

Sage Activities

January 2020

Open to everyone, no Sage membership required

Program Updates

- There are Gentle Yoga classes on Mondays, Wednesdays, and Fridays starting in January.
- 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
- Computers for Beginners classes will resume in January 8, 2020.
- TED Talks will resume in February and will be held the last Wednesday of the month at 1pm

New & Exciting

- New! **Mahjong Lessons**- 6 weeks all for only \$5! Starts Tuesday, January 7th- Feb. 11th
- New! **Fun & Fitness with My-Keing** -Tuesdays and Fridays 10-11am starting January 7th (Classroom C)
- **Medical Marijuana 101 presentation sponsored by SALT** – Tuesday, January 28th 1pm Classroom C Drop-in
- **Chinese New Year Celebration**- Join us for a celebration that includes various performances, line dancing, and some goodies! Sponsored in part by the Churchill by Revera. **Date:** Wed. Jan. 22 **Time:** 1:00 pm **Location:** Auditorium
- **Coffee with Cops**- A great chance for EPS to meet the community they serve and for the community to meet their EPS members. **Date:** Wed. Jan. 29; **Time:** 1:30 – 2:30 pm. **Location:** Café
- **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. **Date:** Fridays, Jan 10 – Mar 13 **Time:** 9:30 – approx. 11:30 am **Cost:** \$10.00

Day Trips & City Trips (join us as we venture out & about)

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.

- **SOLD OUT! Holden Dinner Theatre: ABBA Experience** Venture to the town of Holden and enjoy a performance with amazing songs of ABBA performed by a world-renowned ABBA Tribute band. **Date:** Sunday, February 23 **Time:** Depart Sage 12:00 pm (return to Sage around 7:30 pm) **Cost:** \$68.00 members; \$79.00 non-members. Includes show, dinner, and coach bus.
- *** Date Changed* River Cree Casino Outing** Hop on the bus 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:** January 23rd **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
 - **January 14 – The Clever Rabbit (Vegan))**
- **Shadow Theatre presents Happy Birthday Baby J** - A comedy that skewers political correctness! Shadow Theatre brings world-class productions to Edmonton – join Sage for an amazing afternoon of live theatre! Must pre-register. **Date:** January 29, 2020 **Time:** Depart Sage 11:30 am (show begins at 12:30 pm) **Cost:** \$20.00 plus ETS fare.
- **RAM presents Bugs 101**- join us at the Royal Alberta Museum for a special presentation of live insects. After the presentation, there is time to explore the museum. Lunch not provided. Must pre-register. **Date:** Friday, February 28. **Time:** Depart Sage: 9:30 am (walking to the RAM). **Cost:** \$14.00

Classes

- Spanish for Seniors (Beginner and Intermediate)** - A fun and easy way to learn a new language. This seven week course is a great introduction if you want to travel or just try something new! Must pre-register. **Date:** Fridays, Feb 21 – Apr 3 **Time:** 12:30 pm **Cost:** \$20.00
- *End Date Changed* 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 – April 8 (no class on February 19 and Mar 11) (12-weeks) **Time:** 10:45 – 12:15pm **Location:** 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. Everyone is Welcome to join!
Date: Mondays, January 13 & 20th **Time:** 12:30 - 2:30pm **Location:** Classroom A **Cost:** Free

Information Sessions (Free)

- Better Choices, Better Health – Chronic Disease Self-Management Workshop** Do you or someone you care about have an ongoing chronic health issue like diabetes, high blood pressure, cancer, asthma, anxiety, depression, arthritis, pain, or weight challenges?
Date: Wednesdays (6 weeks): Feb 12, 19, 26, Mar 4, 11, 18 **Time:** 9:30 – 12:30 pm **Location:** Class D
- Mind Your Money – Monthly Financial Presentations with Wei Woo**
Date: no January presentation **Time:** 1:00 pm **Location:** Sage Room
- *Start Date Changed* Healing Through Writing Workshops-** Back by popular demand! Join author and instructor Adele Fontaine for this four week workshop as she shares how writing poems helped her grieve the loss of her husband. Must pre-register. **Date:** Thursdays, February 6 - February 20. **Time:** 1:30 – 3:00 pm **Location:** Sage Room

Ongoing Weekly Programming (by Day of the Week)

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 **Time:** 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!
- *Moved to Fridays starting in January* 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 12:30pm & 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

- ***New* Mahjong Lessons with Aaron-** learn this fun tile game with 6 weeks of lessons. Tuesdays 10:30-12pm starting January 7th until February 11th. Held in the café. Register at main reception
- ***New* Fun & Fitness with My-Keing-** a fun, free group for all fitness levels. A chance to keep your body and your muscles moving. Tuesdays and Fridays 10-11am in Classroom C. Everyone Welcome to Drop-in!
- **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, resumes January 14th **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, resumes Jan. 14 **Time:** 12:15-1pm **Location:** Sage Auditorium **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

WEDNESDAYS ARE GAME DAYS

NO REGISTRATION REQUIRED • ALL GAMES ARE FREE • 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
- **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: Wednesdays 1:30 – 2:30 **Location:** Classroom C **Cost:** \$2.00/4 sessions
- **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
- **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
- **Seniors Line Dancing Classes** See Monday for Description.
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)
- **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 starting February **Time:** 1:30pm **Location:** Classroom A **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: Wednesdays **Time:** 9:15-10:15am **Location:** Sage Auditorium **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** – Moved to Wednesdays. See description under Wednesdays.
- **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: Thursday, January 30th **Time:** 11:00am **Location:** Sage Café **Cost:** Free!!

Friday

- ***New* Fun & Fitness with My-Keing-** a fun, free group for all fitness levels. A chance to keep your body and your muscles moving. Tuesdays and Fridays 10-11am in Classroom C. Everyone Welcome to Drop-in!
- **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
This is not a Sage program. For more information, please contact Amanda at 780-809-9404 ext. 366.