

Sage Activities

November 2019

Open to everyone, no Sage membership required

Program Updates

- New Zumba Class Added! **Date** Fridays **Time** 11:30 – 12:20 **Cost** \$2.00 Beginning September 13th
- Sage will be **CLOSED** Monday November 11 for Remembrance Day
- No Wednesday Gentle Yoga for the winter. There is a new Gentle Yoga Class on Mondays see below for more details.
- Jennie Wilting Lecture Series returns to Sage. **Moved back to the 1st and 3rd Wednesdays monthly at 1:30 pm.**

New & Exciting

- **Brain Fitness** Keep your brain in shape with computer games to help you remember more, think faster, and have better recall. Must pre-register.
Date Mondays & Fridays (Oct 7 – Nov 4) **Time** 1 – 2:30pm **Location** Computer Lab 3rd Floor **Cost** \$29.00 total
- **Speaker Series** Presented by the Downtown Men’s Shed. Join these interesting learning opportunities at 1:00 pm on the last Friday of the month in Classroom C.
Date Last Friday of the month **Time** 1:00pm **Location** Classroom C **Cost** Free
 - **City Politics** (November 29)
- **Sage Monthly Birthday Party!** There will be live music, cake, Halloween treats and more! The monthly Birthday party is sponsored by Dignity Memorial. Hainstock’s Funeral Home 9810 34 Ave & Memories Funeral Home 13403 St. Albert.F
Date November 28 **Time** 1:00pm **Location** Sage Café **Cost** Free

Day Trips (longer trips & out of city trips)

Please join us as we venture out and about on these Day Trips. Please note:

- You must be able to go up and down several stairs, ground may be uneven, and you will need to be able to walk short distances.
- Trips continue rain or shine.
- Refunds are not guaranteed.
- Please bring snacks or beverages as needed. - If you have dietary restrictions you must notify Rachel at 780-701-9016 at time of registering. Not all diets can or will be accommodated.
- Must pre-pay to register.

- **Mushroom Farm (Gruger Family) & Rig Hand Distillery Nisku** - Come see how mushrooms are grown and how spirits are distilled on a day of fun and informative tours. Closed toe shoes are required (no sandals). Bring spending money for the trip. **Date:** Nov. 19 **Time:** Depart Sage at 10:15am & return around 4:00 pm; **Cost** \$35 (\$40 non-member) includes lunch, school bus, and both tours.
- **Greenland Garden Centre** - This garden centre decorates for Christmas like no other, so come along and get in the festive spirit! They also have a beautiful selection of poinsettias, a delicious cafe, and a selection of Christmas decorations, giftware, and home decor that suits every need. **Cost:** \$10 for school bus + lunch and shopping; **Date:** Tues., Nov. 26; **Time:** Leave Sage at 10 am. Please pre-register.

City Trips (around the city)

- **River Cree Casino Outing** Hop on the bus the for a fun day at the casino. 4 hours at the Casino and you will receive a voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. Must pre-register, there are only 24 seats and you **MUST** return with the Sage bus.
Date 3rd Thursday of the Month: Nov. 21 **Time** 10:00am - 3pm **Location** Depart from Sage **Cost** \$5.00 (for transport, lunch and voucher)
- **Let’s do Lunch** A group that comes together once a month to explore Edmonton’s dining scene. Option to meet at restaurant or meet at sage to venture out together. Let’s Do Lunch is an opportunity dine in good company and make new friends or strengthen old friendships. **Must pre-register by the Friday before.**
Date 2nd Tuesday of the month **Time** 12:30pm **Location** Depart from Sage **Cost** individual meal + ETS
 - **Nov. 12 - Grandin Fish & Chips - 9902 109 St.**

Classes

- **Ballroom Dancing Lessons** Experience the magic, the elegance, the fun of ballroom dance! Never danced before? Well let’s get started! No partner required. Limited spaces available. This session is closed, stay tuned to register for the next round of Ballroom classes.
Date Sept 11 - Nov 27 (12-weeks) **Time** 10 - 11:30am **Location** Sage Auditorium **Cost** \$5.00 total
- **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. Must pre-register.

