


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><p>July 2020</p></div>	<p>To Join On-line:</p> <ul style="list-style-type: none">- you do not need to download Zoom or create your own Zoom account- just go on the internet to www.zoom.us- click on join a meeting (might be located in the upper right hand corner)- enter the personal meeting ID from the email or calendar (eg. 657 878 2877).- or where there is blue internet link on the email, as listed above as https://zoom.us/j/6578782877, click on your right mouse button and select “open hyper link” and you’re there!- the host will admit you	<p>To Join by Phone:</p> <p>To join Zoom phone-in programming using the toll-free number:</p> <ol style="list-style-type: none">1) Call: 1-855-703-89852) Enter Meeting ID: (the host channel’s personal meeting ID, for example 225 573 6467) then press the #key3) It says enter Participant ID # or press pound key: press # key4) Say your name & press # key5) Enjoy! You can still hear the program, and they can hear you if you are unmuted, there is just no video component.	<p>1</p> <p>Canada Day!</p>	<p>2</p> <p>10:30-11:30 Coffee Group Drop-in- Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>1-2pm Ukulele Summer Strum with Elaine Drop-in (review of the songs taught in Elaine’s ukulele classes since September.) Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p>3</p> <p>11:00 Busy Fingers & Craft Group with Tanya Drop-in- Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	
<p>Life Enrichment Zoom Online/ Phone-in Programs</p>	<p>6</p> <p>10:00 Everyday Fitness Drop-in with Brenda Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p>7</p> <p>1-2pm Sing-a-long with Elaine Drop-in with Senior Center Without Walls-Phone-in Only. To join:</p> <ol style="list-style-type: none">1) Call Toll-free: 1-855-703-89852) Enter Meeting ID: 225 573 6467#3) It says enter Participant ID # or press pound key: press # key4) Say your name & press # key	<p>8</p> <p>1-2:30pm Staying Well & Thriving During Uncertain Times Workshop- on-line only. Must pre-register before session by using the link provided in the program description below. Offered by JFSE Edmonton Healing Center for Grief & Loss</p> <p>2-3pm Zumba Gold with Carina Drop-in. Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p>9</p> <p>10:30-11:30 Coffee Group Drop-in- Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>1-2pm Ukulele Summer Strum with Elaine Drop-in (review of the songs taught in Elaine’s ukulele classes since September.) Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p>10</p> <p>11:00 Busy Fingers & Craft Group with Tanya Drop-in- Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>1:00-1:45 Live Music with Margaret Drop-in- Phone-in Only. To join:</p> <ol style="list-style-type: none">1) Call Toll-free: 1-855-703-89852) Enter Meeting ID: 657 878 2877#3) It says enter Participant ID # or press pound key: press # key4) Say your name & press # key	
<p>*Device & Computer Help with Dennis is available by appointment. Email Rachel at rtassone@mysage.ca or call 780-701-9016 to set-up some help.</p>	<p>13</p> <p>10:00 Everyday Fitness Drop-in with Brenda Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p>14</p> <p>1-2pm Sing-a-long with Elaine Drop-in with Senior Center Without Walls-Phone-in Only. To join:</p> <ol style="list-style-type: none">1) Call Toll-free: 1-855-703-89852) Enter Meeting ID: 225 573 6467#3) It says enter Participant ID # or press pound key: press # key4) Say your name & press # key	<p>15</p> <p>1-2:30pm Staying Well & Thriving During Uncertain Times Workshop- on-line only. Must pre-register before session by using the link provided in the program description below. Offered by JFSE Edmonton Healing Center for Grief & Loss</p> <p>2-3pm Zumba Gold with Carina Drop-in. Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p>16</p> <p>10:30-11:30 Coffee Group Drop-in- Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>1-2pm Ukulele Summer Strum with Elaine Drop-in (review of the songs taught in Elaine’s ukulele classes since September.) Phone or on-line. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p>17</p> <p>11:00 Busy Fingers & Craft Group with Tanya Drop-in- Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	

