


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>*Please note that there is a new Life Enrichment Registration process. No registrations for the March-May Link will be accepted before February 28 (not the 21<sup>st</sup> as previously advertised).</b></p>	<p><b>Also:</b> - Registration opens Friday, February 21<sup>st</sup> at 9am by phone or main desk. - Each person can only register themselves and one other person.</p>	<p>- If you are calling to register please leave a message. We will call you back in the order messages are received. Repeat calls and hang-ups will not get you in more quickly, it just causes extra work at the main desk.</p>	<p><b>Note:</b> <b>Starting Feb. 13th, Zumba will be on Thursdays @10:45am. No Zumba on Fridays</b></p>		1
<p>2 Visit our website <a href="http://www.mysage.ca">www.mysage.ca</a> See our newsletter or call (780) 423-5510 ext. 301 See our main reception or call to register</p>	<p>3 9:30 Tai-Chi Drop-in (Aud) 11:20-12:10 Zumba Gold Drop-in (Aud) 1:00 Line Dancing - Currently Full (Aud) 1:00 Cribbage Drop-in (Café) 1:00 Mahjong Drop-in (Café) 1:00 Ludo Drop-in (Café) 1:30-2:30 Gentle Yoga - Register (C)</p>	<p>4 9:00 Busy Fingers Drop-in (A) 10-11 Fun &amp; Fitness with My-Kieng Drop-in (C) 10-11 Line Dancing - Currently Full (Aud) 10-12 Colouring &amp; Doodling Drop-in (Café) 10:30-12 Mahjong Lessons -Register (Café) 11:15-12 Sunshine Sing-a-long Drop-in (Aud) 12:15-1 SING! Intercultural Chorus Drop-in 1:00 Scrabble Drop-in (Café) 2-3:30 Ukulele Lessons - Register (Aud)</p>	<p>5 9:15-10 Everyday Fitness Drop-in (Aud) 10-1 Dominoes Drop-in (Café) 10:45-12:15 Ballroom Dance - Register (Aud) 10-12 Device &amp; Computer Help Drop-in (Lab) 12:30 Line Dancing- Currently Full (Aud) 12-1:00 Gentle Yoga Register (C ) 1:00 Mahjong Drop-in (Café) <b>1:00 *New Intermediate G-mail Class-Register (Lab)</b> <b>1:30-3:30 "It's Not Right!" for Older Adults (Sage)</b> 1:30 Jennie W. Lecture Drop-in (A) \$1 fee 2:00 Line Dancing- Space Available (Aud) 2:30-3:30 Computers for Beginners-Register (Lab)</p>	<p>6 9-10:30 Senior Social Dance -cancelled 10:00 Scrabble Time Drop-in (Café) 10:30-11:30 Coffee Group Drop-in (Café) <b>10-11:30 Setting up &amp; using e-mail accounts on all devices-Register (Lab)</b> 11:45-1 Ballroom Dance Practice-Register (Aud) 12:30-1:30 Karaoke Korner Drop-in (Café) 1:00 Ludo Drop-in (Café) <b>1:30-3 Healing through Writing Workshops-Register (Sage)</b> 1:30-3 Over the Rainbow Support Group(Café) 1:45-2:45 Ukulele Jam Sessions Drop-in (Café)</p>	<p>7 9-11:20 Senior Social Dance-cancelled 9:30-11:30 ASTRO 101: Black Holes (Sage) 9:30-12 Oil Painting Drop-in (A) 10-11 Fun &amp; Fitness with My-Kieng Drop-in (C) 11:30-4 Raye Dolgoy Bridge Club (Raye) 12:00-1:00 Gentle Yoga- Register (C) 12:30-2:30 Craft Space Drop-in (café) 12:30 &amp; 2 Line Dancing Classes (Aud) <b>12:30 Pen-Pal Letter Pick-up- Register (café)</b> 1-3 Downtown Men's Shed Drop-in (Cafe) 1:30 Better Balance Class –Registered (C) 2:30-3:30 Computers for Beginners-Register (Lab) 1:30 Better Balance (C)</p>	8
