

March - May 2020

sage LINK

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Take Our Ageism Quiz!

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Please note that Sage will be **closed** on the following days:

- February 15
- April 10
- April 13
- May 18

Sage Vignettes: Historical Glimpses

The Growth Years 1979-89



Members waiting for a bus excursion in front of Baker Centre. *News for Seniors*, June 1984

October 2020 marks the 50th anniversary of our Society—truly something to celebrate! In honour of our 50th anniversary, Sage's historian and archivist, Val Chymko, has begun a series of historical glimpses into how Sage has become the organization that it is today.

In the Dec - Feb edition of the LINK, we covered the formation of the Society for the Retired and Semi-Retired in 1970 and its first nine years: continuing on, let's look at 1979-89, a period of rapid growth for the organization.

By 1978 we had outgrown our space at the Phillips Building on 104 St and moved to the Baker

Centre on 105 st and 100 ave, a facility which allowed for the ensuing expansion in numbers of seniors attending and the services provided.

As the Society became better known in the community, so did the demand for the services it had to offer.

....continued on page 14

MESSAGE FROM THE EXECUTIVE DIRECTOR

2020 marks Sage's 50th anniversary and we're looking forward to the celebrations that will continue throughout the year to mark this exciting milestone. This means that we will be taking a break from the Sage Awards this spring and focusing on an anniversary event in October, our incorporation month.

Many things have changed since we began as the Society for the Retired and Semi-Retired in 1970. However, as we have evolved and grown, it's our membership, volunteers, and program participants that keep the culture and spirit alive at Sage.

Since 1970, we've outgrown three buildings, finally settling into our 15 Winston Churchill Square space in 1989. We changed our name to Sage – Seniors Association of Greater Edmonton in 2005, and again in 2015 to Sage Seniors Association to represent our role in serving all Albertan seniors. As I look back through some of Sage's historical documents, I'm amazed by all that has happened over the past 50 years. Some of the programs, such as the Busy Fingers group, have existed since the organization started, and our income tax service started in 1973! Other programs have come and

gone, but all have served a vital role in shaping the seniors services that we offer today. Today's volunteer, life enrichment, social work, community development, and health services would not exist if those before us had not been willing to test, innovate, and challenge what a community based seniors organization could offer and give. Together, we have so much to be proud of!

Many of the objectives that the Society for the Retired and Semi-Retired established in 1970 still exist today. Seniors housing availability and affordability, aging in place, accessible public transportation, and respect for including seniors' input in decisions that affect them were all included as key issues the Society worked to address. As we move into another decade, we're looking forward to continuing to work towards solutions to these issues in Edmonton and Alberta.

Cheers to 50 years and here's to another 50!

Karen McDonald

ANNOUNCEMENTS

Annual General Meeting

Sage's Annual General Meeting will be held on June 2, 2020 at 10:00 am in the Auditorium. Proposed changes to the bylaws will be voted on at this meeting.

Proposed changes to the bylaws will be made available for review by members at both reception desks and electronically by request on May 12.

Welcome New Staff

Help us welcome the newest members of our team!

- Dana Miller - Medical Office Assistant
- Roman Mariam - Health Services Navigator
- Amber Alexander - Events Coordinator

Save the Date!

The Seniors Health and Wellness Forum, which usually takes place in the Fall, is moving to Spring! Join us on **April 18** at Central Lions Recreation Centre for a day of presentations on a wide range of topics related to your health and wellbeing. More info coming soon!

Registration opens March 24:

- phone: 780-809-8604
- email: aalexander@mysage.ca

DIRECTORY

Board of Directors 2019

President	Joyce E. Tustian
President Elect	Kathleen Thurber
Past President	Reg Joseph
Secretary	Tammy Pidner
Treasurer	Tammy Pidner

Members at Large

Hubert Kammerer	Michael Solowan
Gregory Springate	Sharon Anderson
Peg Quinn	Kathy Classen
Cathy Giblin	

Main Switchboard	780-423-5510
Food Services	780-701-9022
Guardianship/Trusteeship	780-701-9013
Health Services	780-809-9402
Life Enrichment	780-423-5510
Safe House Intake	780-702-1520
Social Work Services	587-773-1764
Volunteer Services	780-701-9014

15 Sir Winston Churchill Square
Edmonton, AB T5J 2E5
Tel: 780-423-5510 Fax: 780-426-5175
email: info@mysage.ca www.mysage.ca



Sage turns 50 in 2020

Help us celebrate!



