


Zoom Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>October 2020</p>	<p>*See program details below for instructions on how to join by computer or by telephone with our toll-free number</p>			<p>1</p> <p>1:00 pm International Day of Older Persons- online/phone-in activities and more! Musical performances, stories, learning opportunities. Drop-in. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>For more information, please call 780-701-9012.</p>	<p>2</p> <p>10-11:00 Coffee Group 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. Online 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>5</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>6</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>1-2pm Sing-a-long with Elaine Drop-in. Online or Phone-in. To join: Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>2:30-3:30pm Gentle Yoga with Sydney Drop-in. Online or Phone-in. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p>7</p> <p>12-1pm Gentle Yoga with Sonia Drop-in. Online or Phone-in. 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>8</p> <p>11-12pm Line Dance with Nancy Drop-in. Online or Phone-in. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>*New Time* 12:30-1:30 Ukulele Lesson Must pre-register. Email rtassone@mysage.ca</p> <p>2:00-3pm Ukulele Lesson- Must pre-register. Email rtassone@mysage.ca</p> <p>Healing Through Writing Workshops- begin next week. Register at rtassone@mysage.ca or call 780-991-1869</p>	<p>9</p> <p>10-11:00 Coffee Group Drop-in- Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11:15-12:30pm Mental Wellness Series (with Sage's Mental Health Therapist) 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>
	<p>12</p> <p>Sage Closed</p>	<p>13</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>1-2pm Sing-a-long with Elaine Drop-in. Online or Phone-in. To join: Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p>14</p> <p>12-1pm Gentle Yoga with Sonia Drop-in. Online or Phone-in. 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</p>	<p>15</p> <p>11-12pm Line Dance with Nancy Drop-in. Online or Phone-in. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>*New Time* 12:30-1:30 Ukulele Lesson Must pre-register. Email rtassone@mysage.ca</p>	<p>16</p> <p>10-11:00 Coffee Group Drop-in- Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11:15-12:30pm Mental Wellness Series (with Sage's Mental Health Therapist) Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>

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<p>*Device & Computer Help with Dennis is available by appointment. Email Rachel at rtassone@mysage.ca or call 780-991-1869 to set-up some help.</p>	<p style="text-align: right;">19</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>1-2:30pm Staying Well & Thriving During Uncertain Times Workshop- on-line & phone-in. 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>2:45-3:30 *New* TED Talks- lectures on various topics followed by a discussion. Drop-in. Online or Phone-in. Join Zoom Meeting https://zoom.us/j/6578782877</p> <p>Meeting ID: 657 878 2877</p>	<p style="text-align: right;">20</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>1-2pm Sing-a-long with Elaine Drop-in. Online or Phone-in. To join: Join Zoom Meeting https://zoom.us/j/6578782877</p> <p>Meeting ID: 657 878 2877</p> <p>2:30-3:30pm Gentle Yoga with Sydney Drop-in. Online or Phone-in. Join Zoom Meeting https://zoom.us/j/6578782877</p> <p>Meeting ID: 657 878 2877</p>	<p style="text-align: right;">21</p> <p>12-1pm Gentle Yoga with Sonia Drop-in. Online or Phone-in. 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>*No line dance today 22 10:30 History of Sage-presentation celebrates Sage's 50th Anniversary! Drop-in- Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>*New Time* 12:30-1:30 Ukulele Lesson Must pre-register. Email rtassone@mysage.ca</p> <p>2:00-3pm Ukulele Lesson- Must pre-register. Email rtassone@mysage.ca</p> <p>3:15-4:15 Healing Through Writing- Phone-in or online. Register at rtassone@mysage.ca or call 780-991-1869</p>	<p style="text-align: right;">23</p> <p>10-11:00 Coffee Group Drop-in- Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11:15-12:30pm Mental Wellness Series (with Sage's Mental Health Therapist) 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>
	<p style="text-align: right;">26</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>1-2:30pm Staying Well & Thriving During Uncertain Times Workshop- on-line & phone-in. 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>1:00 How to Buy a Cell phone-helpful tips & advice (Love to Learn Series) 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>10:00 Sage AGM Phone-in or online. Must pre-register by calling 780-809-9417</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>1-2pm Sing-a-long with Elaine Drop-in. Online or Phone-in. To join: Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>2:30-3:30pm Gentle Yoga with Sydney Drop-in. Online or Phone-in. Join Zoom Meeting https://zoom.us/j/6578782877</p> <p>Meeting ID: 657 878 2877</p>	<p style="text-align: right;">28</p> <p>12-1pm Gentle Yoga with Sonia Drop-in. Online or Phone-in. 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;">29</p> <p>11-12pm Line Dance with Nancy Drop-in. Online or Phone-in. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>Line Dance</p> <p>*New Time* 12:30-1:30 Ukulele Lesson Must pre-register. Email rtassone@mysage.ca</p> <p>2:00-3pm Ukulele Lesson- Must pre-register. Email rtassone@mysage.ca</p> <p>3:15-4:15 Healing Through Writing- registration closed</p> <p>*Registration deadline for November Ukulele</p>	<p style="text-align: right;">30</p> <p>10-11:00 Coffee Group Drop-in- Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11:15-12:30pm Mental Wellness Series (with Sage's Mental Health Therapist) Phone-in or online. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>2:15 Climate Change Focus Group- share your thoughts and get a \$25 gift card for participating! Email rtassone@mysage.ca or call 780-991-1869 to register. Phone in or online.</p> <p>*deadline Dinner & Movie Nov.6th</p>

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!

