

Sage Activities At-a-Glance

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 780-423-5510 Ext. 301	1 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 1-2:30 Brainfitness (3rd) Register 1-2pm Identity Theft & Fraud Prevention (B) Drop-in	2 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 Sunshine Sing-A-Long (Aud.) Drop-in 12-1pm SING! Interc. Chorus (Aud) Drop-in 2-4pm Ukulele Lessons (Aud.) Reg. <div style="background-color: yellow; border: 1px solid black; padding: 2px;"> Over The Rainbow Support - call or email Jeff Bovee any day of the week for support for a variety of things such as help with making social connections, connecting to resources, and even meeting in the community. Call: 780-474-8240 Email: boveejeff@gmail.com </div>	3 10-1pm Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in 10-11:30am Ballrm Dance (Aud) Reg. Clsd 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 1:30 Wellness Series J. Wilting (A) Drop-in 2:00 Line Dance (Aud) Spots available	4 9:00-10:30 Senior Social Dance (Aud) Drop-in 10:00 Scrabble Time (Café) Drop-in 10:30 Everyday Fitness (Aud) Drop-in 10:30-11:30 Coffee Group (Cafe) Drop-in 11:45-12:45 Ballroom Dance Practice (Aud) 12:30-1:30pm Karaoke (Café) Drop-In 1:00 Ludo (Café) Drop-in 1:45-2:45 Ukelele Jam (Café) Drop-in	5 9-12 Senior Social Dance (Aud) Drop-in 9:30-12pm Drop-in Oil Painting (A) Register 9:30-11:00 Mountains 101 (D) Reg. Closed - Last Class 10 -11am EAL Chat Group (C) Drop-In 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 11-12 French Chat Group (B) Drop-in (no instructor) 12:00 Gentle Yoga (C) Drop-in 12:15 Line Dance (Aud) Currently Full 12:30-2:30pm Intro to the Arctic Climate (D) FULL 1-2:30 Brainfitness (3rd) Register 1-3 Downtown Men's Shed (Café or A) Drop-in 2pm Line Dance (Aud) Spots available	6
7 For more information for all activities at Sage, visit our website at www.mysage.ca or check out our newsletter. Call (780) 423-5510 Ext 3014.	8 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 12:30-2:30pm Kookum's Tea (A) Drop-in 1:00-2:30 Ludo (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Line Dance (Aud) Currently Full 1-2:30 Brainfitness (3rd) Register 1-2pm Loans You Don't Want (B) Drop-in	9 9:00 Busy Fingers (A) Drop-in 10:00 Line Dancing (Cancelled) 10-12 Colouring & Doodling Group (Café) Drop-in 10:30-12pm Mahjong Lessons (Café) Reg. Open 11-11:45 Sun. Sing-A-Long (moved to C) Drop-in 12-1pm SING! Interc. Chorus (moved to C) 2-4pm Ukulele Lessons (moved to A)	10 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 (Cancelled) 1:00 Ludo (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Crib Games (Café) Drop-in 1-2pm Mind Your Money- Selecting A Financial Advisor & Institution (back of Café) Drop-In 2:00 Line Dance (Cancelled)	11 9:00-10:30 Senior Social Dance (Aud) Drop-in 10:00 Scrabble Time (Café) Drop-in 10:30 Everyday Fitness (Aud) Drop-in 10:30-11:30 Coffee Group (Cafe) Drop-in 11:45-12:45 Ballroom Dance Practice (Aud) 12:30-1:30pm Karaoke (Café) Drop-In 12:30 Let's do Lunch (Langano Skies)- Reg. 1:00 Ludo (Café) Drop-in 1-2 Next Page Book Club- Raye Dolgoy Rm 1:45-2:45 Ukelele Jam (Café) Drop-in	12 9-12 Senior Social Dance (Aud) Drop-in 9:30-12pm Drop-in Oil Painting (A) Register 10 -11am EAL Chat Group (C) Drop-In 10 Brainiacs (B) Drop-in 11-12 French Chat Group (D) 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 12:30-2:30pm Intro to the Arctic Climate (D) FULL 1-3 Downtown Men's Shed (Café or A) Drop-in 1-2:30 Brainfitness (3rd) Register 2pm Line Dance (Aud) Spots available 2:30-3:30 Computers for Beginners (3rd) Reg	13