Sage staff celebrating "Paint-Nite" with instructor Dale in December

VOLUNTEER SERVICES



Barb Carroll

780-701-9014
bcarroll@mysage.ca

Volunteers - Save the Date!

Please join us during National Volunteer Week for food and fun at our Spring Volunteer Appreciation Event.

Wednesday, April 22, 2020
1:00pm - 3:00pm in the Sage Auditorium

April 19-25 is National Volunteer Week - a time to celebrate and thank Canada's 12.7 million volunteers. This year's theme is: *It's time to applaud this country's volunteers.*

Sage Volunteers are AMAZING and should definitely receive a well-deserved round of applause! They give their time in support of causes and programs at Sage that they believe in and ask for nothing in return. And for that, we owe them our thanks.

We appreciate their support and dedication to Sage. Without the donation of their time, efforts and skill, the programs and services at Sage could not exist.

We acknowledge and appreciate our volunteers on a daily basis but during National Volunteer Week, we will have an opportunity to celebrate our amazing volunteers with a special Volunteer Appreciation event!

Current Volunteer Opportunities

CONNECT AND CONTRIBUTE!

- Event Volunteers: Health & Wellness Forum (Apr 18)
- Sage Phone Pal
- Bridge Group Lead
- Karaoke Lead
- Beginner Computer Class Assistant
- MOOC (Massive Open On-Line Course) Facilitator
- Receptionists
- Social Work Assistant

For more information on these current opportunities or to discuss volunteering at Sage, please contact Barb Carroll 780-701-9014 or bcarroll@mysage.ca

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A great time was had by all at the Volunteer Christmas Party on Dec.4, 2019. Volunteers enjoyed a delicious brunch, served to them by Sage staff, followed by entertainment provided by The Richard Eaton Songsters.

LIFE ENRICHMENT

It's never too late to try new things (or age pro-actively)! Here are some opportunities at Sage to keep your body and brain sharp, try new things, as well as meet some great people.

Open to everyone, no membership required.

Please register at main reception or call 780-423-5510 ext 301. Refunds are not guaranteed.

Please see Life Enrichment Coordinators for details.

Please note that there is a new registration process for Life Enrichment. No registrations for the spring programming will be accepted before February.

- Registration opens Friday, February 21 at 9am by phone or main desk.
- Each person can only register themselves and one other person.
- If you are calling to register, please leave a message. We will call you back in the order that messages are received. Repeat calls and hang-ups will not get you in more quickly, it just causes extra work at the main desk.

PARTIES, EVENTS & SOCIAL OPPURTUNITIES

Pink Tea & Suffrage Discussion Join our "Pink Tea" where we discuss the history of the suffrage movement with historian Shirley Lowe while enjoying tea and goodies. Please pre-register by March 11 as space is limited.

Date Fri, Mar 13 **Time** 1:00pm

Cost \$2.00 **Location** Classroom A

St. Patrick's Day Party Join us for a party that includes live music, cake and lots of fun! Wear your green if you'd like! Entertainment is sponsored by the Churchill by Revera.

Date Tues, Mar 17

Time 1-2pm **Cost** Free

Location Sage Café

Easter Dinner Celebrate Easter with a delicious baked ham lunch including dessert and coffee/tea. Entertainment sponsored by The Churchill by Revera. Must register by April 2. No Easter dinners will be available for purchase day of the event, but Café will be open.

Date Wed, Apr 8

Time 12:30pm. Entertainment until 2pm.

Location Auditorium **Cost** \$14.00

Coffee with Cops A great chance for EPS to meet the community they serve and for the community to meet their EPS members. Join us for coffee and cookies and a chance to learn and socialize. Please pre-register at main desk for catering purposes but drop-ins are also welcome.

Date Wed, Jan 29 **Cost** Free

Time 1:30-2:30pm **Location** Sage Café

Kookum Tea Time Please join this group that brings women together to share in a cup of tea and some activities or crafts. Kookum means Grandma. Everyone is welcome to attend!

