

## **Sage Activities – March 2019**

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

### **New programs and Program changes:**

#### **Trips:**

- **Telling Stories Through Dance: Ancestors & Elders-** The Ukrainian Shumka Dancers and multidisciplinary Indigenous artists, share a story of the first Ukrainian newcomers to Canada, exploring the shared values and respected differences between these hopeful settlers and the First Nations people they encounter. **Ancestors & Elders explore the power of tradition and truth.** Must pre-register- spots are limited! **Date:** Thursday March 7<sup>th</sup> **Time:** 1pm; Meet at Jubilee Auditorium north doors **Cost:** \$10 per person **Fully wheelchair accessible; please state your accessibility needs when registering.**
- **River Cree Casino Outing** - hop on the River Cree bus the 3<sup>rd</sup> Thursday every month (starting March) for a fun day at the casino. You must stay for four hours. You get a voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. You must pre-register. 24 people maximum. **Date:** Thursdays, March 21 **Time:** Depart Sage at 10:00am return 2:30pm. Must stay for the entire 4 hours to get deal. **Cost:** \$5.00 (includes bus to and from casino, lunch and \$5 gambling voucher).

#### **Parties:**

- **St. Patrick's Day Twoonie Party-** join us for a party that includes live music, cake and lots of fun! Wear your green if you'd like! **Date:** Friday, March 15<sup>th</sup> **Time:** 12:30-1:30pm **Cost:** \$2.00 **Location:** Sage café
- **International Women's Day (Pink Tea & Suffrage Discussion)-** March 8<sup>th</sup> is International Women's Day, a day to recognize women's achievements and acknowledge the challenges they continue to face in the quest for gender equality. Sage is celebrating with a "Pink Tea" where we discuss the history of the suffrage movement while enjoying tea and goodies. Please pre-register. **Date:** Friday, March 8<sup>th</sup> **Location:** Classroom C **Time:** 1:30pm **Cost:** \$2.00

#### **Information Sessions:**

- **BrianFitness Information Session-**Learn about this amazing program that keeps your brain sharp, has informative discussions and brain-healthy snacks. Speak with the instructor and even give the games a try.  
**Date:** Wednesday, March 13 **Time:** 1-2pm **Location:** Classroom C **Cost:** Free
- **Banking & Finance Information Series:** come to one or come to all. These free sessions are helpful and informative. **Sessions are Mondays at 1-2pm in Classroom B.**
  - 1) **Introduction to Basic Banking-** choosing a bank account to suit your needs, account fees, reaching financial goals. **Date:** March 11<sup>th</sup>, 2019
  - 2) **Introduction to Basic Budgeting-** how to create a budget, benefits, reach goals  
**Date:** March 18<sup>th</sup>, 2019
  - 3) **Debt Smarts-** tips to manage debts, when to get a consolidated loan, bankruptcy vs. consumer proposal  
**Date:** March 25<sup>th</sup>, 201
  - 4) **Identity Theft & Fraud Prevention-** fraud & identity theft awareness, guard your info, protect your computer  
**Date:** April 1<sup>th</sup>, 2019
  - 5) **Loans you Don't Want-** calculate the real cost of bad loans, pawn shops, & credit card cash advances  
**Date:** April 8<sup>th</sup>, 2019
  - 6) **Financial Wellness for Seniors-** what is financial abuse, how to recognize it & protect yourself. **Date:** April 15<sup>th</sup>, 2019
- **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 27<sup>th</sup> **Cost:** Free **Time:** 2-3:30pm
- **Mind Your Money- Monthly Financial Presentations with Wei Woo:**  
**Wednesday, March 13<sup>th</sup> –** Protecting your Retirement Portfolio in Today's Economy. **Time:** 1-2 pm **Location:** Sage Room
- **Here's to Your Health Presentations-** join Sage for presentations on different health related topics including diet, exercise, wellbeing & more. Offered 4<sup>th</sup> Tuesday monthly at 1:30-2:30pm on the 3<sup>rd</sup> floor in the Ray Dolgoy Room.  
**March 26<sup>th</sup> - Topic: Diets: Healthy or Not? Let's talk about it!** This presentation will discuss the basics about some commonly prescribed diets such as; the Kidney(Renal) diet, Heart Healthy diet, Diabetic diet. We will also briefly discuss some common diets people choose to follow for health or weight loss reasons such as; Vegetarian, Mediterranean, Keto.  
**April Date: April 23<sup>rd</sup> - Topic: Vision Loss Resources and Information Session-** presented by CNIB

## Classes/Workshops:

- **Introduction to the Arctic: Climate** - a four week course that examines the environment and climate of the circumpolar North. Learn why the Arctic is cold and ice covered, consider how the Arctic is connected to the rest of the world, and examine present day climate change. Course is from University of Alberta and taught in a group format. Pre-register. **Date:** Fridays, March 29-April 26<sup>th</sup> (not Good Friday) **Time:** 12:30-2:30pm (approximately) **Cost** is \$5 for entire class (covers handouts)
- **Mountains 101 (Registration Closed)** 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
- **\*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 March 27, April 3 & 10, every Wednesday for 3 weeks **Time:** 10-11:30am **Location:** Sage Auditorium **Cost:** \$2 total for all 4 weeks
- **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. **Next Class: Tuesdays**, April 9,16, 23, May 7,14,21 **Time:** 10:30-12pm **Location:** Sage Café **Cost:** \$5.00 for 6 weeks (6 weeks) **Time:** 10:30-12pm **Location:** Sage Café **Cost:** \$5.00 for 6 weeks
- **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:** March 15, 18, 20, 22, 25, 27, 29 **Time:** 2:30pm-3:30pm **Cost:** \$5 (for each set of 7 classes). Thanks to ECALA grants!
- **BrainFitness Classes** - keep your brain in shape with these computer games designed to help you remember more, think faster and have better recall! No previous computer experience necessary. Also includes brain health discussions, tips & snacks. Pre-register. Time: 1-2:30pm (includes time on computers followed by snack & discussion) Date: Mondays and Fridays (4 weeks) **March: March 18 ending April 12** (no classes Good Friday & Easter Monday) **Cost:** \$29.00 each 4 week session
- **Spanish for Seniors - Beginner and Intermediate (Registration Closed)** 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
- **Better Balance Classes (Registration Closed)** - 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 **Time:** 1:30 - 2:30pm **Cost:** \$5.00 total **Location:** Classroom C
- **iPad classes (Registration Closed)** - 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 7<sup>th</sup>, 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

