

Sage Activities December 2019

Open to everyone, no Sage membership required

Program Updates

- No Wednesday Gentle Yoga for December. There are Gentle Yoga classes on Mondays, Wednesdays, and Fridays starting in January.
- Jennie Wilting Lecture Series returns to Sage. **Moved back to the 1st and 3rd Wednesdays monthly at 1:30pm.**
- Bridge Club will only be held on Fridays, not on Mondays or Wednesdays.
- Brain Fitness Classes are on Mondays and Fridays – January Session: Jan 6 – Jan. 31
- No Computers for Beginners in December. Classes will resume in January.
- On December 19, Sage will be closed at 2:00pm for a staff function.
- Sage will be closed from noon on December 24, until January 2, 2020.

New & Exciting

- **Christmas Carols and Sing-a-long** Our regular Tuesday Sunshine Sing-a-long is going to feature some holiday favorites on. As always, everyone is welcome to join in the singing or just enjoy the music.
Date: Dec 10 and 17 **Time:** 11:15 am **Location:** Dec. 10 - Café, Dec. 17 - Auditorium
- **Christmas Dinner at Sage** Join us as we enjoy a delicious Christmas Dinner including turkey, stuffing, mashed potatoes, gravy, veggies, cranberry sauce, dessert, and coffee/ tea. Enjoy live music sponsored by The Churchill by Revera! Purchase your tickets in the Café (not at main reception) by Dec 12. Please note that tickets cannot be purchased day of event.
Date: Wed, Dec 18 **Time:** 11:30 am - 1:00 pm **Location:** Café **Cost:** \$14.00 for meal, dessert & coffee/tea
- **Christmas Light Tour** See the beautiful Christmas lights around Edmonton while enjoying hot chocolate and a treat. Special thanks to Dignity Memorial for sponsoring this trip. Must pre-register - spots are limited!
Date: Wed, Dec 18 **Time:** Depart Sage 5:30 pm (return to Sage around 8:00 pm) **Cost:** 5.00 (20.00/person subsidized by Dignity Memorial!)
- **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.
Date: December 19 **Time:** 11:00am **Location:** Sage Café **Cost:** Free
- **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 (Jan 6 – 31.) **Time:** 1 – 2:30pm **Location:** Computer Lab 3rd Floor **Cost:** \$29.00 total
- **Astro 101: Black Holes** Explore outer space and mysteries of the universe in this 10-week course provided by the U of A.

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.

- **Christmas in the Country** Enjoy a bus tour of rural Strathcona County for their annual Christmas in the Country celebration!
Date: Saturday, December 7 **Time:** Depart Sage 10:00 am **Cost:** \$25.00 for bus to and from Sage plus Strathcona County bus.

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: December 19 **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
 - **Dec. 10 – Old Spaghetti Factory (10220 103 Street)**

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: Jan 8 – Mar 18 (no class on Mar 11) (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 Jan 14 – Feb 25 (Session 1) **Time:** 2– 4pm **Location:** Sage Auditorium **Cost:** \$35.00
- **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: Dec. 2, Jan 13, 20, Feb. 10, 17 **Time:** 12:30 - 2:30pm **Location:** Classroom A **Cost:** Free

Information Sessions (Free)

- **Floral Arranging Presentation** Learn great tips on how to make beautiful floral and holiday arrangements.
Date: Thurs, Dec 5 **Time:** 1:00 – 2:00 pm **Location:** Sage Room
- **Getting Ready: Paperwork, Documents and More!** Do you have your important documents together in case something happens to you?
Date: Dec 5 and 6 (two-part series) **Time:** 10:30 am - 12:30 pm **Location:** Classroom B **Cost:** \$5.00
- **Councillor Knack Visit & City Update** Join Councillor Knack as he shares updates from city council and answers your questions.
Date: Mon, Dec. 9 **Time:** 10:00 am **Location:** Sage room
- **Speaker Series presented by the Downtown Men's Shed**
Date: Dec. 13 - History of Edmonton #3 with Shirley Anne Lowe **Time:** 1:00 pm **Location:** Classroom A
Date: Dec. 20 - Social Isolation (Coun. McKeen) **Time:** 1:00 pm **Location:** Classroom A
- **Mind Your Money – Monthly Financial Presentations with Wei Woo**
Date: Dec. 11 – Maximizing your Fixed Income Investments **Time:** 1:00 pm **Location:** Sage Room

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 **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!
- **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
Dates: 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

Tuesdays

- **Busy Fingers** A year round crafting group. The current focus is on knitting and crocheting. Come and join this amazing bunch as

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: December 19 **Time:** 11:00am **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/monthly session
- **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** 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: 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 at 780-905-4307 or Amanda at 780-809-9404 ext. 366.