	<div>20</div> <div>10:00 Everyday Fitness Drop-in with Brenda</div> <div>Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877</div> <div>Meeting ID: 657 878 2877</div>	<div>21</div> <div>1-2pm Sing-a-long with Elaine- Drop-in with Senior Center Without Walls-</div> <div>Phone-in Only. To join:</div> <div>1) Call Toll-free: 1-855-703-8985</div> <div>2) Enter Meeting ID: 225 573 6467#</div> <div>3) It says enter Participant ID # or press pound key: press # key</div> <div>4) Say your name & press # key</div>	<div>22</div> <div>1-2:30pm Staying Well & Thriving During Uncertain Times Workshop-</div> <div>on-line only. Must pre-register before session by using the link provided in the program description below. Offered by JFSE Edmonton Healing Center for Grief & Loss</div> <div>2-3pm Zumba Gold with Carina Drop-in.</div> <div>Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877</div> <div>Meeting ID: 657 878 2877</div>	<div>23</div> <div>10:30-11:30 Coffee Group Drop-in-</div> <div>Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877</div> <div>Meeting ID: 657 878 2877</div> <div>1-2pm Ukulele Summer Strum with Elaine Drop-in</div> <div>(review of the songs taught in Elaine's ukulele classes since September.) Phone or on-line. Join Zoom Meeting https://zoom.us/j/6578782877</div> <div>Meeting ID: 657 878 2877</div>	<div>24</div> <div>11:00 Busy Fingers & Craft Group with Tanya Drop-in-</div> <div>Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877</div> <div>Meeting ID: 657 878 2877</div> <div>1:00-1:45 Live Music with Margaret Drop-in-</div> <div>Phone-in Only. To join:</div> <div>1) Call Toll-free: 1-855-703-8985</div> <div>2) Enter Meeting ID: 657 878 2877#</div> <div>3) It says enter Participant ID # or press pound key: press # key</div> <div>4) Say your name & press # key</div>	
	<div>27</div> <div>10:00 Everyday Fitness Drop-in with Brenda</div> <div>Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877</div> <div>Meeting ID: 657 878 2877</div> <div>1:00 Love to Learn Series- Drop-in.</div> <div>July's Topic is 'Your Life Your Legacy' Important Conversations presented by Dignity Memorial. Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877</div> <div>Meeting ID: 657 878 2877</div>	<div>28</div> <div>1-2pm Sing-a-long with Elaine- Drop-in with Senior Center Without Walls-</div> <div>Phone-in Only. To join:</div> <div>1) Call Toll-free: 1-855-703-8985</div> <div>2) Enter Meeting ID: 225 573 6467#</div> <div>3) It says enter Participant ID # or press pound key: press # key</div> <div>4) Say your name & press # key</div> <div>5) Enjoy!</div>	<div>29</div> <div>2-3pm Zumba Gold with Carina Drop-in.</div> <div>Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877</div> <div>Meeting ID: 657 878 2877</div>	<div>30</div> <div>10:30-11:30 Coffee Group Drop-in-</div> <div>Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877</div> <div>Meeting ID: 657 878 2877</div> <div>1-2pm Ukulele Summer Strum with Elaine Drop-in</div> <div>(review of the songs taught in Elaine's ukulele classes since September.) Phone or on-line. Join Zoom Meeting https://zoom.us/j/6578782877</div> <div>Meeting ID: 657 878 2877</div>	<div>31</div> <div>11:00 Busy Fingers & Craft Group with Tanya Drop-in-</div> <div>Phone-in or on-line. Join Zoom Meeting https://zoom.us/j/6578782877</div> <div>Meeting ID: 657 878 2877</div>	

We will be adding to our calendar as time goes on. For our current full schedule of programs please visit www.mysage.ca or call 780.423-5510. You can also find the Senior Center Without Walls monthly calendar on our website along with many other great resources!

Sage Life Enrichment On-line/Phone-in Program Descriptions: *(We will be adding to our calendar as time goes on. For our current full schedule of programs please visit www.mysage.ca or call 780.423-5510. You can also find the Senior Center Without Walls monthly calendar on our website along with many other great resources!)* Instructions on joining on-line or by phone are listed on the page below. Please read On-line/Phone-in Waiver as well as Waiver for Physical Activity listed below before joining any programming.

New Programming Online/Phone-in:

***New* Love to Learn Information Session-** learn something new and interesting each month in these information sessions on various topics. Session will be held the last Monday of the month at 1pm.

July’s topic is: ‘Your Life Your Legacy’ Important Conversations You Should Have presented by Dignity Memorial

Date: Mondays, the last Monday of the month, starting July 27th, 2020 **Time:** 1pm

Zoom Link: <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: 657 878 2877

New Programming Online/Phone-in (continued):

***New* Staying Well & Thriving during Uncertain Times: Finding Opportunities for Positive Change-** You are invited to join our very special group and participate in this free online workshop.

Physical distancing can make us feel anxious, isolated, uncertain, and lonely, and a whole lot more than we are used to. We have all lost our ‘normal’ life and trying to find ways to stay well in this new ‘normal.’

The Covid-19 pandemic has given us time to self-reflect, re-evaluate priorities, and connect with others in a more meaningful way. For some people, Coronavirus fatigue has set in, which may include restlessness, boredom, and worry about the future opening of our towns and cities, and our global future in general. For others, evaluating our behaviours, realizing what is most important and meaningful in our lives, and seeing opportunities--are also taking place. We all need to make meaning out of our experiences during COVID-19, and it will not be the same for everyone.