## Other:

- **\*NEW\* Pawse & Relax! Dog Therapy!** – Drop-In to a little while or the whole time to enjoy the company of a furry friend while also drinking tea and enjoying the calm. **Date:** Tuesday, March 26<sup>th</sup> **Time:** 12-3pm **Location:** Classroom A **Cost:** FREE

- **Safety Focus Group-** Through this focus group, SAGE participants have an important opportunity to voice their specific safety concerns and indicate what type of safety training or resources would best meet their needs.

A survey was developed and sent out to all C5 members (Edmonton Mennonite Centre for Newcomers, Bent Arrow Traditional Healing Society, Boyle Street Community Services, Norwood Child and Family Resource Centre, and Terra Centre for Teen Parents), and SAGE in 2018 to assess current safety culture awareness and prioritize areas of safety training. Focus groups were then held at various C5 locations and now SAGE.

Edmonton Mennonite Centre for Newcomers, in partnership with C5, received funding to create a "Workplace Health and Safety Toolkit for Vulnerable Populations." The goal of the toolkit is to enhance safety culture awareness and improve safety practices among people they serve and staff at C5 locations through a variety of learning mediums such as safety workshops, demonstration videos, and eLearning modules. The multi-faceted resources will serve to role-model safe work practices.

If you have any further questions or require clarification regarding this project and/or your participation, feel free to contact William Shebansky at [wshebansky@emca.ab.ca](mailto:wshebansky@emca.ab.ca)

**Donuts & Coffee Included! Date:** Wednesday; March 27<sup>th</sup> **Time:** 10-11am **Location:** Classroom D **Cost:** FREE but please pre-register as only 12 spots available!

- **\*NEW\* Karaoke Korner** 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 (except the last Thursday of the month) beginning March 7<sup>th</sup> **Time:** 12:30-1:30pm **Location:** Back corner of Café **Cost:** FREE
- **\*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 1<sup>st</sup> Friday of the month at 12:30pm in the Café to pick up their letters. You have until the 2<sup>nd</sup> Friday of the month (1 week) to write back and hand your letter in to reception on the main floor. FREE to participate!**
- **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 1<sup>st</sup> and 3<sup>rd</sup> Friday of each month. **Feb Dates:** Feb. 1<sup>st</sup> & 15<sup>th</sup> **Note: March & April dates will be March 8<sup>th</sup> & 22<sup>nd</sup> and April 12<sup>th</sup> & 26<sup>th</sup> (the 2<sup>nd</sup> & 4<sup>th</sup> Fridays of the months) due to volunteer availability.** **Time:** 11-12pm **Location:** **Cost:** FREE **Location:** To Be Announced
- **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 March 11<sup>th</sup> & 25<sup>th</sup>. **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 3<sup>rd</sup> floor

**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

**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  
**Next set of Classes:** Tuesdays, 7 weeks, March 5- April 16<sup>th</sup> **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](mailto: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. **Time:** leaving 12:30pm from Sage via ETS or meet at the restaurant at 1pm. **Date/Location:** March 12 at Pampa Brazilian Steakhouse (9929-109st) & \***New Date for April**\* Thursday, April 11<sup>th</sup> at Langano Skies (9920- 82Ave) Ethiopian Restaurant **Cost:** must pay own lunch at restaurant & +ETS cost

**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 3<sup>rd</sup> Tuesday of every month. Drop-in.  
**Next Date:** 3<sup>rd</sup> Tuesday monthly **Time:** 1:30- 2:30 pm **Location:** Raye Dolgoy Room on 3<sup>rd</sup> floor **Cost:** Free

### Wednesdays:

#### **WEDNESDAY – GAMES DAY IN CAFÉ (Free to Participate) - Including but not limited to:**

- **Dominos with Udo & Jeff-** drop-in each week and enjoy the fun of dominos. Instruction or a game- open for everyone to join in! **Time:** 10am-1pm
- **Cribbage:** Play some crib and have fun each Wednesday at 1:00 pm. Open to everyone.
- **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
- **Mahjong (Tile Game) Drop-in-** a great chance to play the world's most popular tile game. Majhong 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

**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

**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 3<sup>rd</sup> 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)

**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 1<sup>st</sup> & 3<sup>rd</sup> 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

### Thursday:

**The Next Page Book Club** The 2<sup>nd</sup> Thursday of the month. **Time:** 1-2 pm. **Location:** Raye Dolgoy Room on 3<sup>rd</sup> floor

**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 9<sup>th</sup> and moved to Thursdays. **Time:** 10:30-11:30am **Location:** Sage café **Cost:** Free (a coffee and tea coupon provided)

**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 3<sup>rd</sup> Thursday of each month. **Next Date:** February 21<sup>st</sup> **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. 28<sup>th</sup>. **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 2<sup>nd</sup> & 4<sup>th</sup> 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 3<sup>rd</sup> 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 in 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 (10015-103<sup>rd</sup> 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.