

Sage Activities – April 2019

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

New programs and Program changes:

Trips:

Italian Pranzo Lunch at Santa Maria Goretti-a delicious, traditional, 7-course Italian pranzo lunch including antipasto platter, pasta, salad, meat & potatoes, dessert and coffee/tea. **Date:** Sunday, April 14th (register by Wednesday, April 10th). **Time:** Depart Sage at 11:00am **Cost:** \$37.00 per person including lunch, tax and tip, and school bus to and from Sage.

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:** *New Date for April* Thursday, April 11th at Langano Skies (9920- 82Ave) Ethiopian Restaurant **Cost:** must pay own lunch at restaurant & + ETS cost

- **River Cree Casino Outing** - hop on the River Cree bus the 3rd Thursday every month 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, April 18th **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).
- **Senior Choir Fling in Athabasca**- back by popular demand! Every year senior's choirs from across small town Alberta get together for a concert. This year's theme is music of the 50's. Trip includes lunch in Athabasca. End the day with the choir performance or wander the town even if you don't watch the choir! **Must pre-register by April 26th to ensure a spot.** **Date:** Friday, May 3rd **Time:** depart Sage at 9:00am **Cost:** \$48.00 includes lunch and bus

Parties:

Easter Dinner- celebrate Easter with a delicious baked ham lunch including dessert and coffee/tea. Entertainment provided. **Must register by April 15th.** No Easter dinners will be available for purchase day of the event, but café will be open. **Date:** Thursday, April 18th **Time:** 11:30-12:30pm. Entertainment until 1pm. **Location:** Auditorium **Cost:** \$12.00

Information Sessions:

Types of Housing Explained- condos, apartments, long-term care, supportive living, assisted living...what do they mean? Join Sage's Housing Coordinator for this free, informative presentation. **Date:** April 17 at 11-12pm. Pre-registration preferred. **Location:** Classroom D **Cost:** FREE

- **Understanding Dementia Presentation** - A staff member from the Alzheimer Society will be presenting on "Understanding Dementia" included information on what dementia is, warning signs, how a brain with dementia may process information, tips and strategies, and more. **Date:** Tuesday, April 30th **Time:** 11:30-12:30pm **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) **Identity Theft & Fraud Prevention**- fraud & identity theft awareness, guard your info, protect your computer **Date:** April 1th
 - 2) **Loans you Don't Want**- calculate the real cost of bad loans, pawn shops, & credit card cash advances **Date:** April 8th
 - 3) **Financial Wellness for Seniors**- what is financial abuse, how to recognize it & protect yourself. **Date:** April 15th
- **Mind Your Money- Monthly Financial Presentations with Wei Woo:**
April Date: Wednesday, April 10th **Topic:** **Selecting a suitable financial advisor and financial institution** – Who we choose as our *financial advisor* has a great influence on our satisfaction with financial services, as well as personal financial well-being. Quality of financial planning advice, investment performance, amount of client communication, pay structure of the advisor, among others, are very important factors in selecting the right advisor and financial institution. **There is no "Mind Your Money" session in May.** **Time:** 1-2 pm **Location:** Back of Café
- **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 1:30-2:30pm on the 3rd floor in the Ray Dolgoy Room (3rd floor).
April Date: Tuesday, April 23rd - **Topic:** **Vision Loss Resources and Information Session**- presented by CNIB **Cost:** FREE

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 26th (not Good Friday). **Time:** 12:30-2:30pm (approximately) **Cost** is \$5 for entire class (covers handouts).
- **Ballroom Dancing Lessons-** Experience the magic, the elegance, the fun of ballroom dance! Two 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:** March 27th & April 3rd (this set of classes is just two classes this time). No class April 10th. **Time:** 10-11:30am **Location:** Sage Auditorium **Cost:** \$2 total - for both classes
- **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. **Next Dates:** April-April 12,15,17,24,26,29 & May 1 **Time:** 2:30pm-3:30pm **Cost:** \$5 (for each set of 7 classes). Thanks to ECALA grants!
- **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. Pre-register for classes. Classes are held on Tuesdays. **Dates:** Session 2: March 5- April 16th (7 weeks)
Session 3: May 7 - June 11th (6 weeks). **Cost:** \$20.00 **Time:** 2-4pm
- **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). **Dates:** Mondays & Fridays (for 4 weeks); March 18 ending April 12 (no classes Good Friday & Easter Monday) and April 29 ending May 27 (no class Victoria Day - holiday) **Cost:** \$29.00 each 4 week session

Other:

- ***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) **Time:** 12:30-1:30pm **Location:** Café **Cost:** FREE
- **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!**
- **French Chat Group** For those who have a bit of knowledge of the language to those who are more fluent. This will be a fun and laid back way to practice your French and meet other French speakers. Group meets every Friday – instructor is only available twice a month but group meets on their own regardless if instructor is present. **Note: Instructor April dates will be April 12th & 26th (the 2nd & 4th Fridays of the month).** **Time:** 11-12pm **Location:** **Cost:** FREE **Location:** B or D (basement)
- **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, April 8th & 15th. **Time:** 12:30pm-2:30pm (including clean-up) **Location:** Classroom A **Cost:** Free
- ***New* Spanish Chat Group starting in MAY-** a chance to practice your Spanish conversational skills, learn vocabulary, and meet some great people in this new, free group with a volunteer lead! **Date:** 2nd & 4th Fridays May to August **Time:** 10:30-12pm **Location:** Café **Cost:** FREE
- **Over the Rainbow Support** is confidential, external support for Lesbian, Gay, Bi-Sexual, and transgendered seniors, and/or seniors who would like to understand their LGBTQ+ family members and friends. This can include phone or email support for a variety of things such as help with making social connections, connecting to resources, and even meeting in the community. Call Jeff Bovee at 780-474-8240 or email him at boveejeff@gmail.com

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

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; 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 **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 16th **Cost:** \$20.00 **Time:** 2-4pm

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:** Tuesday, April 16th **Time:** 1:30- 2:30 pm **Location:** Raye Dolgoy Room on 3rd 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. 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

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 on 3rd floor **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)

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.
NOTE: 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 2nd Thursday of the month. **Time:** 1-2 pm. **Location:** Raye Dolgoy Room on 3rd 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:** Thursdays
Time: 10:30-11:30am **Location:** Sage Café **Cost:** Free + one coffee or 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 - 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 live music at our monthly birthday party. Tours are the last Thursday of the month.
Time: Meet at main floor reception. **Next Date:** Thursday, April 25th **Time:** 12:30pm.

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:** Thursday, April 18th **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, & Thursdays **Time:** 1:00-2:30pm **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)**
Next Date: Thursday, April 25th **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/Time:** Thursdays: 9-10:30am & Fridays: 9–12pm **Location:** Auditorium **Cost:** Free

Gentle Yoga - gentle, senior-friendly yoga that is 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)

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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. 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 (10015-103rd 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.