Mental Health and Wellness Programming at Sage (by phone or online):

Managing Mental Health & Wellness Series (with Sage's Mental Health Therapist)- a great opportunity to discuss mental health and wellbeing. Facilitator will share and discuss information on each weekly topic, plus guide the group through meditative and calming exercises, and allow for group discussion and sharing (if participants want to participate). These sessions are great to improve your sense of wellbeing, learn about mental health and how it affects everyone, and also build some community with fellow participants. Come to one or all. Sessions are drop-in. **Date:** Fridays, starting October 9th **Time:** 11:15-12:30pm

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

Sessions:

Session #1: Mental Wellness in All Aspects of Life- Friday, Oct. 9th

Session #2: Transitioning Through Aging- Friday, October 16th

Session #3: Understanding Anxiety and How to Manage It- Friday, October 23rd

Session #4: Combating Loneliness, Social Isolation and Depression- Friday, October 30th

Session #5: Overcoming Grief- Friday, November 6th

Session #6: Personal Relationships & Setting Boundaries- Friday, November 13th

Session #7: The Importance of Sleep- Friday, November 20th

Session #8: Creation of a Safety Plan- Friday, November 27th

Healing Through Writing Workshops- Join author and instructor Adele Fontaine in this free, 4-week workshop as she shares how writing is a great tool for healing. She will help participants learn how to write, share, and work through life experiences. 12 participants max. Pre-register by October 21st by emailing rtassone@mysage.ca or calling Rachel at 780-991-1869 and you will be sent the Zoom link or phone-in information.

Date: Thursdays, October 22-November 12th **Time:** 3:15-4:15pm

***Back by Popular Demand* Staying Well & Thriving during Uncertain Times: Finding Opportunities for Positive Change Workshop Series-** 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. There are also brief meditations for a few minutes of each session. 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.

Gentle Yoga (seated) 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. It is seated or standing with the support of a chair. 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

***New Day* 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:** Fridays **Time:** 10-11:00am
Zoom Link: <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: **657 878 2877**

Love to Learn Series- monthly topics on things you might want to know and learn (held the last Monday of the month):

- **How to buy a Cell Phone-** Phone-in and Online- learn tips and advice on what you might need to know before your next cell phone purchase. Apple, Android, storage, size...what do you need and need to consider? Presented by YMCA Digital. Online participation recommended, participants who call in will only be able to hear the videos but not to see them. **Date:** Monday, October 26th **Time:** 1:30-2:30pm
Zoom Link: <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: **657 878 2877**
- **How to Buy a Computer-** coming in November- see write-up under "Coming Soon" section

New Programs for October: *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.*

International Day of the Older Person- [October 1, 2020](#) will mark the 30th anniversary of the [International Day of Older Persons](#) as declared by the United Nations General Assembly in 1990, as well as [National Seniors Day](#) in Canada and [Day of Older Persons](#) in Alberta. And Sage is celebrating! Join us this [coming Thursday from 1-4 pm](#) for a free drop-in event (presented online) featuring musical performers, stories from the [Shared Mic project: Conversations for the Ages](#), and uplifting content celebrating the ongoing resilience of seniors and the vital role they play in the lives of our community. For more information, please call [780-701-9012](tel:780-701-9012).
Zoom Link: <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: **657 878 2877**

History of Sage Presentation- it's Sage's 50th anniversary! In this presentation Sage's historian and archivist, Val, celebrates Sage's history! Drop-in- Phone-in or online.
Date: Thursday, October 22nd **Time:** 10:30-11:30am
Zoom Link: <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: **657 878 2877**

Sage AGM – Please join Sage's Annual General Meeting – Phone-in or online. Must pre-register by calling 780-809-9417 to receive important meeting information.
Date: Tuesday, October 27th at 10am. Pre-registration required.