The facilitator for this workshop is **Libby Kostrim**, Grief and Loss Facilitator at JFSE Edmonton Healing Center for Grief & Loss.

This webinar is all about building our strengths and wellbeing in the midst of, and despite of, the pandemic. How to stay active, responsible, connected, resilient, respected and aware.

Please join for 3 sessions. Spaces are limited to 15.

Date: The sessions will take place on Wednesdays, July 8, 15 and 22 from 1-2:30 pm.

The sessions are on Zoom. To use Zoom you will need **one** of the following: mobile device, tablet, laptop or computer that has an inbuilt (preferred), or external, microphone and camera. And a WIFI connection. Please use this link for further instructions and setting up a free account. <https://support.zoom.us/hc/en-us/articles/360034967471-Quick-start-guide-for-new-users>

Pre-registration is required. You will receive a link to the Zoom session, date, and time after registration is completed.

Register here: (please note this is not a Sage run program, it is just offered to Sage participants. You must by using this link below prior to session dates.)

<https://us02web.zoom.us/join/register/tZUkcuyhrzwtHddy47tGQ4qkfqEvHsyY7su3>

After registering, you will receive a confirmation email containing information about joining the meeting and instructions on joining the Zoom meeting.

We would like to express our gratitude to Jewish Family Services Edmonton for sponsoring this essential program!

In addition to a number of free seminars, JFSE is still offering short and long term counselling options over-the-phone or on Zoom. Feel free to contact Anna Jongeleen at JFSE for more information about this seminar or counselling services in general: T:(780) 454-1194 #233, ajongeleen@jfse.org, or visit jfse.org

On-going Programming Online/Phone-in:

Everyday Fitness Drop-in with Brenda- Phone-in or on-line. In these weekly sessions group leader, Brenda, will focus on simple movements, exercises and stretches. Practice a series of simple home exercises, and get tips and tricks on staying fit. ***Please see waiver for Physical Activity listed below before joining this activity.**

Date: Mondays **Time:** 10:00am

Zoom Link: <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: **657 878 2877**

Sing-a-long with Elaine with Senior Center Without Walls Drop-in- Phone-in only. Join Elaine for all of your sing-a-long favorites.

Date: Tuesdays **Time:** 1:00pm **Toll-free call-in:** 1-855-703-8985 Meeting ID: **225 573 6467**

Zumba Gold with Carina Drop-in- Phone-in or on-line. Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. ***Please see waiver for Physical Activity listed below before joining this activity.**

Date: Wednesdays **Time:** 2-3pm

Zoom Link: <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: **657 878 2877**

Coffee Group Drop-in- Phone-in or on-line. A weekly get together to have discussions, chat, visit, and even see some friendly faces over the computer or over the phone. Join us!

Date: Thursdays **Time:** 10:30am

Zoom Link: <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: **657 878 2877**

Ukulele Summer Strum with Elaine Drop-in- Phone-in or on-line. A great chance for ukulele enthusiasts to come together for this review of the songs taught in Elaine's ukulele classes since September.

Date: Thursdays **Time:** 1:00pm

Zoom Link: <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: **657 878 2877**

Busy Fingers & Craft Group with Tanya Drop-in- Phone-in or on-line. Join Sage's Busy Finger and Craft Group volunteer Tanya as you work on your knitting, crocheting, crafts or doodling while enjoying a visit.

Date: Fridays **Time:** 11:00am

Zoom Link: <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: **657 878 2877**

Live Music with Margaret Drop-in- Phone-in only. Join Sage's volunteer Margaret as she shares her love of music by singing and playing her ukulele. Enjoy listening or singing along from your own home. If you have a song you'd like to share there will be the opportunity at the end of each session, time permitting.

Date: Fridays (2nd and 4th Fridays of the month) July 10 & 24th **Time:** 1:00pm

Toll-free call-in: 1-855-703-8985 Meeting ID: **657 878 2877**

Device and Computer Help with Dennis- Phone-in or on-line. Questions on how to use your device or computer, email, sending attachments and so much more in this digital world? Maybe our volunteer Dennis can help! Contact Rachel at rtassone@mysage.ca or call 780-701-9016 to set up an appointment with Dennis.

*We hope you enjoy your session. And as always, if you have any feedback about your experience with this online class to share, please feel free to call Rachel at 780-701-9016 or send an email to rtassone@mysage.ca. We are always looking to improve our programs and services.

