


## Zoom Calendar

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|--|---|--|---|---|
|  <p><b>September 2020</b></p>  |  | <p>1</p> <p>*New weekly Drop-in <b>Sing-a-long with Elaine</b> starts on Sept. 15<sup>th</sup> and 2 levels of <b>Ukulele Lessons</b> (pre-register) begin on Sept. 17<sup>th</sup>. Ukulele registration deadline for the Sept-Oct class is Sept. 15<sup>th</sup>. Email <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a> to register.</p>   | <p>2</p> <p><b>12-1pm Gentle Yoga with Sonia Drop-in.</b> Online or Phone-in. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>2-3pm Zumba Gold with Carina Drop-in.</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p>  | <p>3</p> <p><b>10:00-10:40 Coffee Group Drop-in-</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>2:30-3:30 Healing Through Writing Workshops (pre-register) Phone-in or online. Register at <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a> or call 780-991-1869</b></p>   | <p>4</p> <p><b>4:00 Dinner &amp; a Movie-</b> Must pre-register. Online only. Email Rachel <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a> a week in advance to register and to get the movie, ingredients list &amp; recipe!</p>  |
| <p><b>Life Enrichment Zoom Online/ Phone-in Programs</b></p>   | <p>7</p> <p><b>Sage Closed</b></p>   | <p>8</p> <p><b>11:00 Busy Fingers &amp; Craft Group with Tanya Drop-in-</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p>   | <p>9</p> <p><b>12-1pm Gentle Yoga with Sonia Drop-in.</b> Online or Phone-in. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>2-3pm Zumba Gold with Carina Drop-in.</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p>  | <p>10</p> <p><b>10:00-10:40 Coffee Group Drop-in-</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>2:30-3:30 Healing Through Writing Workshops- Phone-in or online. Register at <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a> or call 780-991-1869</b></p> <p>*registration deadline for Dinner &amp; a Movie Sept. 18<sup>th</sup></p>   | <p>11</p> <p><b>1:00-1:45 Live Music with Margaret Drop-in.</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p>                             |
| <p>*Device &amp; Computer Help with Dennis is available by appointment. Email Rachel at <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a> or call 780-701-9016 to set-up some help.</p> | <p>14</p> <p><b>10:00 Everyday Fitness Drop-in with Brenda</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> | <p>15</p> <p><b>11:00 Busy Fingers &amp; Craft Group with Tanya Drop-in-</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>1-2pm Sing-a-long with Elaine Drop-in.</b> Online or Phone-in. To join: Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p>*Deadline to Register for Sept.-Oct Ukulele lessons. Email <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a> to register</p> | <p>16</p> <p><b>12-1pm Gentle Yoga with Sonia Drop-in.</b> Online or Phone-in. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>2-3pm Zumba Gold with Carina Drop-in.</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> | <p>17</p> <p><b>10:00-10:40 Coffee Group Drop-in-</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>11-12:30 Ukulele Level 1 (Beginner)-</b> Must pre-register. Email Rachel at <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a></p> <p><b>1:30-3pm Ukulele Level 2 (Beyond Beginner)-</b> Must pre-register. Email Rachel at <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a></p> <p><b>3:15-4:15 Healing Through Writing-</b> registration closed</p> | <p>18</p> <p><b>4:00 Dinner &amp; a Movie-</b> Must pre-register. Online only. Email Rachel <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a> a week in advance to register and to get the movie, ingredients list &amp; recipe!</p> |

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|  | <p style="text-align: right;"><b>21</b></p> <p><b>10:00 Everyday Fitness Drop-in with Brenda</b><br/>Phone-in or online. Join Zoom Meeting<br/><a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a><br/>Meeting ID: <b>657 878 2877</b></p>   | <p style="text-align: right;"><b>22</b></p> <p><b>11:00 Busy Fingers &amp; Craft Group with Tanya Drop-in-</b> Phone-in or online. Join Zoom Meeting<br/><a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a><br/>Meeting ID: <b>657 878 2877</b></p> <p><b>1-2pm Sing-a-long with Elaine Drop-in.</b> Online or Phone-in. To join: Join Zoom<br/>Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a><br/>Meeting ID: <b>657 878 2877</b></p> | <p style="text-align: right;"><b>23</b></p> <p><b>12-1pm Gentle Yoga with Sonia Drop-in.</b> Online or Phone-in. Join Zoom<br/>Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a><br/>Meeting ID: <b>657 878 2877</b></p> <p><b>2-3pm Zumba Gold with Carina Drop-in.</b> Phone-in or online. Join Zoom<br/>Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a><br/>Meeting ID: <b>657 878 2877</b></p> | <p style="text-align: right;"><b>24</b></p> <p><b>10:00-10:40 Coffee Group Drop-in-</b> Phone-in or online. Join Zoom Meeting<br/><a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a><br/>Meeting ID: <b>657 878 2877</b></p> <p><b>11-12:30 Ukulele Level 1 (Beginner)-</b> Must pre-register. Email Rachel at <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a></p> <p><b>1:30-3pm Ukulele Level 2 (Beyond Beginner)-</b> Must pre-register. Email Rachel at <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a></p> <p><b>3:15-4:15 Healing Through Writing-</b> registration closed</p>     | <p style="text-align: right;"><b>25</b></p> <p><b>1:00-1:45 Live Music with Margaret Drop-in.</b> Phone-in or online. Join Zoom Meeting<br/><a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a><br/>Meeting ID: <b>657 878 2877</b></p>  |
|  | <p style="text-align: right;"><b>28</b></p> <p><b>10:00 Everyday Fitness Drop-in with Brenda</b><br/>Phone-in or online. Join Zoom Meeting<br/><a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a><br/>Meeting ID: <b>657 878 2877</b></p> <p><b>1:00 Love to Learn Series- Drop-in. Topic is 'Digital Citizenship' Online</b> and Social media safety and more. Phone-in or online. Join Zoom Meeting<br/><a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a><br/>Meeting ID: <b>657 878 2877</b></p> | <p style="text-align: right;"><b>29</b></p> <p><b>11:00 Busy Fingers &amp; Craft Group with Tanya Drop-in-</b> Phone-in or online. Join Zoom Meeting<br/><a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a><br/>Meeting ID: <b>657 878 2877</b></p> <p><b>1-2pm Sing-a-long with Elaine Drop-in.</b> Online or Phone-in. To join: Join Zoom<br/>Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a><br/>Meeting ID: <b>657 878 2877</b></p> | <p style="text-align: right;"><b>30</b></p> <p><b>12-1pm Gentle Yoga with Sonia Drop-in.</b> Online or Phone-in. Join Zoom<br/>Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a><br/>Meeting ID: <b>657 878 2877</b></p> <p><b>2-3pm Zumba Gold with Carina Drop-in.</b> Phone-in or online. Join Zoom<br/>Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a><br/>Meeting ID: <b>657 878 2877</b></p> | <p><b>To Join Online:</b><br/>- you should not need to download Zoom or create your own Zoom account (some Apple products you need the Zoom app)<br/>- usually just go on the internet to <a href="http://www.zoom.us">www.zoom.us</a><br/>- click join a meeting (might be located in the upper right hand corner)<br/>- enter the personal meeting ID from the email or calendar (eg. <b>657 878 2877</b>).<br/>- or where there is an internet link, listed above as <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> click on your right mouse button and select "open hyper link" and you're there!</p> | <p><b>To Join by Phone:</b><br/>To join Zoom phone-in programming using the toll-free number:<br/>1) Call: 1-855-703-8985<br/>2) Enter Meeting ID: ie. <b>657 878 2877</b> then press #<br/>3) It says enter Participant ID # or press pound key: press # key<br/>4) Say your name &amp; press # key<br/>5) Enjoy! You can still hear the program, and they can hear you if you are unmuted, there is just no video component.</p> |