14 Italian Pranzo Lunch at Santa Maria Goretti - Reg. by April 10th (School bus departs from Sage at 11am)	15 9:30 Tai Chi (Aud) Drop-in 11:20 Zumba Gold (Aud) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:30-2:30pm Kookum's Tea (A) 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 1-2pm Financial Wellness for Seniors (B) Drop-in 2:30-3:30 Computers for Beginners (3rd) Reg LAST DAY TO REGISTER FOR THE EASTER DINNER ON THURSDAY, APR 18TH	16 9:00 Busy Fingers (A) Drop-in 10:00 Line Dancing (Aud) Currently Full 10-12 Colouring & Doodling Group (Café) Drop-in 10:30-12pm Mahjong Lessons (Café) Reg. 11-11:45 Sunshine Sing-A-Long (Aud.) Drop-in 12-1pm SING! Interc. Chorus (Aud) Drop-in 1:30 J. Wilting Disc. Group (Ray Dolgoy Rm) Drop-in 2-4 Ukulele Lessons (Aud.) Register	17 10-1pm Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in 11-12pm Types of Housing Explained (D) Reg. preferred 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 2:30-3:30 Computers for Beginners (3rd) Reg	18 9:00-10:30 Senior Social Dance (Aud) 10:00 Scrabble Time (Café)-Drop-in 10:00 River Cree Casino Outing - Reg. 10:30 Everyday Fitness (Aud) Drop-in 10:30-11:30 Coffee Group (Cafe) Drop-in 11-1 :00 Avon Calling! (Café) 11:30-12:30pm Easter Dinner (Aud) - Reg. 11:45-12:45 Ballroom Dance Practice (Aud) 12:30-1:30pm Karaoke (Café) Drop-In 1:00 Ludo (Café) Drop-in 1:45-2:45 Ukelele Jam (Café) Drop-in	GOOD FRIDAY SAGE WILL BE CLOSED	
21 * Public Computer lab access is unavailable a 1/2 hour before and after classes.	22 <div style="text-align: center;"> EASTER MONDAY EARTH DAY SAGE WILL BE CLOSED </div>	23 9:00 Busy Fingers (A) Drop-in 10:00 Line Dancing (Aud) Currently Full 10-12 Colouring & Doodling Group (Café) Drop-in 10:30-12pm Mahjong Lessons (Café) Reg. 11-11:45 Sunshine Sing-A-Long (Aud.) Drop-in 12-1pm SING! Interc. Chorus (Aud) Drop-in 1:30-2:30 Here's to Your Health (Ray Dlgoy Rm) Vision Loss Resources & Info - Drop-in	24 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 1:30-2:30 TED TALKS (A) Drop-in 2:30-3:30 Computers for Beginners (3rd) Reg.	25 9-10:30 Senior Social Dance (Aud) Drop-in 10:00 Scrabble Time (Café) Drop-in 10:30 Everyday Fitness (Aud) Drop-in 10:30-11:30 Coffee Group (Cafe) Drop-in 11:45-12:45 Ballroom Dance Practice (Aud) 12:30 Sage Tour w/ Joan (Main Rec.) Drop-in NO KARAOKE LAST THURSDAY OF MONTH 1:00 Ludo (Puzzle Rm) Drop-in 1-2pm Birthday Party (Café) Drop-In 1:45-2:45 Ukelele Jam (Café) Drop-in	26 9-12 Senior Social Dance (Aud) Drop-In 9:30-12pm Drop-in Oil Painting (A) Register 10 -11am EAL Chat Group (C) Drop-In 10 Brainiacs (B) Drop-in 11-12 French Chat Group (D) 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 12:30-2:30pm Intro to the Arctic Climate (D) FULL 1-3 Downtown Men's Shed (Café or A) Drop-in 2pm Line Dance (Aud) Spots available 2:30-3:30 Computers for Beginners (3rd) Register <div style="background-color: yellow; border: 1px solid black; padding: 2px;"> Last day to reg. for Senior Choir Fling in Athabasca on May 3 </div>	27
28	29 9:30 Tai Chi (Aud) Drop-in 11:20 Zumba Gold (Aud) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 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 1-2:30 Brainfitness (3rd) New class - Reg. Open 2:30-3:30 Computers for Beginners (3rd) Reg	30 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 Sunshine Sing-A-Long (Aud.) Drop-in 11:30-12:30pm Understanding Dementia (C) Reg. 12-1pm SING! Interc. Chorus (Aud) Drop-in				