To join Zoom programming using Sage's toll-free number:

- 1) Call: 1-855-703-8985
- 2) It will ask you to enter your Meeting ID: **657 878 2877** then press the # key. If it says the meeting is unavailable, then you have entered the wrong Meeting ID
- 3) It says enter Participant ID # or press pound key: press # key
- 4) Say your name & press # key
- 5) Enjoy!

You can still hear the program, and they can hear you if you are unmuted, there is just no video component.

To join Sage's Zoom programming On-line: (unless other registration details are given)

- if the link is provided to you, as in the email above, you do not need to download Zoom or create your own Zoom account
- just go on the internet to www.zoom.us
- click on join a meeting (might be located in the upper right-hand corner)

- enter the personal meeting ID from the email or calendar (eg. 657 878 2877).
- or where there is blue internet link on the email, as listed above as <https://zoom.us/j/6578782877>, click on your right mouse button and select “open hyper link” and you’re there!
- the host will admit you into the meeting within a few minutes.

OR...if you want to download Zoom then follow the steps below:

1. Download Zoom App by clicking on the link that represents your device:

- For Windows computers: <https://zoom.us/support/download>
- For Apple products: <https://apps.apple.com/us/app/id546505307>
- For Android (non-iPhone) tablets/smartphones downloads: <https://play.google.com/store/apps/details?id=us.zoom.videomeetings>

If you need more help click on the following URL for Zoom YouTube Tutorial <https://youtu.be/UAa3MADuvsg>

For programs that are not drop-in and require registration, **only those with invites, the Zoom Link or the personal meeting ID are allowed to attend the meeting.** Email rtassone@mysage.ca for the program invite or see Sage’s calendar or newsletter at www.mysage.ca

Online/Phone-in Waiver:

By registering and participating in any online programming provided by Sage, you are providing Sage with access to your name, contact information, and other personal information that you may share. You give Sage permission to use this information to contact you, and to keep track of your participation for internal purposes. You can stop participating at any time, and can withdraw your personal information from Sage's records at any time.

Please note that online programming may be less private and confidential than face-to-face programming - you may not know everyone who is listening or watching.

By using the Zoom link or toll-free number to call-in or join in the activity online, the participant acknowledges the involved risks, dangers and hazards, which could result in injury or loss, and waives any and all claims for liability for any loss, damage, expense or injury as a result of participating in the class.

This program uses video and audio technologies for our sessions rather than asking for participants to come into our building. Sage has purchased the Zoom plan with the highest level of security settings. We do our best to make sure that any information you give to us during programs is private and secure but want to acknowledge that no video or audio tools are ever completely secure

By registering and participating in any online programming provided by Sage, you are providing Sage with access to your name, contact information, and other personal information that you may share. You give Sage permission to use this information to contact you, and to keep track of your participation for internal purposes. You can stop participating at any time, and can withdraw your personal information from Sage's records at any time.

Waiver for physical activity:

By participating in any online or phone-in programming provided by Sage, you knowingly and voluntarily assume the risks of engaging in this activity. You acknowledge that it is your responsibility to be aware of the risks associated with the activity and to safeguard yourself by ensuring:

1. That you are physically capable of the activity
2. That you exercise safety measures appropriate to the activity; and
3. That you do not participate beyond your capabilities.

By participating in Sage programming, you release Sage Seniors Association from any liability related to your participation. Please consult your primary care provider/a medical professional before beginning any exercise regime.

Code of Conduct:

Sage Seniors Association is an inclusive environment. This means that we value and support diversity and individuals from all walks of life. We ask each participant to help us by adhering to the following guidelines:

- Allowing every participant to contribute
- Letting the facilitator guide and direct the group
- Contact Sage staff directly if you have an issue with a group member

Also remember to:

- Please keep all personal information shared confidential
- Please do not interrupt when others are speaking
- Treat each other with dignity and respect
- Try not to give advice unless you are asked for it

Zoom Etiquette:

*if you can, try to [download Zoom](#) and play around with it, so you are used to it.

Join early – a couple of minutes before the meeting start time

- If you haven't used Zoom before click the link to download Zoom prior to the day of the meeting and familiarize yourself with any features you may need to use on the day – mute/unmute microphone, stop/start video, screen share etc.
- Have your video on unless you are experiencing connection issues
- Find a quiet space without interruptions / background noise
- Don't do anything on camera you wouldn't do in a class full of people. (ie. Keep your clothes on, don't point the camera toward private rooms in your house)
- Have good lighting on your face so you can be seen clearly
- Adjust your camera to be at around eye level if possible – especially take note of the angle of your laptop or phone screen if using the built-in camera.
- Mute your microphone when not talking and remember everyone can hear you!
- Try to avoid talking over / at the same time as other participants
- Be aware you are on camera and try to avoid doing other tasks, checking emails, looking at your phone etc.