We will be adding to our calendar as time goes on. For our current full schedule of programs please visit [www.mysage.ca](http://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 Program Descriptions:** 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.

**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 1<sup>st</sup> & 3<sup>rd</sup> Friday of the month at 4pm. To get the movie suggestion, ingredient list, recipe and Zoom Link email Rachel at [rtassone@mysage.ca](mailto:rtassone@mysage.ca) **at least one week before the program date.**

**Date:** 1<sup>st</sup> & 3<sup>rd</sup> Fridays monthly, September 4 & 18th at 4pm (registration deadlines are August 28<sup>th</sup> and September 11<sup>th</sup>)

**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](mailto:rtassone@mysage.ca) or calling Rachel at 780-991-1869 and you will be sent the Zoom link or phone-in information.

**Date:** Thursdays, September 3-24<sup>th</sup> **Time:** 2:30-3:30pm for Sept. 3<sup>rd</sup> & 10<sup>th</sup>, 3:15-4:15pm for Sept 17 & 24<sup>th</sup>.

**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 [rtassone@mysage.ca](mailto:rtassone@mysage.ca)

**\*Back by Popular Demand\* Staying Well & Thriving during Uncertain Times: Finding Opportunities for Positive Change-** This free 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. The facilitator for this workshop is Libby Kostromin, Grief and Loss Facilitator at JFSE Edmonton Healing Center for Grief & Loss. Please join for all 4 sessions. Spaces are limited to 15. Pre-registration is required. You will receive a link to the Zoom session, date, and time after registration is completed.

**Date:** Mondays Oct. 19, 26, Nov. 9, 16th 1-3pm via Zoom.

**Register here to join:**

<https://us02web.zoom.us/meeting/register/tZwtcOmvqDgjG9CuluYcdfPcsMZjbBReD9Kq>

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

## 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**

**\*New Day\* 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. Teaching help with some projects may also be available.

**Date:** Tuesdays starting September 8<sup>th</sup> (no Busy Fingers the week of September 1<sup>st</sup>) **Time:** 11:00am

**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 Drop-in-** Phone-in and Online- Join Elaine for all of your sing-a-long favorites.

**Date:** Tuesdays starting September 15<sup>th</sup> **Time:** 1:00pm

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

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

**Date:** Wednesdays **Time:** 12-1pm

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

**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 online. 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 **\*New Time:** 10:00-10:40am

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

**Ukulele Classes with Elaine (Must pre-register. No drop-in)-** Online participation preferred. A great chance for ukulele enthusiasts of varying skill levels to come together and learn. Email Rachel at [rtassone@mysage.ca](mailto:rtassone@mysage.ca) to register. Registration deadline for the September-October class is Sept. 15<sup>th</sup>. Limited spaces available so register early! Two levels currently offered:

**Level one: Beginners: 11:00-12:30pm** \*\* NOT appropriate for absolute beginners

**Level two: Beyond Beginners: 1:30-3:00** (1 ½ hours)

**Date:** Thursdays in September and October beginning September.17. Registration deadline is September 15<sup>th</sup>. Limited spaces are available.

**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 (2<sup>nd</sup> and 4<sup>th</sup> Fridays of the month) September 11 and 25<sup>th</sup> **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](mailto:rtassone@mysage.ca) or call 780-701-9016 to set up an appointment with Dennis.

**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: (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

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 or newsletter above, you usually do not need to download Zoom or create your own Zoom account (for some Apple products you will have to download the Zoom App)
- just go on the internet to [www.zoom.us](http://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](mailto:rtassone@mysage.ca) for the program invite or see Sage's calendar or newsletter at [www.mysage.ca](http://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