


**SAGE ACTIVITIES AT-A-GLANCE**

**March**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> 	<p>2</p> <p>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)</p>	<p>3</p> <p>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>4</p> <p>9:15-10 Everyday Fitness Drop-in (Aud) <b>9:30-12 Better Choices, Better Health Workshop - Registered Participants Only (D)</b> 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 and Ludo Drop-in (Café) <b>1:00 *New Intermediate Gmail Class - Register (Lab)</b> 1:30 Jennie W. Lecture Drop-in (A) - <b>Cancelled</b> 2:00 Line Dancing - Space Available (Aud) 2:30-3:30 Computers for Beginners - Register (Lab)</p>	<p>5</p> <p>9-10:30 Senior Social Dance - <b>Cancelled</b> 10:00 Scrabble Time Drop-in (Café) 10:30-11:30 Coffee Group Drop-in (Café) 10:45-11:40 Zumba Gold Drop-in (Aud) 11:45-1 Ballroom Dance Practice-Register (Aud) 12:30-1:30 Karaoke Korner Drop-in (Café) 1:00 Ludo Drop-in (Café) 1:30-3 Over the Rainbow Support Group(Café) 1:45-2:45 Ukulele Jam Sessions Drop-in (Café)</p>	<p>6</p> <p>9-11:20 Senior Social Dance - <b>Cancelled</b> 9:30-11:30 ASTRO 101: Black Holes (Raye) 9:30-12 Oil Painting Drop-in (A) 10-11 Fun &amp; Fitness with My-Kieng Drop-in (Aud) 11:30-4 Raye Dolgoy Bridge Club (Raye) 11:30-12:30 Better Balance Class - Register (Aud) 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) 1-3 Downtown Men's Shed Drop-in (Cafe) 2:30-3:30 Computers for Beginners - Register (Lab)</p>	<p>7</p>
<p>8</p> <p>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>9</p> <p>9:30 Tai-Chi Drop-in (Aud) 11:20-12:10 Zumba Gold Drop-in (Aud) 12:30-2:30 Kookum Tea Time Drop-in (A) 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) 2:30-3:30 Computers for Beginners - Register (Lab)</p>	<p>10</p> <p>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 <b>12:30 Let's Do Lunch - The Creperie</b> 1:00 Scrabble Drop-in (Café) <b>1-2 World of Computers- iPhone/iPad Basics 1hr. Info Session (Raye)</b> <b>1:30-3:30 Paint Lessons with Dale - Register (A)</b> 2-3:30 Ukulele Lessons - Register (Aud)</p>	<p>11</p> <p>9:15-10 Everyday Fitness Drop-in (Aud) <b>9:30-12 Better Choices, Better Health Workshop - Registered Participants Only (D)</b> 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 and Ludo Drop-in (Café) <b>1:00 *New Intermediate Gmail Class - Register (Lab)</b> <b>2-3:30 iPad Basics Class by EPL (C)</b> 2:00 Line Dancing - Space Available (Aud) 2:30-3:30 Computers for Beginners - Register (Lab)</p>	<p>12</p> <p>9-10:30 Senior Social Dance - <b>Cancelled</b> 10:00 Scrabble Time Drop-in (Café) <b>10:00 Depart for River Cree Casino - Register</b> 10:30-11:30 Coffee Group Drop-in (Café) 10:45-11:40 Zumba Gold Drop-in (Aud) 11:45-1 Ballroom Dance Practice-Register (Aud) 12:30-1:30 Karaoke Korner Drop-in (Café) 1:00 Next Page Book Club (Raye) 1:00 Ludo Drop-in (Café) 1:30-3 Over the Rainbow Support Group(Café) 1:45-2:45 Ukulele Jam Sessions Drop-in (Café)</p>	<p>13</p> <p>9-11:20 Senior Social Dance - <b>Cancelled</b> 9:30-11:30 ASTRO 101: Black Holes (Raye) 9:30-12 Oil Painting Drop-in (A) 10-11 Fun &amp; Fitness with My-Kieng Drop-in (Aud) 10:00 Brainiacs Drop-in (B) 11:30-4 Raye Dolgoy Bridge Club (Raye) 11:30-12:20 Better Balance Class - Register (Aud) 12:00-1:00 Gentle Yoga- Register (C) 12:30 &amp; 2 Line Dancing Classes (Aud) <b>1:00 Pink Tea &amp; Suffrage Discussion - Register (A)</b> <b>1-2 Brain Fitness Information Session (D)</b> 1-3 Downtown Men's Shed Drop-in (Cafe) 2:30-3:30 Computers for Beginners-Register (Lab)</p>	<p>14</p> <p>←The registration deadline for the Pyrohy Supper is Friday, March 13.</p>
