

SAGE ACTIVITIES AT-A-GLANCE

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9-11:20 Senior Social Dance (Aud) Drop-in 1 9:30 MOOCs: Bugs 101(Sage) Register 9:30-12 Oil Painting (A) Drop-in 10-11 EAL Chat Group (c) Register 11:30-12:20 Zumba Gold (Aud) Drop-in \$2 11:30-4 Raye Dolgoy Bridge Club (Raye) 12:00-1:00 Gentle Yoga (C) -Currently full 12:15 Line Dancing (Aud) Currently full 12:30 Pen-Pal Program meets (café) pre-register 12:30 Spanish for Seniors (B) Register 1-3 Downtown Men's Shed Drop-in 2:00 Line Dancing (Aud)- space available 2:30-3:30 Computers for Beginners (Lab)	2 Health & Wellness Forum held at Central Lions 11113-113Street NW to Register and be sure to get you free lunch call: 780-809-8604
3 Visit our website www.mysage.ca See our newsletter or call (780) 423-5510 ext. 301 See our main reception or call to register	4 9:30 Tai-Chi (Aud) Drop-in 11:30-4 Raye Dolgoy Bridge Club (Raye) 11:20-12:10 Zumba Gold (Aud) Drop-in 12:30-2:30 Kookum Group (A) Drop-in 1:00 Line Dancing (Aud) Currently full 1:00 Cribbage (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Ludo (Café) Drop-in 1-2:30 BrainFitness Class (Lab) Register 1:00 French Class/Chat (B)-cancelled 1:30-3:30 Craft Space (Café) Drop-in 1:30-2:30 Gentle Yoga (c) Pre-register 2:30-3:30 Computers for Beginners (Lab) Register	5 9:00 Busy Finger (A) Drop-in 10-11 Line Dancing (Aud) Currently full 10-12 Colouring & Doodling Group (Café) Drop-in 11:15-12 Sunshine Sing-a-long (Aud) Drop-in 12-1 Sing! Seniors Intercultural Chorus (Aud) Drop-in 1:00 Scrabble (Café) Drop-in 2-4 Ukulele Lessons.(Aud) Register	9-9:45 Better Balance Classes (pre-register) 6 10-1 Dominoes (café) Drop-in 10-11:30 Ballroom Dance (Aud) Register 11:30-4 Raye Dolgoy Bridge Club (Raye) 10-12 Device & Computer Help (Lab) Drop-in 12:15 Line Dancing (Aud) 1:00 Mahjong (café) Drop-in 1:00 Ludo (Café) Drop-in 1:30 Jennie W. Lecture (moved back to 1 st & 3 rd Wednesdays Monthly) 2:00 Line Dancing (Aud) 2:30-3:30 Computers for Beginners (Lab) Register	7 9-10:30 Senior Social Dance (Aud) drop-in 10:00 Scrabble Time (Café) Drop-in 10:30-11:30 Coffee Group (Café) Drop-in 10:30-11:30 Everyday Fitness (Aud) Drop-in 11:45-1pm Ballroom Dance Prac. (Aud) Drop-in 12:30-1:30 Karaoke Korner (Café) Drop-in 1:00 Ludo (Café) Drop-in 1:30-3 Over the Rainbow Support Group (Café) 1:45-2:45 Ukulele Jam Sessions (café) Drop-in	8 9-11:20 Senior Social Dance (Aud) Drop-in 9:30 MOOCs: Bugs 101(Sage) Register 9:30-12 Oil Painting (A) Drop-in 10:00 Brainiacs (B) Drop-in 10-11 EAL Chat Group (c) Register 11:30-12:20 Zumba Gold (Aud) Drop-in \$2 11:30-4 Raye Dolgoy Bridge Club (Raye) 12:00-1:00 Gentle Yoga- CANCELLED 12:15 Line Dancing (Aud) Currently full 12:30 Spanish for Seniors (B) Register 1-3 Downtown Men's Shed Drop-in 2:00 Line Dancing (Aud)- space available 2:30-3:30 Computers for Beginners (Lab) *Pen-Pal Program letters due to main desk	9