Dates Mar: 9 & 23

Apr: 6 & 20

May: 4 & 25

Time 12:30-2:30pm **Location** Classroom A

Cost Free

Sage Monthly Birthday Party Sage celebrates birthdays the last Thursday of every month at 1:00pm with 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)

Time 1pm **Location** Sage Café

Cost Free Cake and Live Music!

CLASSES

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. Please pre-register.

Time 2-3:30pm **Cost:** \$30

March Session Mar 3 - Apr 7 (6 weeks)

May Session May 12 – Jun 16 (6 weeks)

Indigenous Canada This 12 week course explores key issues facing Indigenous peoples today from a historical and critical perspective highlighting national and local Indigenous-settler relations. Topics for the lessons include the fur trade and other exchange relationships, land claims and environmental impacts, legal systems and rights, political conflicts and alliances, Indigenous political activism, and contemporary Indigenous life, art and its expressions. Course content is online but offered in a group format with a facilitator, featuring videos, lectures and handouts. Pre-register.

Date Fri, Mar 27 - Jun 19 (please note, there will be no class on Apr 10 as Sage will be closed for Good Friday)

Time 12:30pm - approx. 2:30pm

Location Classroom D **Cost** 10.00 total

BrainFitness Information Session Learn about this amazing program that keeps your brain sharp, has informative discussions and brain-healthy snacks. Speak with the instructor and even give the games a try. Pre-registration preferred.

Date Friday, March 13 **Time** 1-2pm

Location Classroom D **Cost** Free

***New* Fun & Fitness with My-Keing** Join this fitness group designed for seniors of all fitness levels to move and get stronger through simple exercises. Can do the exercises seated.

Dates Tuesdays & Fridays **Time** 10-11am

Location Classroom C **Cost** Free

Paint Lessons with Dale A 4 week course where you will go from a blank canvas to a work of art with the help of a talented instructor. Everyone will work on the same picture but on their own canvas. Only 10 spots available. Pre-register by March 3.

Date 4 weeks- Tues Mar 10, 17, 24, 31

Location Classroom A **Time** 1:30 - 3:30pm

Cost \$30 includes lessons and supplies

Paint “Nite” Enjoy an afternoon of guided painting with Dale, where with step by step instructions, you will create a work of art! Supplies and instruction included in cost. Only 15 spots available. Must pre-register.

Date May 21 **Time** 1 - 3:30pm

Location Auditorium **Cost** \$20.00

Ballroom Dance Classes Learn many of the different ballroom dances in this fun class. Open to all levels. No partner required. Must pre-register, 50 people maximum.

Date Apr 22-Jul 15 (no class on Jul 1). The specific dates would be as follows:

Apr 22, 29, May 6, 13, 20 (week 5, can join in here, space permitting), May 24, Jul 8, 15

Time 10 -11:30am **Location** Auditorium

Cost \$5 total for 12 week session (or if join in late at week 5 and/or 9)

BrainFitness Classes Keep your brain in shape with these computer games designed to help you remember more, think faster and have better recall! No previous computer experience necessary. Also includes brain health discussions, tips, & snacks. Pre-register.

Date Mondays and Fridays (4 weeks)

February Session- February 10 – March 9

March Session- March 16- April 17 (no class Good Friday or Easter Monday)

April Session- April 27-May 25

June Session- June 1-June 26

Location Sage Computer Lab

Cost \$29.00 each session or

2 sessions for \$50. **Time** 1-2:30pm

Walk & Talk Group Meet new people, get fresh air and even get some exercise with this group that takes a weekly stroll. Open to all skill levels. Walking poles may be provided. Group has a certified pole walking instructor.

Date Walking group will resume in the spring on May 20. Walks are Wednesdays- depart Sage at 12:30-1:30pm.

*join the Pole Walking Info session May 13

Spanish Chat Group A chance to practice your Spanish conversational skills, learn vocabulary, play games, and meet some great people in this free group with a volunteer lead!

Date Fridays, starting Apr 17 until Jun 26

Time 10:00am-12:00pm

Location Café **Cost** Free

Mahjong (Tile Game) Lessons Learn the world's most popular tile game from Aaron and his helpers. Mahjong is very similar to gin rummy. Must pre-register. 12 people limit.

