

Sage Activities February 2020

Open to everyone, no Sage membership required

Program Updates

- There are Gentle Yoga classes on Mondays, Wednesdays, and Fridays (although the Monday instructor is away February 10,17,24 and returns March)
- Bridge Club will only be held on Fridays, not on Mondays or Wednesdays.
- TED Talks will resume in February and will be held the last Wednesday of the month at 1pm

New & Exciting

- ***New* Intermediate Gmail Class**- a continuation of Gmail taught in the Sage Computer Basics class. The material will include a basic review and introduction of new Gmail concepts. Students will learn how to insert emojis and links, check spelling, print emails, and other methods to attach files. Also learn simple ways to send a group email, perform email searches, and organize emails. Students will need a personal Gmail account to participate in this course and should have experience sending and replying to emails. Please pre-register as there are only 4 spots.
Date: 4 Wednesdays monthly- February class Feb. 5,12,19,26th , - March Class: March 4,11,18,25,
Time: 1-2pm **Location:** Computer Lab **Cost:** \$2.00 for each set of 4 classes (to cover handout costs)
- **Fun & Fitness with My-Keing** -Tuesdays and Fridays 10-11am starting January 7th (Classroom C)
- **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 (Feb. 10 - Mar. 9) **Time:** 1 – 2:30pm **Location:** Computer Lab 3rd Floor **Cost:** \$29.00 total
- **Valentine's Day Tea**- have a lovely afternoon celebrating Valentine's Day (a few days early) with a delicious cake, coffee/tea and music from our talented ukulele group. Please pre-purchase your tickets by Feb.10th for catering purposes. (Space permitting, tickets may be able to be purchased day of event.) Sponsored in part by The Churchill by Revera.
Date: Tuesday, February 11th **Time:** 1pm **Location:** Sage Auditorium **Cost:** \$2.00

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.
- **River Cree Casino Outing** *date changed to the 2nd Thursday of the month*- 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: February 13 **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.**
February 18 (not Feb. 11th due to Valentine's Tea)- NongBu Korean Eatery (just off Whyte Ave & 104 St.)
Time: 12:30pm **Location:** Depart from Sage **Cost:** individual meal + ETS
- **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
- ***Sold Out* Ernest's at Nait Lunch** - enjoy a delicious buffet featuring the culinary talents of the student chefs at Nait. Must pre-register.
Date: Fri. Feb. 28 **Time:** Depart Sage at 10:30 am or meet at Earnest's at 11:00 am. **Cost:** \$43.00 + ETS fare (includes tax and tip)

Classes

- ***Start & End Date Changed* Healing Through Writing Workshops**- Back by popular demand! Join author and instructor Adele Fontaine in this free, 4 week workshop as she shares how writing poems helped her grieve the loss of her husband. She will help participants learn how to write, share, and work through life experiences. 12 participants max. Pre-register.
Date: Thursdays- February 6-February 27th (not January 30-Feb. 20) **Time:** 1:30-3pm **Location:** Sage Room

Classes Continued...

- **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:** 10:30 – 12pm **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, February 10. No February 17th date as Sage is closed for the long weekend **Time:** 12:30 - 2:30pm
Location: Classroom A **Cost:** 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? Topics include medication management, dealing with emotions, problem solving, goal setting, getting a better sleep, handling fatigue and more! Must pre-register.
Date: Wednesdays (6 weeks) Feb. 12, 19, 26, Mar. 4, 11, 18. **Time:** 9:30 am - 12:00 **Location:** Classroom D
- **Paint 'Nite'**- Enjoy an afternoon of guided painting with Dale. With step by step instructions, you will create a work of art! Supplies and instruction included in cost. Must pre-register.
Date: Fridays, Feb. 20 **Time:** 1:00 pm - 3:30 pm **Location:** Auditorium **Cost:** \$20.00

Information Sessions (Free)

- **Mind Your Money – Monthly Financial Presentations with Wei Woo - 2019 Global Financial Market Review & 2020 Investment Outlook** **Date:** February 12 **Time:** 1:00 pm **Location:** Sage Room
- **“It’s Not Right!” Neighbors, Friends and Families for Older Adults-** You may be a neighbor, friend or family member who can make a positive difference in the life of an older adult experiencing abuse. Gain an understanding of what elder abuse is, signs of abuse to watch for, barriers for disclosure and then the role ageism plays in identifying elder abuse and supporting individuals. During the presentation resources for Elder Abuse will be provided. Additionally, participants will learn about how to support someone they suspect may be experiencing abuse, practice how to have those difficult conversations, understand how to be an ally to that loved one or community member. Please pre-register. 20 people Max.
Date: Wednesday, Feb 5th **Time:** 1:30-3:30 pm **Location:** Sage Room **Cost:** Free
- **Empower Me Presentation-** save money, learn the top 6 energy conservation tips for your home, how to understand your bills, your energy choices, and how to run your home more efficiently and safely. Eligible participants will get a free energy savings kit (worth approx. \$90). Please pre-register for this free session.
Date: Wednesday, February 26th **Time:** 1-2pm **Location:** Sage Room
- **Archeology in El Salvador-** a free, interesting presentation by Carlos R. Colindres, librarian, scholar and researcher from El Salvador. February 11th from 1-2pm Please pre-register. Session is free.
- **Governing by Social Media? Presentation** - Join this presentation on a common new political phenomena focusing on Nayib Bukele, the young Salvadorian president who won by a landslide in 2019 and who governs by tweets. Please pre-register for this free presentation. February 18 from 1-2pm
- **Funeral Pre-planning and Important Conversations-**nothing is certain but death and taxes, isn't that what they say? And yet dying, last wishes, funerals and important documents are hard conversations to have. Join Dignity Memorial for a this free presentation. Please pre-register. **Date:** Thursday, February 27th **Time:** 11am
- **Computer Information Sessions-** Join these informative presentations on a variety of technology and computer related topics. Help stay informed and connected in this technology-based world! Held monthly in the Sage Room. Sessions are free. Pre-register.
 - **Setting Up and Using E-mail Accounts (all devices)-** February 6th from 10-11:30am
 - **Web Browsing & Searching Basics (all devices)-** February 11th from 2-4pm

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

Mondays Continued...

- **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!
- **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 (except Feb. 11th due to the Valentine's Tea) **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 (except Feb. 11th due to the Valentine's Tea) **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 (Dominoes, Ludo, Mahjong) NO REGISTRATION REQUIRED • ALL GAMES ARE FREE • MEET IN THE CAFÉ
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- **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.
- **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:** 1:00pm **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

Thursdays

- **Ballroom Dance Practice**- only for those registered in the Wednesday Ballroom Dance Classes. This is a chance to practice what is learned in class. **Date:** Thursday **Time:** 11:45-1pm **Location:** Auditorium **Cost:** Free
- **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!
Date: Thursday, January 30th **Time:** 11:00am **Location:** Sage Café **Cost:** Free!!

Birthday Party is Sponsored by Dignity Memorial
Hainstock's Funeral Home 9810-34 Ave & Memories Funeral Home 13403 St. Albert

Fridays

- ***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:** Fridays 9 – 11:20am **Location:** Sage Auditorium **Cost:** Free
- **Gentle Yoga** See Mondays for Description. **Date:** Fridays 12 – 1, **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** \$1.50/play for coffee costs
- **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! Drop-in **Date:** 2nd & 4th Fridays **Time:** 10:00am **Cost:** Free **Location:** Class
- **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 is an independent program
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.