***New* Climate Change Focus Group-** Phone-in and Online- share your thoughts and get a \$25 gift card! 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 10 people per session. A \$25 gift card will be mailed to all attendees. Pre-register today by contacting Rachel Tassone at: rtassone@mysage.ca. Rachel will collect participant addresses and email the zoom link. **Date:** Friday October 30th at 2:15pm

***New* Gentle Yoga (seated) with Sydney-** Phone-in and Online. In these weekly sessions group leader, Sydney, will guide the group through gentle and simple to do yoga movements, exercises and stretches. It is seated or standing with the support of a chair. ***Please see waiver for Physical Activity listed below before joining this activity.**
Date: Tuesdays **Time:** 2:30-3:30pm
Zoom Link: <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: **657 878 2877**

***New* Line Dance-** not your typical line dancing, especially now when it is from your own home! Join instructor Nancy in this unique line dancing class that mixes tai chi movements and easy dance moves put to a mix of popular songs. This is fun and easy for almost anyone to be able to do. ***Please see waiver for Physical Activity listed below before joining this activity.** **Date:** Thursdays starting Oct. 8th (no class Oct. 22nd because of the History of Sage Presentation that time which you are welcome and encouraged to check out! Info to join 10:30-11:30am presentation listed above)) **Time:** 11-12pm
Zoom Link: <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: 657 878 2877

TED Talks- Phone-in and Online -do you enjoy learning about and discussing different topics? TED Talks are interesting and concise presentations from experts around the world. We will watch a TED Talk each month followed by a group discussion. Held on the 3rd Monday of the month. **Dates:** Oct. 19, November 16, December 21st
Time: 2:45-3:30pm (can be 1-2hrs depending on the week). Online participation recommended, participants who call in will only be able to hear the videos but not to see them. **Zoom Link:** <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: 657 878 2877

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

Coming Soon for Online/Phone-in Programming: *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.*

Introduction to Ancient Egypt- Phone-in and Online -Join Dr. David Silverman, Professor of Egyptology at Penn, Curator in Charge of the Egyptian Section of the Penn Museum, and curator of the Tutankhamun exhibitions on a guided tour of the mysteries and wonders of this ancient land. He has developed this online course and set it in the galleries of the world famous Penn Museum. He uses many original Egyptian artifacts to illustrate his lectures as he guides students as they make their own discovery of this fascinating culture.
Date: Wednesdays, starting November 18-Dec 16th (5 weeks) **Time:** 3:30pm (can be 1-2hrs depending on the week). Online participation recommended, participants who call in will only be able to hear the videos but not to see them. It is preferred if participants join in all 5 weeks.
Zoom Link: <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: 657 878 2877

“Go Ahead and Shoot Me” Book Reading and Discussion with Author. Join Doug Heckbert, former probation officer, as he shares a collection of stories about real people that convicted of real crimes and who have been on probation, parole or in prison. All stories show the human side of the criminals Heckbert worked with and came to know. Get an insider glimpse! This will be a two-part series: **Session 1** where Doug will do a reading, introduce the book, answer questions and let you know where you can find his book. **Session 2** (probably in Jan/Feb-hear from two people featured in the book. Indicate which person featured in the book you would like to hear from; we will compile a list – most to least – and Doug will arrange for the most wanted 2 to join to join Session 2 to share and answer questions!) Please RSVP by emailing Rachel at rtassone@mysage.ca or call 780-991-1869 to give an idea of numbers (drop-ins also welcome on Nov, 30th). **Date:** Monday, November 23rd **Time:** 1:30pm
Zoom Link: <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: 657 878 2877

Love to Learn Series- monthly topics on things you might want to know and learn (held the last Monday of the month):

- **How to Buy a Computer-** Phone-in and Online -do you need a computer, a laptop, will an iPad or tablet meet your needs? What are your computer needs? Join this session for some tips and ideas before your purchase. Presented by YMCA Digital. Online participation recommended, participants who call in will only be able to hear the videos but not to see them. **Date:** Monday, November 30th **Time:** 1:30-2:30pm
Zoom Link: <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: **657 878 2877**

On-going Programming Online/Phone-in: *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.*

Everyday Fitness (seated) Drop-in with Brenda- Phone-in and Online. 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**

Busy Fingers & Craft Group with Tanya Drop-in- Phone-in and Online. 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 **Time:** 11-12pm **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 **Time:** 1:00pm

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

Gentle Yoga (seated) with Sonia- Wednesdays 12-1pm. See description under Mental Health & Wellness Programming (above)

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**

***New Times* 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 to register. Registration deadline for the November-December class is Oct. 29th. Limited spaces available so register early! Two multi-level groups currently offered (** NOT appropriate for absolute beginners):

Group one: 12:30-1:30pm Group two: 2-3:00pm

Date: Thursdays- Current session goes to end of October. Next session is November 5-December 17th. Registration deadline is Oct. 29th. Limited spaces are available.

***New Day* Coffee Group Drop-in-** Fridays 10-11am. See description under Mental Health & Wellness Programming (above)

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 we'd love to hear from you! There will be the opportunity at the end of each session, time permitting.

Date: Fridays (2nd and 4th Fridays of the month. October 9 & 23rd) **Time:** 1:00pm

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

Line Dancing- See description under New Programs for October (above)

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. 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- October 2 & 16th (deadlines Sept. 25th and Oct. 9th), November 6th- deadline Oct. 30th (Nov. 20th is cancelled due to Sage's Online Forum)

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 780-991-1869 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
- 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 and 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