10	11 Remembrance Day SAGE will be closed today.	12 9:00 Busy Finger (A) Drop-in 10-11 Line Dancing (Aud) Currently full 10-12 Colouring & Doodling Group (Café) Drop-in 11:15-12 Sunshine Sing-a-long (Aud) Drop-in 12:30 Let's do Lunch – Grandin Fish & Chips PRE-REGISTER (9902 109 St) 12-1 Sing! Seniors Intercultural Chorus (Aud) Drop-in 1:00 Scrabble (Café) Drop-in 1-3pm Painting Class with Dale (A) Pre-register. Class is 4 weeks for \$10.Only 10 spots available 2-4 Ukulele Lessons.(Aud) Register	13 9-9:45 Better Balance Classes AUD (pre-reg) 10-1 Dominoes (café) Drop-in 10-11:30 Ballroom Dance (Aud) Register 10-12 Device & Computer Help (Lab) Drop-in 11:30-4 Raye Dolgoy Bridge Club (Raye) 12:15 Line Dancing (Aud) Currently full 1 Mind Your Money-Estate Planning (Sage Rm) 1:00 Ludo (Café) Drop-in 1:00 Mahjong (café) Drop-in 2:00 Line Dancing (Aud) space available 2:30-3:30 Computers for Beginners (Lab) Register	14 9-10:30 Senior Social Dance (Aud) drop-in 10:00 Scrabble Time (Café) Drop-in 10:30-11:30 Coffee Group (Café) Drop-in 10:30-11:30 Everyday Fitness (Aud) Drop-in 11:45-1pm Ballroom Dance Prac. (Aud) Drop-in 12:30-1:30 Karaoke Korner (Café) Drop-in 1:00 Ludo (Café) Drop-in 1:30 Next Page Book Club (Class A) Register 1:30-3 Over the Rainbow Support Group (Café) 1:45-2:45 Ukulele Jam Sessions (café) Drop-in	15 9-11:20 Senior Social Dance (Aud) Drop-in 9:30 MOOCs: Bugs 101(Sage) Register 9:30-12 Oil Painting (A) Drop-in 10-11 EAL Chat Group (c) Register 11:30-12:20 Zumba Gold (Aud) Drop-in \$2 12:00-1:00 Gentle Yoga © 12:15 Line Dancing (Aud) Currently full 12:30 Spanish for Seniors (B) Register 1-3 Downtown Men's Shed Drop-in 2:00 Line Dancing (Aud) space available 2:30-3:30 Computers for Beginners (Lab)	16 *Public Computer lab access is unavailable 30 minutes before and after classes
17	18 9:30 Tai-Chi (Aud) Drop-in 11:20-12:10 Zumba Gold (Aud) Drop-in 11:30-4 Raye Dolgoy Bridge Club (Raye) 1:00 Line Dancing (Aud) Currently full 1:00 Cribbage (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Ludo (Café) Drop-in 1-2:30 BrainFitness Class (Lab) Register 1:00 French Class/Chat (B)-cancelled 1:30-2:30 Gentle Yoga (c) Pre-register 1:30-3:30 Craft Space (Café) Drop-in	19 9:00 Busy Finger (A) Drop-in 10:15 Mushroom Farm & Rig Hand Distillery (Departing at 10:15) 10-11 Line Dancing (Aud) Currently full 10-12 Colouring & Doodling Group (Café) Drop-in 11:15-12 Sunshine Sing-a-long (Aud) Drop-in 12-1 Sing! Seniors Intercultural Chorus (Aud) Drop-in 1:00 Scrabble (Café) Drop-in 1:30 Jennie. W. Discussion Group- Drop-in (Raye) 2-4 Ukulele Lessons.(Aud) Register	20 9-9:45 Better Balance Classes AUD (pre-register) 10-1 Dominoes (café) Drop-in 10-11:30 Ballroom Dance (Aud) –cancelled today 10-12 Device & Computer Help (Lab) Drop-in 11:30-4 Raye Dolgoy Bridge Club (Raye) 12:15 Line Dancing (Aud) Currently full 1:00 Ludo (Café) Drop-in 1:00 Mahjong (café) Drop-in 1:30 Jennie W. Lecture (moved back to 1 st & 3 rd Wednesdays Monthly) 2:00 Line Dancing (Aud) space available	21 9-10:30 Senior Social Dance (Aud) 10:00 Computer Information Sessions: Keeping in Contact Socially 10:00 Scrabble Time (Café) Drop-in 10:00 River Cree Casino Outing. Register 