Date Tuesdays Nov 5 - Dec 17 (Session 2) **Time** 2– 4pm **Location** Sage Auditorium **Cost** \$30.00

- **Computers Information Sessions-** Join these great, informative presentations on a variety of technology and computer related topics. Must Pre-register.
Date 3rd Thursday of the Month **Time** 10:00am **Location** Computer Lab 3rd Floor **Cost** Free
 - **Keeping in Contact Socially** (Nov 21)
- **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. Must pre-register.
Dates Nov. 1, 4, 6, 8, 13, 15, 18 **Time** 2:30-3:30pm **Location** Computer Lab 3rd Floor **Cost** \$5 Thanks to ECALA grants
- **Writer’s Group** - A drop-in, monthly group to help each other with writing - memoirs, stories, and more. A change to share your work for critique or help support others. Last Tuesday of the month. **Cost:** Free; **Date:** Nov. 25; **Time:** 10:00 am; **Location:** Sage Room. **CANCELLED**
- **Kookum Group** Join Sophie from Bent Arrow for a group that brings women together to share in a cup of tea and activities or crafts.
Date Nov 4 & 25 **Time** 12:30 - 2:30pm **Location** Classroom A **Cost** Free

Information Sessions (Free)

- **Here’s to Your Health Presentations** Join us at 1:30 pm on the fourth Tues of the month for presentations on different health-related topics including diet, exercise, wellbeing, and more. Please provide topic suggestions to main reception to let us know what you want to learn about!
Date 4th Tuesday of the month **Time** 1:30pm **Location** Ray Dolgoy Room **Cost** Free
 - Nov. 26 -
- **Mind Your Money** Monthly financial presentations with Wei Woo. This month’s topic: Estate Planning.
Date Nov. 13 **Time** 1:00pm **Location** Sage Room **Cost** Free
 - **Funeral Pre-planning and Other Important Conversations** - Nothing is certain but death and taxes, isn’t that what they say?
Date: Thurs, Nov. 28 **Time:** 11:00 am

Ongoing Weekly Programming

Mondays

- **Introduction to Tai Chi** Master Ken guides the class through 10 simple Tai Chi movements as well as warm up exercises and sitting & walking Tai Chi movements. Health benefits include improved balance, coordination and range of movement. No registration required.
Date Mondays **Time** 9:30am **Location** Sage Auditorium **Cost** Free
- **Gentle Yoga Gentle Yoga** Yoga adapted to meet a wide range of mobility needs, yoga is practiced sitting in and using a chair for support. First Priority goes to pre-registered spots, drop in available depending on class size.
Date Mondays 1:30 – 2:30 Fridays 12- 1pm **Location** Classroom C **Cost** \$2.00/4 sessions
- **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! No registration required. **(New Friday class added - \$2.00)**
Date Mondays **Time** 11:20am **Location** Sage Auditorium **Cost** Free!
- **Raye Dolgoy Bridge Club** A versatile Bridge community where bridge players come together. Confident Bridge players are welcome to drop-in. Henry Chung, game director offers lessons to beginners or those looking to freshen up their skills. Must pre-register for lessons.
Date Mondays, Wednesdays & Fridays **Time** 11:30am - 4pm **Location** Raye Dolgoy Room
Cost \$50.00/20 lessons • \$5.00/refresher lesson • \$1.50/Drop-in play
- **Craft Space** Come and do a “Craft of the Week” or create your own using the supplies available. Bring your creativity or just an openness to being crafty. No supplies needed. No registration required.
Date Mondays **Time** 12:30-2:30pm **Location** Sage Café **Cost** Free
- **Ludo** A fun board game and a great chance to meet people, easy for all skill levels to learn.
Date Mondays, Wednesdays, & Thursdays **Time** 1-2:30pm **Location** Sage Café **Cost** Free
- **Mahjong** 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, Tiles are in the puzzle area for playing outside specified times. No registration required.
Date Mondays & Wednesdays **Time** 1pm **Location** Café (puzzle area) **Cost** Free
- **Seniors Line Dancing Classes** A great opportunity to learn line dances, have some fun and meet new people! Workout your body while you work-out you brain learning new steps. Pre-register with Nancy the instructor.
Location Sage Auditorium **Cost** \$2.00/month
Mondays 1pm & Tuesdays 10am (currently full) • Wednesdays 12:15pm & Friday 12:30pm (currently full)
Wednesdays 2pm & Fridays 2pm (space available)
- **Cribbage** practice your basic addition math around the peg board. A fun card game and an opportunity to make new friends. No registration required.
Date Mondays **Time** 1:00pm **Location** Café **Cost** Free
- **French Lesson/Chat Group** Do you want to learn French or are you looking for an opportunity to speak French with others? Drop in for either a lesson to or participate in the more casual chat group. **CANCELLED**
Date Mondays **Time** 1:00pm **Location** Classroom B **Cost** Free

