


Zoom Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>August 2020</p>	<p>3</p> <p>Sage Closed</p>	<p>4</p> <p>1-2pm Sing-a-long with Elaine Drop-in with Senior Center Without Walls-Phone-in Only. To join: 1) Call Toll-free: 1-855-703-8985 2) Enter Meeting ID: 225 573 6467# 3) It says enter Participant ID # or press pound key: press # key 4) Say your name & press # key</p>	<p>5</p> <p>12-1pm Gentle Yoga with Sonia Drop-in. Online only. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>2-3pm Zumba Gold with Carina Drop-in. Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p>6</p> <p>10:30-11:30 Coffee Group Drop-in- Phone-in or online. 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 online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p>7</p> <p>11:00 Busy Fingers & Craft Group with Tanya Drop-in-Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>4:00 Dinner & a Movie- Must pre-register. On-line only. Email Rachel rtassone@mysage.ca a week in advance to register and to get the movie, ingredients list & recipe!</p>
<p>Life Enrichment Zoom Online/ Phone-in Programs</p>	<p>10</p> <p>10:00 Everyday Fitness Drop-in with Brenda Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p>11</p> <p>1-2pm Sing-a-long with Elaine Drop-in with Senior Center Without Walls-Phone-in Only. To join: 1) Call Toll-free: 1-855-703-8985 2) Enter Meeting ID: 225 573 6467# 3) It says enter Participant ID # or press pound key: press # key 4) Say your name & press # key</p>	<p>12</p> <p>12-1pm Gentle Yoga with Sonia Drop-in. Online only. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>2-3pm Zumba Gold with Carina Drop-in. Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p>13</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 online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p>14</p> <p>11:00 Busy Fingers & Craft Group with Tanya Drop-in-Phone-in or online. 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 or on-line. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>
<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>17</p> <p>10:00 Everyday Fitness Drop-in with Brenda Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p>18</p> <p>11-12pm Climate Change Focus Group- Phone-in or online. Must pre-register at rcesar@mysage.ca Max 15 participants, \$25 gift card provided to participants</p> <p>1-2pm Sing-a-long with Elaine Drop-in with Senior Center Without Walls- Phone-in Only. 1) Call Toll-free: 1-855-703-8985 2) Enter Meeting ID: 225 573 6467# 3) It says enter Participant ID # or press pound key: press # key 4) Say your name & press # key</p>	<p>19</p> <p>12-1pm Gentle Yoga with Sonia Drop-in. Online only. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>2-3pm Zumba Gold with Carina Drop-in. Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p>20</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 online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p>21</p> <p>11:00 Busy Fingers & Craft Group with Tanya Drop-in-Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>4:00 Dinner & a Movie- Must pre-register. On-line only. Email Rachel rtassone@mysage.ca a week in advance to register and to get the movie, ingredients list & recipe!</p>

	<p style="text-align: right;">24</p> <p>10:00 Everyday Fitness Drop-in with Brenda Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>1-2pm Climate Change Focus Group- Phone-in or online. Must pre-register at rcesar@mysage.ca Max 15 participants, \$25 gift card provided to participants</p>	<p style="text-align: right;">25</p> <p>1-2pm Sing-a-long with Elaine-Drop-in with Senior Center Without Walls- Phone-in Only. To join: 1) Call Toll-free: 1-855-703-8985 2) Enter Meeting ID: 225 573 6467# 3) It says enter Participant ID # or press pound key: press # key 4) Say your name & press # key</p>	<p style="text-align: right;">26</p> <p>12-1pm Gentle Yoga with Sonia Drop-in. Online only. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>2-3pm Zumba Gold with Carina Drop-in. Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p style="text-align: right;">27</p> <p>10:30-11:30 Coffee Group Drop-in- Phone-in or online. 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 style="text-align: right;">28</p> <p>11:00 Busy Fingers & Craft Group with Tanya Drop-in- Phone-in or online. 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 or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>
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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 Online/Phone-in Programs 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 online or by phone are listed on the page below. Please read Online/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 Sessions-** 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 27 topic: 'Your Life Your Legacy' Important Conversations You Should Have presented by Dignity Memorial. Do your loved ones know your wishes? Have you thought about what you would like for your funeral? Learn important documents you should have in place and important conversations you and your loved ones should discuss.