Date Tues, Apr 14, 21, 28, May 5, 12, 19

Time 10:30-12pm **Location** Sage Café

Cost \$5.00 for 6 weeks of lessons

***New* Journaling Workshop by Anne** Capture your hopes, thoughts, and vision of yourself for the future...so much can be done in a journal!

You can even use it as a mini vision board and harness the power of positive thinking! Please bring a journal to the workshop. Other materials provided. Please pre-register as there are only 10 spots!

Date Thurs, Apr 2, 9, 16 **Time** 1-3pm

Location Classroom A **Cost** Free

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, May 7, 14, 21, 28

Time 1:30-3:30pm **Cost** Free



Alberta Seniors
Housing Directory

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COMPUTERS

***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 Four Wednesdays monthly

• March Class: Mar 4, 11, 18, 25

• April Class: Apr 1, 8, 15, 29

• May Class: May 6, 13, 20, 27

Time 1-2:00pm **Location** Computer Lab

Cost \$2.00 for each set of 4 classes (to cover handout costs)

Device & Computer Help Drop-in on Wednesdays with your computer, device, or even cell phone questions and our volunteer Dennis will help you.

Time 10-12pm **Cost** Free

iPad basics class Learn all that you can do and how to use an iPad in this 6 week course offered by the EPL. Maximum 12 participants. Please register by Mar 9.

Date Wednesdays, March 11 - April 15

Time 2 - 3:30pm **Location** Classroom C

Cost Free

Computer Basics An introduction to computers including learning how to use the mouse and working up to using internet and e-mail. Classes will be offered in small groups. You must pre-register. Only 8 spots.

Dates

March Class: Mar 4, 6, 9, 11, 13, 16, 18

April Class: Apr 1, 3, 6, 8, 15, 17, 20 (no class Good Friday or Easter Monday)

May Class: May 6, 8, 11, 13, 15, 20, 22

Time 2:30-3:30

Cost \$5 (for each set of 7 classes) thanks to ECALA grants

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.

World of Computers

Date Mar 10 **Time** 1:00pm - 2:00pm

Location Raye Dolgoy Room

Android Basics

Date Mar 24 **Time** 1:00pm - 2:00pm

Location Raye Dolgoy Room

Gaming for Seniors

Date Apr 7 **Time** 2:00pm - 3:00pm

Location Raye Dolgoy Room

Internet Safety - Web Browsing and Email

Date Apr 21 **Time** 12:00pm - 1:00pm

Location Raye Dolgoy Room

Social Engineering

Date May 5 **Time** 2:00pm - 3:00pm

Location Raye Dolgoy Room

Staying Connected Digitally

Date May 19 **Location** Sage Room

Time 1:00pm - 2:00pm

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CITY OUTINGS

St Josephat Pyrohy Supper Enjoy a delicious supper featuring homemade pyrohies! Must pre-register by March 13.

Date Fri, Mar 20

Time depart Sage at 5pm. Dinner is served until 7pm

Location Depart from Sage. Dinner is at St. John's Cultural Center 10611-110Ave

Cost \$26 (includes school bus to and from Sage)

Telling Stories Through Dance: Shumka Celebrates 60 Years of Tradition in Motion

Enjoy a showcase of Ukrainian regional dance through a selection of Mosquito's Wedding (a Disneyesque fairy tale presentation), a behind-the-scenes on-stage look at how a production set changes, and the all-new Hopak suite (a multimedia salute to the past through an adaptation of Shumka's celebrated Classic Hopak). Need to be able to walk up and down a few stairs. Must pre-register. There are only 16 spots!

Date Fri, Apr 24

Time 1pm; Meet at Jubilee Auditorium north doors facing Butterdome. Show is at 10am.

Cost \$10 per person

Fully wheelchair accessible; please state your accessibility needs when registering.

Greenland Garden Center Walk the beautiful outdoor space and plants, browse the gift center, grab your summer annual or perennials, buy some lunch at the café. A great day out! Please pre-register.

Date Tues, May 26

Time depart Sage at 10am. Return 2pm.

Cost \$10.00 for a school bus to & from Sage

Italian Pranzo Lunch at Santa Maria Goretti

A delicious, traditional, 7-course Italian pranzo lunch including antipasto platter, pasta, salad, meat & potatoes, dessert and coffe/tea.