Tuesdays

- Busy Fingers** A year round crafting group. The current focus is on knitting and crocheting. Come and join this amazing bunch as they create beautiful pieces. Guidance and instruction is available. No registration required.
Date Tuesdays **Time** 9:00am **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** 10-12pm **Location** Sage café **Cost** Free
- Sunshine Sing-a-long** If you love music, singing and being among friends then join our weekly gathering of sing-a-long favourites with Elaine. Everyone welcome!
Date Tuesdays beginning September 17 **Time** 11:15-12pm **Location** Sage Auditorium **Cost** Free
- SING! Seniors Intercultural & Newcomers Gathering** Enjoy sharing music while practicing English and meeting new friends.
Date Tuesdays beginning September 17 **Time** 12-1pm **Location** Sage Auditorium **Cost** Free
- Writer’s Group** A monthly group to help each other with writing - memoirs, stories, and more. A chance to share your work for critique or help support others. No registration required. **CANCELLED**
Date Last Tuesday of the month **Time** 10am-11:30 **Location** Sage Room **Cost** Free
- Jennie Wilting Discussion Group** A discussion group featuring interesting, controversial, and thought-provoking topics. Jennie will not lecture, only facilitate this group. No registration required.
Date 3rd Tuesday monthly **Time** 1:30- 2:30 pm **Location** Raye Dolgoy Room **Cost** Free

Wednesdays

NO REGISTRATION REQUIRED

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WEDNESDAYS ARE GAME DAYS

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ALL GAMES ARE FREE

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MEET IN THE CAFÉ

- Dominoes** Join Udo and Jeff each week and enjoy the fun of dominoes. Instruction is available and it is open to everyone.
Date Wednesdays **Time** 10am -1pm **Location** Sage Café **Cost** Free
- Ludo** Description listed under Monday.
Date Mondays, Wednesdays, & Thursdays **Time** 1-2:30pm **Location** Sage Café **Cost** Free
- Mahjong** Description Listed under Monday.
Date Mondays & Wednesdays **Time** 1:00pm **Location** Sage Café (puzzle area) **Cost** Free
- Raye Dolgoy Bridge Club** Description listed under Monday.
Date Mondays, Wednesdays & Fridays **Time** 11:30am - 4pm **Location** Raye Dolgoy Room
Cost \$50.00/20 lessons • \$5.00/refresher lesson • \$1.50/Drop-in play
- Device and Computer Help** Drop-in for some one on one help with your device, computer questions, Microsoft Word, emails, internet, laptops, iPads, cell phones, uploading photos, and more.
Date Wednesdays **Time:** 10-12pm **Location** Computer lab 3rd floor **Cost** Free
- Walk & Talk Group** Meet new people, get some fresh air and exercise on this weekly stroll. Walking poles are provided but not necessary.
Date Wednesdays **Time** 1pm**Location** Sage Lobby**Cost** Free
- Seniors Line Dancing Classes** See Monday for Description.
Location Sage Auditorium **Cost** \$2.00/month
Mondays 1pm & Tuesdays 10am (currently full) • Wednesdays 12:15pm & Friday 12:30pm (currently full)
Wednesdays 2pm & Fridays 2pm (space available)
- 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.
Date Last Wednesday of the month **Time** 1:30pm **Location** Classroom A **Cost** Free