August 31 topic: Things to Do Online- Virtual Museum Tours, Courses & More... It's been a few months now of staying indoors. Getting a little bored? Want to see the world again? Stimulate your mind maybe? Check out our session on the different virtual tours you can take through museums and art galleries, or maybe take a virtual tour of the pyramids. How about you take an online course to flex your mental muscles? This presentation will point you in the right direction for all of these and more. Presented by the YMCA of Northern Alberta.

September 28 topic: Digital Citizenship- being a good digital citizen includes having good online etiquette, learning how to protect private information, and being mindful of what is shared with individuals and on social media. Also, in this presentation you will learn: • Understand Secure Passwords • Understand Safety When Talking to Strangers Online • Understanding Social Media Mindfulness • Being a Good Digital Citizen • Understanding Your Support System

Date: Mondays, the last Monday of the month **Time:** 1pm

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

***New* Dinner & a Movie-** join Sage and Guest Hosts in our exciting new program Dinner & a Movie! Watch the suggested movie, buy the suggested ingredients, and ZOOM together! Let's cook, dine, and discuss our film and food from the comfort of our own homes. Program will be held the 1st & 3rd Friday of the month at 4pm starting in August. To get the movie suggestion, ingredient list, recipe and Zoom Link email Rachel at rtassone@mysage.ca **at least one week before the program date.**

Date: 1st & 3rd Fridays monthly, starting in August. August 7th & 21st at 4pm

***New* Climate Change Focus Group-** How are pollution and changes in our climate affecting you and your community? How can we build an environmentally sustainable and resilient Edmonton? If you are 55 year of age or older, we want to hear from you: Join us for an interactive webinar discussion. We will ask you about your experiences of living in Edmonton and what you feel you need to stay healthy, happy, and active in your environment. We will ask you to describe the ways pollution and changes in climate are affecting your health. We will ask for your insights on ways to create sustainable and resilient communities in Edmonton. Must pre-register. Only 15 people per session. A \$25 gift card will be mailed to all attendees. Pre-register today by contacting Renata Cesar at: rcesar@mysage.ca. Renata will collect participant addresses and email the zoom link. **Dates:** Tuesday, August 18th at 11am & Monday, August 24th at 1pm.

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 by emailing rtassone@mysage.ca and you will be sent the Zoom link or phone-in information.

Date: Thursdays, September 3-24th **Time:** 2:30-3:30pm

SHAPES- a successful pilot project from the University of Alberta where seniors were trained to deliver modules on healthy living, eating, engagement & more to other senior participants. Together you would learn, motivate each other and make healthier life choices. A great chance to meet new people & learn. Sage is working to bring this amazing program online to our seniors this Fall. If you are interested in learning more please email rcesar@mysage.ca

On-going Programming Online/Phone-in:

***New* Gentle Yoga with Sonia-** online only. In these weekly sessions group leader, Sonia, will guide the group through gentle and simple to do yoga movements, exercises and stretches. ***Please see waiver for Physical Activity listed below before joining this activity.**

Date: Wednesdays starting August 5th **Time:** 12-1pm

Zoom Link: <https://zoom.us/j/6578782877> Meeting ID: 657 878 2877

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) August 14th & 28th **Time:** 1:00pm

Zoom Link: <https://zoom.us/j/6578782877> or **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.

For programs that are not drop-in and require registration, **only those who pre-registered and have invites, the Zoom Link or the personal meeting ID are allowed to attend the meeting.** You must email the contact email under each program that requires pre-registration for the program invite.

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

- 1) Call: 1-855-703-8985
- 2) It will ask you to enter your Meeting ID: (eg. **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 & 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 Online: (unless other registration details are given)

- if the link is provided to you, as in the information above 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.

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
- 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