Date Sun, Apr 26 (register by Apr 20)

Time Depart Sage at 11:00am. Lunch is at 11:30am **Cost** \$28.00 per person plus ETS

Let's do Lunch Is a group that comes together on the second Tuesday of each month at 12:30pm meet at Sage (or 1:00pm at restaurant) and ventures out to new dining experiences.

Must pre-register by the Friday before.

Cost Pay own lunch costs + ETS

Dates

- Mar 10 The Creperie (several stairs in & out of restaurant) 10220 103 st
- Apr 14 Blue Plate Diner
- (new location) 12323 Stony Plain Rd
- May 12 Blowers & Grafton 10550 82 Ave (Halifax Street Food)

River Cree Casino Outing Hop on the River Cree bus the second Thursday every month for a fun day at the casino. You must stay for four hours. You get a voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. You must pre-register. 24 people maximum.

Dates Mar 12, Apr 9, May 14

Time Depart Sage at 10:00am return 2:30pm.

Must stay for the entire 4 hours to get deal.

Cost: \$5.00 (includes bus to and from casino, lunch and \$5 gambling voucher).

Sage Income Tax Clinic

When: March and April

What: Volunteers prepare income tax returns for low-income seniors.

Who: Seniors with an annual income of less than \$35,000 for singles or \$45,000 for a couple; no income from rental property, farming or self-employment; no capital gains (except as reported on a T3 or T5).

How: By appointment only **starting Feb 12.** Call 780-423-5510 ext. 336

Centre for Family Literacy

VOLUNTEER!

- Help an adult improve their literacy skills
- Make a difference
- Training is provided

www.familit.ca phone 780-421-7323

CLASSES

Zumba Gold A fun fitness class that incorporates many Latin dance styles. Moves can be adapted for all abilities. New class added Fridays. Friday class is \$2/person payable directly to the instructor. Monday class is free.

Location Auditorium **Time** Fri 11:30-12:20pm / Mon 11:20-12:10pm

Gentle Yoga Monday Class Please pre-register for each monthly session as there are only 20 spots per class. Each session is \$2.

Monday March Session- March 16, 23, 30
Monday April Session- April 6, 20, 27
Monday May Session- May 4, 11, 25

Gentle Yoga Wednesday Class Please pre-register for each monthly session as there are only 20 spots per class. Each session is \$2.

Wednesday March Session- 4, 11, 18, 25
Wednesday April Session- 1, 8, 15, 22, 29
Wednesday May Session- 6, 13, 20, 27

Gentle Yoga Friday Class please pre-register for each monthly session as there are only 20 spots per class. Each session is \$2.

Friday March Session- March 6, 13, 20, 27
Friday April Session- April 3, 17, 24
Friday May Session- May 1, 8, 22, 29

INFORMATION SESSIONS

Floral Arranging Presentation learn great tips on how make beautiful floral arrangements, even on a budget! Watch floral expert Bruce in this fun demonstration. Please pre-register.

Date Thurs, Mar 19 **Time** 1-2:30pm

Location Classroom C **Cost** Free

Embracing an Active Aging Lifestyle Active Aging isn't about just keeping active. It's about optimizing the aging experience to be able to enhance your quality of life. Jolyn Hall of Edmonton55 will guide you through understanding active aging, knowing how to advocate for yourself and how to be proactive in maintaining your control over the decisions you make as you age. Regardless of your age or health status, you'll gain valuable insight to improve your own aging experience.

Date: Fri, Mar 20 **Time:** 1:30pm - 3:00pm

Location: Classroom C **Cost:** Free

Types of Housing Explained Condos, apartments, long-term care, supportive living, assisted living...what do they mean? Join Sage's Housing Coordinator for this free, informative presentation. Pre-registration preferred.

Date Thurs, May 21 **Time** 11:30-12:30am

Location Sage Room **Cost** Free

Developing Your Age in Place Plan Do you plan to live in your home as long as possible? Do you understand what aging in place truly means? Join Jolyn Hall of Edmonton55 as she guides you through the steps to creating your own unique age in place plan. Learn how to be actively engaged in creating your own aging plan and keep in control of your health and care decisions as your needs change. Whether you are 45 or 85 - you'll feel empowered to live life on your terms.