10:30-11:30 Coffee Group (Café) Drop-in 10:30-11:30 Everyday Fitness (Aud) Drop-in 11:30-1:30pm Craft & Gift Sale –Café 11:45-1pm Ballroom Dance Prac. (Aud) Drop-in 12:30-1:30 Karaoke Korner (Café) Drop-in 1:00 Ludo (Café) Drop-in 1:30-3 Over the Rainbow Support Group (Café) 1:45-2:45 Ukulele Jam Sessions (café) Drop-in	22 9-11:20 Senior Social Dance (Aud) Drop-in 9:30 MOOCs: Bugs 101(Sage) Register 9:30-12 Oil Painting (A) Drop-in 10:00 Brainiacs (B) Drop-in 10-11 EAL Chat Group (c) Register 11:30-12:20 Zumba Gold (Aud) Drop-in \$2 11:30-4 Raye Dolgoy Bridge Club (Raye) 12:00-1:00 Gentle Yoga (C)- Currently Full 12:15 Line Dancing (Aud) Currently full 1-2:30 BrainFitness Class (Lab) Register 1:00 Downtown Men's Shed Drop-in 2:00 Line Dancing (Aud) space available	23
24	25 9:30 Tai-Chi (Aud) Drop-in 10-11:30 Writers' Group- cancelled 11:20-12:10 Zumba Gold (Aud) Drop-in 11:30-4 Raye Dolgoy Bridge Club (Raye) 12:30-2:30 Kookum Group (A) Drop-in 1:00 Line Dancing (Aud) Currently full 1:00 Cribbage (Café) Drop-in 1:00 Ludo (Café) Drop-in 1:00 Mahjong (café) Drop-in 1:00 French Group (B) -Cancelled 1-2:30 BrainFitness Class (Lab) Register 1:30-3:30 Craft Space 1:30-2:30 Gentle Yoga (c) Pre-register	26 9:00 Busy Finger (A) Drop-in 10-11 Line Dancing (Aud) Currently full 10:00 Greenland Garden Centre 10-12 Colouring & Doodling Group (Café) Drop-in 11:15-12 Sunshine Sing-a-long (Aud) Drop-in 12-1 Sing! Seniors Intercultural Chorus (Aud) Drop-in 1:00 Scrabble (Café) Drop-in 1-3pm Painting Class with Dale (A) Pre-register. 1:30 Here's to Your Health: (Raye Dolgoy Rm) 2-4 Ukulele Lessons.(Aud) Register	27 9-9:45 Better Balance Classes AUD (pre-register) 10-1 Dominoes (café) Drop-in 10-11:30 Ballroom Dance (Aud) Register 10-12 Device & Computer Help (Lab) Drop-in 11:30-4 Raye Dolgoy Bridge Club (Raye) 1:00 Ludo (Café) Drop-in 1:00 Mahjong (café) Drop-in 1:30 Ted Talks Discussion Group (A)	28 9-10:30 Senior Social Dance (Aud) drop-in 10:00 Scrabble Time (Café) Drop-in 10:30-11:30 Coffee Group (Café) Drop-in 10:30-11:30 Everyday Fitness (Aud) Drop-in 11:00 Funeral Pre-planning & other important conversations (Sage Room) 11:45-1pm Ballroom Dance Prac. (Aud) Drop-in 12:30 Sage Tour (Sage Lobby) Drop-in 1:00 Monthly Birthday Party! (Café) 1:00 Ludo (Café) Drop-in 1:30-3 Over the Rainbow Support Group (Café) 1:45-2:45 Ukulele Jam Sessions (café) Drop-in	29 9-11:20 Senior Social Dance (Aud) Drop-in 9:30 MOOCs: Bugs 101(Sage) Register 9:30-12 Oil Painting (A) Drop-in 10-11 EAL Chat Group (c) Register 11:30-12:20 Zumba Gold (Aud) Drop-in \$2 11:30-4 Raye Dolgoy Bridge Club (Raye) 12:00-1:00 Gentle Yoga (C)- Currently Full 12:15 Line Dancing (Aud) Currently full 1-2:30 BrainFitness Class (Lab) Register 1:00 Downtown Men's Shed Presents: Speaker Series: City Politics (A) 2:00 Line Dancing (Aud) space available	30 Room Legend: <u>Basement:</u> (A) ClassRm A (B) ClassRm B (C) ClassRm C (D) ClassRm D (Aud) Auditorium <u>Main:</u> (Café) Sunshine Café <u>3rd Floor:</u> (Sage) Sage Rm (Lab) Computer Lab (Raye) Raye Dolgoy Rm