Thursday

- Karaoke Korner** Ever wanted to sing Karaoke but felt too intimidated? Drop-in to sing your favorite song in a welcoming atmosphere.
Date Thursdays (excluding last Thursday of the month) **Time** 12:30-1:30pm **Location:** Sage Café **Cost** Free
- Coffee Group** Interested in meeting new people and practicing the art of conversation? Then Coffee group is for you! Join in weekly for a cup of coffee/tea, a change to connect with others and learn what sage has to offer. A voucher for one complimentary coffee or tea is provided.
Date Thursdays **Time** 10:30 - 11:30am **Location** Sage Café **Cost** Free
- Ukulele Jam Sessions** Grab your Ukulele and join the fun in this drop-in group! All Skill levels welcome – open to all! No registration required.
Date Thursdays **Time** 1:45-2:45pm **Location** Sage Café **Cost** Free
- Everyday Fitness** Stay active with this easy and fun exercise series lead by a volunteer instructor. All skill levels welcome. No registration required.
Date Thursdays **Time** 10:30am **Location** Sage Auditorium **Cost** Free

- **Senior Social Dance** a drop-in, multicultural opportunity for people who love social dance to come together and have some fun! No Registration required.
Date Thursdays 9 – 10:30am • **Fridays** 9 – 11:20am **Location** Sage Auditorium **Cost** Free
- **Scrabble Time** Improve your vocabulary or show it off 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! No registration required.
Date Thursdays **Time** 10:00am **Location** Sage Café **Cost** Free
- **Sage Tours** New to Sage? Want to meet new people? Come experience a tour of Sage lead by one of our friendly volunteers. Stay after the tour and enjoy live music at our monthly birthday party.
Date Last Thursday of the month **Time** 12:30pm **Location** Main Floor Reception **Cost** Free
- **Avon Calling!** A chance to look at the latest Avon Products to place or pick-up orders.
Date 3rd Thursday of the Month **Time** 11-1pm **Location** Sage Café **Cost** individual purchases
- **Ludo** See description listed Monday.
Date Mondays, Wednesdays & Thursdays **Time** 1-2:30pm **Location** Sage Café
- **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
Date Thursdays **Time** 1:30 – 3pm **Location** Sage Café **Cost** Free

Next Page Book Club meets for a new reading adventure once a month. Books include both fiction and non-fiction. Join the discussion. Pre-registration preferred.

Date 2nd Thursday Monthly **Time** 1pm **Location** classroom A **Cost** Free

- **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

Date Last Thursday of the Month **Time** 1-2pm **Location** Sage Café **Cost** Free!!

Friday

- **Zumba Gold New Class!** The class so nice sage members asked for it twice a week, see description under Mondays.
Date Fridays **Time** 11:30-12:20pm **Location:** Sage Auditorium **Cost:** \$2.00 cash directly to teacher.
- **Senior Social Dance** See Thursday for description.
Date Thursdays 9 – 10:30am • **Fridays** 9 – 11:20am **Location** Sage Auditorium **Cost** Free
- **Gentle Yoga** See Mondays for Description.
Date Fridays 12 – 1 **Mondays** 1:30 – 2:30 **Location** Classroom C **Cost** \$2.00/4 sessions
- **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. Please pay at the front desk for supplies as needed. Proof of payment (ticket) must be passed on to the instructor by the student to receive new supplies.
Date Fridays **Time** 9:30-12pm **Location** Classroom A **Cost** \$10 for paint and brushes + \$8 for canvas
- **Raye Dolgoy Bridge Club** See Monday for Description.
Date Mondays, Wednesdays & Fridays **Time** 11:30am - 4pm **Location** Raye Dolgoy Room
Cost \$50.00/20 lessons • \$5.00/refresher lesson • \$1.50/Drop-in play
- **EAL Chat Group** A chance to practice speaking English while meeting new people. Must pre-register.
Date Fridays **Time** 10 - 11am **Location** Classroom C **Cost** Free
- **‘Brainiacs’ Activity Group** challenge your brain with games and new tips & tools on how to maintain an active, healthy mind. Great chance to meet people, too! No Registration Required.
Date 2nd & 4th Fridays monthly **Time** 10:00am **Cost** Free **Location** Classroom B
- **Men's Shed** A Group for men, by men. 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. No registration required. This in an independent program meeting twice a week, once at sage and once at The Churchill.
Date Fridays **Time** 1-3pm **Location** Sage Café or Classroom A **Cost** Free

Thursdays 7-9pm at The Churchill (10015-103rd Ave) in the Coffee Room

- Use buzzer to enter main building

This is not a Sage program- for more information please contact Lawrence 780-905-4307 or Amanda 780-809-9404 ext. 366.