Date Fri, Apr 24 **Time** 1:30pm - 3:00pm

Location Classroom C **Cost** Free

Pole Walking Information Session & Demo

Learn all of the amazing health benefits of Pole Walking. Get a chance to try out the techniques yourself in this informative session! Please register by May 10 as space is limited.

Date Wed, May 13 in Classroom C

Time 1:30pm **Cost** Free

Mind Your Money- Monthly Financial Presentations with Wei Woo:

Topics and Dates To Be Announced. Please see the monthly calendar or main desk.

INFORMATION SESSIONS

Speaker Series presented by the Downtown Men's Shed Join these free, interesting learning opportunities on the last Friday of the month. Open to everyone, not just men or members of a Men's Shed!

Time 1:00pm **Location** Classroom A

Topics

- Mar 20 Schizophrenia
- Mar 27 History of Edmonton's Coal Mines presented by Shirley Lowe
- Apr 24 Dementia (Part 2)
- May 29 Canadian Democracy: assessing the Canadian Political System presented by Dr. Patten

Legal Documents you Should Have A lawyer presenting on wills, personal directives, power of attorney & more. What are these important documents and why should you have them? Pre-registration preferred.

Date Mar 19 & May 21

Time 10-11am **Cost** Free

Location Mar 19 - Classroom C
May 21 - Sage Room

Benefits Presentation Learn about Senior's benefits like CPP and Old Age Security in this presentation from Service Canada. Pre-registration preferred.

Date Thur, Apr 16

Time 10:30-11:30am

Location Classroom C **Cost** Free

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 these free presentations. Please pre-register

Your Life, Your Legacy

Date Mar 26

Time 11:30am - 12:30pm

Location Classroom D

Executors and their roll in Funerals

Date May 28

Time 11:30 - 12:30pm

Location Classroom D

Financial Information Sessions for Seniors

What we don't know can put us at risk. Protect your assets, yourself and your relationships with these 7 financial information presentations.

Coming to all is recommended or sign-up for individual sessions. Pre-register.

All are free and on Tuesdays at 1pm Class B.

Me and My Helpers - Learn more about joint accounts, powers of attorney, personal directives and other supported decision making.

Date Tues, Apr 7th

Me and My Inheritors - Learn more about joint land property, informal trusteeships, what happens at death, wills and estates.

Date Tues, Apr 14

Me and My Money - Learn more about Old Age Security, Guaranteed Income Savings accounts, reverse mortgages, ATM's, savings and credit.

Date Tues, Apr 21

Me and My Place - Learn more about property tax deferral, moving into condos, assisted housing and when to sell your home.

Date Tues, Apr 28

Me Versus Them - Learn to recognize a scam, how to avoid being a victim of fraud, and who to contact if it happens.

Date Tues, May 5

Me, Myself and My Family, Part 1 - Learn how to communicate more effectively with family and friends, when dealing with difficult financial situations.

Date: Tues, May 12

Me, Myself and My Family, Part 2 - Learn how to recognize and develop healthy boundaries around your finances with family and friends.

Date: Tues, May 19

Digital Resources at the EPL Find out all the amazing things offered at your local library - from movies to international newspapers to magazines, music and more! Please pre-register.

Date: Tues, Mar 24 from 2-3:30 pm

Location: Classroom B **Cost:** Free

DAY TRIPS & OUTINGS

Please join us as we venture out and about on these Day Trips and City Outings. 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. Dietary restrictions may not be able to be accommodated (including vegetarian options). Call Rachel at 780-701-9016. Trips are rain or shine. Refunds are not guaranteed. Please bring snacks or beverages as needed. Must pre-pay to register.

Stony Plain & Seba Beach See Stony Plain's beautiful murals, the Pioneer museum, enjoy a tasty lunch & some site-seeing around Seba beach and Lake Wabamun area. Register by.

Date Wed, May 20

Time Depart Sage at 9:30am

Cost \$53.00 member, \$64.00 non-member

Ellis Bird Farm Daytrip Ellis Bird Farm (an all-time favourite) is both a working farm dedicated to the conservation of Mountain Bluebirds, Tree Swallows and other native cavity nesting birds. Visit the beautiful tea house for a delightful lunch, stroll through the gardens and enjoy some bird-watching. Must pre-register.