<p>15</p> <p>Please note that there is a new Life Enrichment Registration process. No registrations for the March-May Link will be accepted before February 28.</p>	<p>16</p> <p>9:30 Tai-Chi Drop-in (Aud) 11:20-12:10 Zumba Gold Drop-in (Aud) 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) 2:30-3:30 Computers for Beginners - Register (Lab)</p>	<p>17</p> <p>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) <b>11:15-12 St. Paddy's Sing-a-long</b> 12:15-1 SING! Chorus <b>1-2 St. Patrick's Day Party (Café)</b> 1:00 Scrabble Drop-in (Café) <b>1:30-3:30 Paint Lessons with Dale - Register (A)</b> 1:30 Jennie Wilting Discussion Drop-in (Raye) 2-3:30 Ukulele Lessons - Register (Aud)</p> <p><b>Lunch Special: St. Paddy's stew and a biscuit (\$8.50 regular, \$10.50 large)</b></p>	<p>18</p> <p>9:15-10 Everyday Fitness Drop-in (Aud) <b>9:30-12 Better Choices, Better Health Workshop - Registered Participants Only (D)</b> 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 and Ludo Drop-in (Café) <b>1:00 *New Intermediate Gmail Class - Register (Lab)</b> 1:30 Jennie W. Lecture Drop-in (A) - <b>Cancelled</b> 2:00 Line Dancing - Space Available (Aud) 2-3:30 iPad Basics Class by EPL (C) 2:30-3:30 Computers for Beginners-Register (Lab)</p>	<p>19</p> <p>9-10:30 Senior Social Dance - <b>Cancelled</b> 10:00 Scrabble Time Drop-in (Café) <b>10-11 Legal Documents you Should Have (C)</b> 10:45-11:40 Zumba Gold Drop-in (Aud) 10-11 EAL Chat Group - Register (D) 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>1-2:30 Floral Arranging Presentation - Register (C)</b> 1:30-3 Over the Rainbow Support Group (Café) 1:45-2:45 Ukulele Jam Sessions Drop-in (Café)</p>	<p>20</p> <p>9-11:20 Senior Social Dance - <b>Cancelled</b> 9:30-11:30 ASTRO 101: Black Holes (Raye) 9:30-12 Oil Painting Drop-in (A) 10-11 Fun &amp; Fitness with My-Kieng Drop-in (Aud) 10-11 EAL Chat Group - Register (D) 11:30-4 Raye Dolgoy Bridge Club (Raye) 11:30-12:20 Better Balance Class - Register (Aud) 12:00-1:00 Gentle Yoga 12:30 Line Dancing (Aud) Currently Full 12:30-2:30 Craft Space Drop-in (Café) 1:00-2:30 BrainFitness Classes (Lab) <b>1:00 Speaker Series - Schizophrenia (A)</b> 1-3 Downtown Men's Shed Drop-in (Cafe) <b>1:30-3 Embracing an Active Aging Lifestyle (C)</b> 2:00 Line Dancing (Aud) <b>5:00 St. Josephat Pyrohy Supper - Register</b></p>	<p>21</p> <p>Public computer lab access is unavailable 30 minutes before and after classes.</p>
<p>22</p>	<p>23</p> <p>9:30 Tai-Chi Drop-in (Aud) 11:20-12:10 Zumba Gold (Aud) Drop-in 12:30-2:30 Kookum Tea Time Drop-in (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)</p>	<p>24</p> <p>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 1:00 Scrabble Drop-in (Café) <b>1:30-3:30 Paint Lessons with Dale - Register (A)</b> <b>1-2 Android Basics 1hr. Info session (Sage)</b> 2-3:30 Ukulele Lessons - Register (Aud) <b>2-2:30 Digital Resources at the EPL (B)</b></p>	<p>25</p> <p>9:15-10 Everyday Fitness Drop-in (Aud) 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 - Register (C) 1:00 Mahjong Drop-in (Café) <b>1:00 *New Intermediate Gmail Class - Register (Lab)</b> 1:30 TED Talks 2:00 Line Dancing - Space Available (Aud) 2-3:30 iPad Basics Class by EPL (C)</p>	<p>26</p> <p>9-10:30 Senior Social Dance - <b>Cancelled</b> 10:00 Scrabble Time Drop-in (Café) 10:30-11:30 Coffee Group Drop-in (Café) 10:45-11:40 Zumba Gold Drop-in (Aud) <b>11:30-12:30 Your Life, Your Legacy (D)</b> 11:45-1 Ballroom Dance Practice Register (Aud) 12:30-1:30 Karaoke Korner Drop-in (Café) 12:30 Sage Tour (Main) 1:00 Ludo Drop-in (Café) <b>1:00 Sage Monthly Birthday Party (Café)</b> 1:30-3 Over the Rainbow Support Group (Café) 1:45-2:45 Ukulele Jam Sessions Drop-in (Café)</p>	<p>27</p> <p>9-11:20 Senior Social Dance - <b>Cancelled</b> 9:30-12 Oil Painting Drop-in (A) 10-11 Fun &amp; Fitness with My-Kieng Drop-in (Aud) 10:00 Brainiacs Drop-in (B) 10-11 EAL Chat Group - Register (D) 11:30-4 Raye Dolgoy Bridge Club (Raye) 11:30-12:20 Better Balance Class – Reg. (Aud) 12:00-1:00 Gentle Yoga - Register (C) <b>12:30 Spanish for Seniors - Register (B)</b> 12:30 &amp; 2:00 Line Dancing Classes (Aud) <b>1:00 Speaker Series - History of Edmonton's Coal Mines (A)</b> 1-3 Downtown Men's Shed Drop-in (Cafe) 1:00-2:30 BrainFitness Classes (Lab)</p>	<p>28</p> <p>Room Legend: <b>Basement:</b> (A) ClassRm A (B) ClassRm B (C) ClassRm C (D) ClassRm D (Aud) Auditorium <b>Main:</b> (Café) Sunshine Café 3rd Floor: (Sage) Sage Rm (Lab) Computer Lab (Raye) Raye Dolgoy Rm</p>
<p>29</p>	<p>30</p> <p>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 (Café) 1:00 Mahjong Drop-in (Café) 1:00 Ludo Drop-in (Café) 1:30-2:30 Gentle Yoga (C)</p>	<p>31</p> <p>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) <b>1:30-3:30 Paint Lessons with Dale - Register (A)</b> 2-3:30 Ukulele Lessons - Register (Aud)</p>	<p>29</p>			