


Sage Activities At-a-Glance

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> 780-423-5510 Ext. 301</div>	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.	*Public Computer lab access is unavailable a 1/2 hour before and after classes			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) Reg. Closed</b> 10 -11am EAL Chat Group (C) Drop-In 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:00 Gentle Yoga (C ) Drop-in 12:15 Line Dance (Aud) Currently Full & 2pm Line Dance (Aud) Spots available <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) Reg. Closed</b>	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 12:30-2:30 Craft Space (Café) Drop-in 1:00-2:30 Ludo (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Line Dance (Aud) Currently Full <b>1-2:30 Brainfitness (3rd) Register</b>	4 9:00 Busy Fingers (A) Drop-in <b>9:30-12 Better Choices, Better Health Workshop (C) Reg. Closed</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 12-1pm SING! Interc. Chorus (Aud) Drop-in 1:00 Rainbow Group (café ) Drop-in <b>2-4pm Ukulele Lessons (Aud.) Reg.</b>	5 10-1pm Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in <b>10-11:30am Ballrm Dance (Aud) Reg. Clsd</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	6 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>11:45-12:45 Ballroom Dance Practice</b> <b>12:30-1:30pm Karaoke (Café) Drop-In</b> 1:00 Ludo (Café) Drop-in <b>12:45pm Telling Stories Through Dance - Reg</b> Meet at Jubilee Aud. (show starts at 1pm) 1:45-2:45 Ukelele Jam (Café) Drop-in	7 9-12 Senior Social Dance (Aud) Drop-in 8 9:30-12pm Drop-in Oil Painting (A) Register <b>9:30-11:00 Mountains 101 (D) Reg. Closed</b> 10 -11am EAL Chat Group (C) Drop-In <b>10 Brainiacs (B) Drop-in</b> <b>11-12 French Social Chat Group (D) Drop-in</b> 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12-1pm Gentle Yoga (C ) Drop-in 12:15 Line Dance (Aud) Currently Full & 2pm Line Dance (Aud) Spots available <b>12:30-2:30pm Spanish for Seniors (Beginner) (B) Register</b> 1-3 Downtown Men's Shed (Café or A) Drop-in <b>1-2:30 Brainfitness (3rd) Register</b> <b>1:30-2:30pm Pink Tea &amp; Suffrage Discussion (A) Register</b> <b>1:30-2:30 Better Balance Classes (C) Reg. Closed</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>12:30-2:30pm Kookum's Tea (A) Drop-in</b> 12:30-2:30 Craft Space (Café) Drop-in 1:00-2:30 Ludo (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Line Dance (Aud) Currently Full <b>1-2pm Intro to Basic Banking (B) Reg</b> <b>1-2:30 Brainfitness (3rd) Register</b>	11 9:00 Busy Fingers (A) Drop-in 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 12-1pm SING! Interc. Chorus (Aud) Drop-in <b>12:30 Let's do Lunch - Reg.</b> <b>Pampa Brazilian Steakhouse</b> 1:00 Rainbow Group (café ) Drop-in <b>2-4 Ukulele Lessons (Aud.) Register</b>	12 10-1pm Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in <b>10-11:30am Ballrm Dance (Aud) Reg. Clsd</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>1-2pm Brain Fit Info Session (3rd) Drop-In</b> <b>1-2pm Mind your money -Protecting Your Retirement (A) Drop-In</b> 2:00 Line Dance (Aud) Spots available	13 9:00-10:30 Senior Social Dance (Aud) 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>11:45-12:45 Ballroom Dance Practice</b> <b>12:30-1:30pm Karaoke (Café) 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	14 9-12 Senior Social Dance (Aud) Drop-In 15 9:30-12pm Drop-in Oil Painting (A) Register <b>9:30-11:00 Mountains 101 (D) Reg. Closed</b> 10 -11am EAL Chat Group (C) Drop-In 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12-1pm Gentle Yoga (C ) Drop-in 12:15 Line Dance (Aud) Currently Full & 2pm Line Dance (Aud) Spots available <b>12:30-2:30pm Spanish for Seniors (Beginner) (B) Register</b> <b>12:30-1:30 St. Patrick's Day Toonie Party</b> 1-3 Downtown Men's Shed (Café or A) Drop-in <b>1:30-2:30 Better Balance Classes (C) Reg. Closed</b> <b>2:30-3:30 Computers for Beginners (3rd) Register</b>	16