Date Fri, May 29 **Time** Depart Sage at 9:00am

Cost Members \$59.00/ \$69.00 non-members

Shadow Theatre Presents Join Sage for an amazing afternoon of live theatre. Must pre-register, only 30 tickets available.

Dates:

“Heisenberg” Wed, Mar 18

“The Wrong People Have Money” Wed, May 6

Time: depart Sage at 11:30am, show begins at 12:30pm **Cost:** \$20 per ticket (regular senior's price is \$36) plus ETS bus fare



Left to right: Duncan Maguire, Minister Pon (Seniors and Housing) and Karen McDonald touring Sage, Fall 2019.

AGEISM QUIZ: Fact or Fiction?

TRUE OR FALSE?

1. The five senses (sight, hearing, taste, touch, smell) all tend to decline in old age.
2. Most older adults lose interest in and capacity for sexual relations.
3. Older adults have more trouble sleeping than younger adults do.
4. Alcoholism and alcohol abuse are significantly greater problems in those aged over 65 than in those under age 65.
5. Mental abilities begin to decline in midlife.

(answers at bottom of page)



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Old Favorites are regularly occurring programs that are offered at Sage. They are listed below. Full information and details can be found on the Sage monthly calendar or on Sage's website.

TED Talks Discussion group Back by popular demand! 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 The last Wednesday of the month

Time 1:30pm **Cost** Free

Other Old Favorites

- Tai Chi Introduction with Master Ken
- Everyday Fitness,
- Seniors Line Dancing Classes
- Senior Social Dance
- Wellbeing Series with Jennie Wilting
- Jennie Wilting Discussion Group
- 'Brainiacs' Drop-in Activity group
- SING! Seniors Intercultural & Newcomers Gathering
- Ukulele Jam Sessions
- Ludo
- Crib Games
- Mahjong (Tile Game) Drop-in
- Scrabble Time
- Dominos with Udo & Jeff
- Raye Dolgoy Bridge Club (now only Fridays)
- Games & Puzzle room
- Downtown Men's Shed
- EAL Chat Group
- Sage Tours
- Avon Calling
- Next Page Book Club
- Oil Painting Drop-in
- Colouring & Doodling
- Coffee Group
- Busy Fingers
- Over The Rainbow Support Group
- PenPals
- Gentle Yoga
- AND MORE!

SAGE VIGNETTES

We're celebrating 50 years in 2020

Val Chymko

...continued from the cover

This was fueled, in part, by an increase in the number of seniors in Edmonton: in the five year period 1981-86, the number of people over 65 increased by 33% in the city. In addition, more people aged 50-65 were planning for or taking early retirement, and immigrant seniors were starting to become aware of the Society as a resource. A good indicator of the demand this placed on the organization comes from looking at the "direct contact" statistics available for this period (in-person, telephone & mail contacts). In 1988, then president of the Board, Hazel Wilson, reported: "There has been a 350% in service delivery during the ten year occupancy of this building (Baker Centre). Over this same period, staff numbers increased from only six to twelve and the ratio of staff to society members was 1/300.


As a means of coping with this workload, the Society continued to count on volunteers to bridge the gap and a great deal of effort went into recruitment, training and co-ordination of volunteer workers. This is certainly in keeping with one of the organization's initial ideals - to become a society "for seniors with input from seniors", and at this point in our history the input was manpower. Volunteers participated in every part of the organization, serving as policymakers on the Board, as providers of

direct service and involvement in every program. This period could almost be called "the committee years" - there seemed to be a committee formed to deal with every facet of the Society's operation: a ways and means committee, advocacy committee, education committee, public relations, health committee, membership, food services and even an "ideas" committee. Eventually a committee was formed to oversee all the others - an Advisory Committee which provided an avenue for collaboration among the members, the staff and the Board of Directors. This committee approach enabled the Society to continue with its primary objective - "to assist older persons to achieve the highest possible quality of life". As Hazel Wilson (mentioned earlier) stated:

This is a centre where older people can meet together, receive or help to provide services and participate in activities that enhance their dignity, support their independence and encourage their involvement w/ the community. It provides opportunities for new experiences and for personal growth.

And hopefully a few smiles too!



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