Presentation-** learn about some of the federal and provincial government's benefit programs for seniors as well as some of the rebates currently available. **Date:** Monday, February 25th **Time:** 10-11am Federal pres./11-12pm Alberta pres. **Location:** Sage Room **Cost:** Free
- **Legal Documents you Should Have** A lawyer presenting on wills, personal directives, power of attorney & more. What are these important documents and why should you have them? **Date:** Tuesday, February 26 at 10:30am **Cost:** Free **Location:** Sage Room
- **Here's to Your Health Presentations** Join Sage for presentations on different health related topics including diet, exercise, wellbeing & more. Offered 4th Tuesday monthly at 1:30pm in the 3rd floor **Location:** Ray Dolgoy Room **February 26-** Heart Smart presentation
- **Internet Security- Protect Yourself!**- a free presentation from Edmonton Public library on how to stay safe on-line and on your computer, password safety & more! Please pre-register. **Date:** February 27th **Cost:** Free **Time:** 2:00-3:30pm
- **Mind Your Money- Monthly Financial Presentations with Wei Woo:** **Wednesday, February 13th** - Understanding the basic paperwork you signed at your investment institution at 10:30am **Location:** 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. 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 & Doodling Group) - Colouring and doodling is not just for kids! This is a great chance to express your creativity, de-stress and meet new people. **Date:** Tuesdays **Time:** 10-12 pm **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

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 **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:** February 12 **Time:** 12:30 at Sage (we will be walking/rolling from Sage to restaurant) or 1:00 at the restaurant. **Location:** Bistro Praha (10117-101 Street) **Cost:** Pay own meal at restaurant.

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:

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

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 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 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: 9–12pm

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.

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)** **Feb. Date:** Thursday Feb. 28th. **Time:** 1-2pm. **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: 9–12pm

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 in Café or Classroom A

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