17	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) Reg.</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>1-2 Intro to Basic Budgeting (B)</b> <b>2:30-3:30 Computers for Beginners (3rd) Reg</b>	18 9:00 Busy Fingers (A) Drop-in 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 12-1pm SING! Interc. Chorus (Aud) Drop-in 1:00 Rainbow Group (café ) Drop-in <b>1:30 J. Wilting Disc. Group (Ray Dolgoy Rm) Drop-in</b> <b>2-4 Ukulele Lessons (Aud.) Register</b>	19 10-1pm 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 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 J. Wilting (A) Drop-in</b> <b>2:30-3:30 Computers for Beginners (3rd) Reg.</b>	20 9-10:30 Senior Social Dance (Aud) Drop-in 10:00 Scrabble Time (Café) Drop-in <b>10:00 River Cree Casino Outing - Reg.</b> 10:30 Everyday Fitness (Aud) Drop-in <b>10:30-11:30 Coffee Group (Cafe) Drop-in</b> <b>11:45-12:45 Ballroom Dance Practice</b> <b>11-1 :00 Avon Calling! (Café)</b> <b>12:30-1:30pm Karaoke (Café) Drop-In</b> 1:00 Ludo Drop-in- Puzzle Rm 1:45-2:45 Ukelele Jam (Café) Drop-in	21 9-12 Senior Social Dance (Aud) Drop-In 22 9:30-12pm Drop-in Oil Painting (A) Register <b>9:30-11:00 Mountains 101 (D) Reg. Closed</b> 10 -11am EAL Chat Group (C) Drop-In <b>10 Brainiacs (B) Drop-in</b> <b>11-12 French Social Chat Group (D) Drop-in</b> 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12-1pm Gentle Yoga (C ) Drop-in 12:15 Line Dance (Aud) Currently Full & 2pm Line Dance (Aud) Spots available <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) Reg. Closed</b> <b>2:30-3:30 Computers for Beginners (3rd) Register</b>	23
24	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 (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> <b>1-2pm Debt Smarts (B) Reg.</b> <b>2:30-3:30 Computers for Beginners (3rd) Reg</b>	25 9:00 Busy Fingers (A) Drop-in 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 12-1pm SING! Interc. Chorus (Aud) Drop-in <b>12-3pm Pawse &amp; Relax! Dog Therapy (A) Drop-</b> 1:00 Rainbow Group (café ) Drop-in <b>1:30-2:30 Here's to Your Health (Ray Dlgy Rm)</b> <b>Diets: Healthy or Not? - Reg.</b> <b>2-4 Ukulele Lessons (Aud.) Register</b>	26 10-1pm Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in <b>10-11:30am Ballrm Dance (Aud) Reg. Open</b> <b>10-11am Safety Focus Group (D) Reg.</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>2:30-3:30 Computers for Beginners (3rd) Reg.</b>	27 9:00-10:30 Senior Social Dance (Aud) 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>11:45-12:45 Ballroom Dance Practice</b> <b>12:30 Sage Tour w/ Joan (Main Rec.) Drop-In</b> <b>NO KARAOKE THIS DAY!</b> <b>1-2pm Birthday Party (Café) Drop-In</b> 1:00 Ludo Drop-in- Puzzle Rm 1:45-2:45 Ukelele Jam (Café) Drop-in	28 9-12 Senior Social Dance (Aud) Drop-In 29 9:30-12pm Drop-in Oil Painting (A) Register <b>9:30-11:00 Mountains 101 (D) Reg. Closed</b> 10 -11am EAL Chat Group (C) Drop-In 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12-1pm Gentle Yoga (C ) Drop-in 12:15 Line Dance (Aud) Currently Full & 2pm Line Dance (Aud) Spots available <b>12:30-2:30 Intro to the Arctic Climate (D) 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) Reg. Closed</b> <b>2:30-3:30 Computers for Beginners (3rd) Register</b>	30
31						