<p>9</p>	<p>10 9:30 Tai-Chi Drop-in (Aud) 11:20-12:10 Zumba Gold Drop-in (Aud) 12:30-2:30 Kookum Tea Time (A) 1:00-2:30 BrainFitness Classes (Lab) 1:00 Line Dancing - Currently Full (Aud) 1:00 Cribbage Drop-in (Café) 1:00 Mahjong Drop-in (Café) 1:00 Ludo Drop-in (Café) 1:30-2:30 Gentle Yoga (C)- cancelled 2:30-3:30 Computers for Beginners-Register (Lab)</p>	<p>11 9:00 Busy Fingers Drop-in (A) 10-11 Fun &amp; Fitness with My-Kieng Drop-in (C) 10-11 Line Dancing - Currently Full (Aud) 10-12 Colouring &amp; Doodling Drop-in (Café) 10:30-12 Mahjong Lessons-Register (Café) 11:15-12 Sunshine Sing-a-long –cancelled for tea 12:15-1 SING! Chorus- cancelled for tea today 1:00 Scrabble Drop-in (Café) <b>1:00 Valentine's Day Tea (Aud)- \$2 includes musical performances, tea &amp; dessert-Register</b> <b>1-2 Archeology in El Salvador–Drop-in (B)</b> 2-3:30 Ukulele Lessons –performing at tea today <b>2:15-4 Web Browsing &amp; Searching Basics for all Devices-Drop-in (Lab)</b></p>	<p>12 9:15-10 Everyday Fitness Drop-in (Aud) <b>9:30-12 Better Choices, Better Health Workshop-Registered Participants Only (D)</b> 10:45-12:15 Ballroom Dance - Register (Aud) 10-1 Dominoes Drop-in (Café) 10-12 Device &amp; Computer Help Drop-in (Lab) 12:30 Line Dancing- Currently Full (Aud) 1:00 Ludo Drop-in (Café) 12-1:00 Gentle Yoga Register (C ) <b>1:00 *New Intermediate G-mail Class-Register (Lab)</b> 1:00 Mahjong Drop-in (Café) <b>1-2 Mind your Money Pres.- Global Markets(Sage)</b> 2:00 Line Dancing- Space Available (Aud) 2:30-3:30 Computers for Beginners-Register (Lab)</p>	<p>13 9-10:30 Senior Social Dance- cancelled 10:00 Scrabble Time Drop-in (Café) <b>10:00 Depart for River Cree Casino (Pre-register)</b> 10:30-11:30 Coffee Group Drop-in (Café) <b>10:45-11:40 \$2 Zumba Gold Drop-in (Aud)</b> 11:45-1 Ballroom Dance Practice-Register (Aud) 12:30-1:30 Karaoke Korner Drop-in (Café) 1:00 Ludo Drop-in (Café) 1:00 Next Page Book Club (Raye) 1:30-3 Healing through Writing Workshops-Register (Sage) 1:30-3 Over the Rainbow Support Group(Café) 1:45-2:45 Ukulele Jam Sessions Drop-in (Café)</p>	<p>14 9-11:20 Senior Social Dance- cancelled 9:30-11:30 ASTRO 101: Black Holes (Sage) 9:30-12 Oil Painting Drop-in (A) 10:00 Brainiacs Drop-in (B) 10-11 Fun &amp; Fitness with My-Kieng Drop-in (C) 10-11 EAL Chat Group - Register (D) 11:30-4 Raye Dolgoy Bridge Club (Raye) 12:00-1:00 Gentle Yoga – cancelled today 12:30 Line Dancing (Aud) Currently full 1:00-2:30 BrainFitness Classes (Lab) 1-3 Downtown Men's Shed Drop-in (Cafe) 1:30 Better Balance Class –Registered (C) 2:00 Line Dancing (Aud) 2:30-3:30 Computers for Beginners-Register (Lab) <b>*Pen-Pal letters due for return to main desk</b></p>	<p>15 Public computer lab access is unavailable 30 minutes before and after classes.</p>
<p>16</p>	<p>17 <b>Sage Closed for Family Day</b></p>	<p>18 9:00 Busy Fingers Drop-in (A) 10-11 Fun &amp; Fitness with My-Kieng Drop-in (C) 10-11 Line Dancing - Currently Full (Aud) 10-12 Colouring &amp; Doodling Drop-in (Café) 11:15-12 Sunshine Sing-a-long Drop-in (Aud) 12:15-1 SING! Intercultural Chorus Drop-in <b>12:30 Let's Do Lunch-NongBu Korean Eatery</b> 1:00 Scrabble Drop-in (Café) <b>1-2 Governing by Social Media? Pres. (Sage)</b> 1:30 Jennie Wilting Discussion Drop-in (Raye) 2-3:30 Ukulele Lessons - Register (Aud)</p>	<p>19 9:15-10 Everyday Fitness Drop-in (Aud) <b>9:30-12 Better Choices, Better Health Workshop-Registered participants only (D)</b> 10:45-12:15 Ballroom Dance - Register (Aud) 10-1 Dominoes Drop-in (Café) 10-12 Device &amp; Computer Help Drop-in (Lab) 12:30 Line Dancing (Aud) 12-1:00 Gentle Yoga Register (C ) 1:00 Ludo Drop-in (Café) 1:00 Mahjong Drop-in (Café) <b>1:00 *New Intermediate G-mail Class-Register (Lab)</b> 1:30 Jennie W. Lecture Drop-in (A) \$1 fee 2:00 Line Dancing- Space Available (Aud) 2:30-3:30 Computers for Beginners-Register (Lab)</p>	<p>20 9-10:30 Senior Social Dance Drop-in (Aud) 10:00 Scrabble Time Drop-in (Café) 10:30-11:30 Coffee Group Drop-in (Café) <b>10:45-11:40 \$2 Zumba Gold Drop-in (Aud)</b> 11-1 Avon Calling! (Café) 11:45-1 Ballroom Dance Practice-Register (Aud) 12:30-1:30 Karaoke Korner Drop-in (Café) 1:00 Ludo Drop-in (Café) <b>1-3:30 Paint 'Nite' – Register (Aud)</b> 1:30-3 Healing through Writing Workshops-Register (Sage) 1:30-3 Over the Rainbow Support Group(Café) 1:45-2:45 Ukulele Jam Sessions Drop-in (Café)</p>	<p>21 <b>*9:00 LE Spring Link Registration now moved to Feb. 28<sup>th</sup> due to Link delays</b> 9-11:20 Senior Social Dance Drop-in (Aud) 9:30-11:30 ASTRO 101: Black Holes (Sage) 9:30-12 Oil Painting Drop-in (A) 10-11 Fun &amp; Fitness with My-Kieng (C) 10-11 EAL Chat Group - Register (D) 11:30-4 Raye Dolgoy Bridge Club (Raye) 12:00-1:00 Gentle Yoga - Register (C) 12:30-2:30 Craft Space Drop-in (café) <b>12:30 Spanish for Seniors- Register (B)</b> 12:30 &amp; 2:00 Line Dancing Classes (Aud) <b>1-3 Edmonton Police Service presents: Fraud Prevention for Seniors (A) -Register</b> 1:00-2:30 BrainFitness Classes (Lab) 2:30-3:30 Computers for Beginners-Register (Lab)</p>	22
<p>23 Holden Dinner Theatre: ABBA Experience Depart Sage 12:00 pm Return to Sage around 7:30 pm \$68/members \$79/non-members Includes show, dinner, and coach bus.</p>	<p>24 9:30 Tai-Chi Drop-in (Aud) 11:20-12:10 Zumba Gold (Aud) Drop-in 1:00-2:30 BrainFitness Classes (Lab) 1:00 Line Dancing- Currently Full (Aud) 1:00 Cribbage Drop-in - 1:00 Mahjong Drop-in (Café) 1:00 Ludo Drop-in (Café) 1:30-2:30 Gentle Yoga (C) – cancelled as instructor is away</p>	<p>25 9:00 Busy Fingers Drop-in (A) 10-11 Fun &amp; Fitness with My-Kieng 10-11 Line Dancing - Currently Full (Aud) 10-12 Colouring &amp; Doodling Drop-in (Café) 11:15-12 Sunshine Sing-a-long Drop-in (Aud) 12:15-1 SING! Intercultural Chorus Drop-in 1:00 Scrabble Drop-in (Café) 2-3:30 Ukulele Lessons - Register (Aud)</p>	<p>26 9:15-10 Everyday Fitness Drop-in (Aud) <b>9:30-12 Better Choices, Better Health-Register(D)</b> 10:45-12:15 Ballroom Dance - Register (Aud) 10-1 Dominoes Drop-in (Café) 10-12 Device &amp; Computer Help Drop-in (Lab) 12:30 Line Dancing- Currently Full (Aud) 12-1:00 Gentle Yoga (C ) <b>1-2 Empower Me Presentation-Register (Sage)</b> 1:00 Ludo Drop-in (Café) 1-2:00 TED Talks – Drop-in (A) 1:00 Mahjong Drop-in (Café) <b>1:00 *New Intermediate G-mail Class-Register (Lab)</b> 2:00 Line Dancing- Space Available (Aud)</p>	<p>27 9-10:30 Senior Social Dance Drop-in (Aud) 10:00 Scrabble Time Drop-in (Café) 10:30-11:30 Coffee Group Drop-in (Café) <b>10:45-11:40 \$2 Zumba Gold Drop-in (Aud)</b> <b>11-12 Funeral Pre-planning conversation (Sage)</b> 11:45-1 Ballroom Dance Practice-Register (Aud) 12:30-1 Sage Tour with Joan (Main desk) <b>1:00 Sage Monthly Birthday Party (Café)</b> 1:00 Ludo Drop-in (Café) 1:30-3 Healing through Writing Workshops-Register (Sage) 1:30-3 Over the Rainbow Support Group(Café) 1:45-2:45 Ukulele Jam Sessions Drop-in (Café)</p>	<p>28 <b>*9:00 LE Spring Link Registration opens</b> 9-11:20 Senior Social Dance Drop-in (Aud) 9:30-11:30 ASTRO 101: Black Holes (Sage) <b>9:30 RAM presents Bugs 101</b> 9:30-12 Oil Painting Drop-in (A) 10:00 Brainiacs Drop-in (B) 10-11 Fun &amp; Fitness with My-Kieng Drop-in (C) 10-11 EAL Chat Group - Register (D) <b>10:30 Ernest's at Nait Lunch- Register</b> 11:30 Better Balance/11:30-4 Bridge Club (Raye) 12:00-1:00 Gentle Yoga - Register (C) 12:30 &amp; 2:00 Line Dancing (Aud) <b>12:30 Spanish for Seniors-Register (B)</b> <b>1:00 Speaker Series - Bee Houses</b> 1:00-2:30 BrainFitness (Lab)</p>	<p>29 Room Legend: Basement: (A) ClassRm A (B) ClassRm B (C) ClassRm C (D) ClassRm D (Aud) Auditorium Main: (Café) Sunshine Café 3rd Floor: (Sage) Sage Rm (Lab) Computer Lab (Raye) Raye Dolgoy Rm</p>