


Zoom Calendar – November 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|--|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | 10:00 – 11:00 am Everyday Fitness with Brenda 1:00 – 3:00 pm Staying Well and Thriving in Uncertain Times | 11:00 am – 12:00 pm Busy Fingers & Craft Group with Tanya 1:00 - 2:00 pm Sing-a-long with Elaine 2:30 -3:30pm Gentle Yoga with Sydney | 12:00 – 1:00 pm Gentle Yoga with Sonia | 11:00 am – 12:00 pm Line Dance with Nancy 12:30 – 1:30 pm Ukulele class: Group 1 2:00 –3:00 pm Ukulele class: Group 2 | 10:00 – 10:40 am Coffee Group 11:15 am – 12:30pm Mental Wellness Series 4:00 – 7:00 pm Dinner and a Movie | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | 10:00 – 11:00 am Everyday Fitness with Brenda 1:00 – 3:00 pm Staying Well and Thriving in Uncertain Times | 11:00 am – 12:00 pm Busy Fingers & Craft Group with Tanya 1:00 – 2:00 pm Sing-a-long with Elaine 2:30 – 3:30pm Gentle Yoga with Sydney | REMEMBRANCE DAY (all regularly scheduled programming cancelled) | 11:00 am – 12:00 pm Line Dance with Nancy 12:30 – 1:30 pm Ukulele class: Group 1 2:00 –3 :00 pm Ukulele class: Group 2 | 10:00 – 10:40 am Coffee Group 11:15 am – 12:30pm Mental Wellness Series 1:00 – 1:45 pm Live Music with Margaret | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | 10:00 – 11:00 am Everyday Fitness with Brenda 2:45 – 3:30 pm TED talks and discussion | 11:00 am – 12:00 pm Busy Fingers & Craft Group with Tanya 1:00 – 2:00 pm Sing-a-long with Elaine 2:30 – 3:30pm Gentle Yoga with Sydney | 9:00 am – 5:00 pm Virtual Seniors' Forum 12:00 – 1:00 pm Gentle Yoga with Sonia 2:00 – 3:00 pm Zumba Gold with Carina 3:30 – 5:30 pm Introduction to Egypt online class | 9:00 am – 5:00 pm Virtual Seniors' Forum 11:00 am – 12:00 pm Line Dance with Nancy 12:30 – 1:30 pm Ukulele class: Group 1 2:00 – 3:00 pm Ukulele class: Group 2 3:15 – 4:15 pm Healing Through Writing | 9:00 am – 5:00 pm Virtual Seniors' Forum 10:00 – 10:40 am Coffee Group 11:15 am – 12:30pm Mental Wellness Series | 9:00 am – 5:00 pm Virtual Seniors' Forum |
| 22 | 23 | 24 | 25 | 26 | 27 | 29 |
| | 10:00 – 11:00 am Everyday Fitness with Brenda 1:30 – 2:30 pm "Go Ahead and Shoot Me" – book reading and discussion | 11:00 am – 12:00 pm Busy Fingers & Craft Group with Tanya 1:00 – 2:00 pm Sing-a-long with Elaine 2:30 – 3:30pm Gentle Yoga with Sydney | 12:00 -1:00 pm Gentle Yoga with Sonia 2:00 – 3:00 pm Zumba Gold with Carina 3:30 – 5:30 pm Introduction to Egypt online class | 11:00 am – 12:00 pm Line Dance with Nancy 12:30 – 1:30 pm Ukulele class: Group 1 2:00 – 3:00 pm Ukulele class: Group 2 3:15 – 4:15 pm Healing Through Writing | 10:00 – 10:40 am Coffee Group 11:15 am – 12:30pm Mental Wellness Series 1:00 – 1:45 pm Live Music with Margaret | |
| 29 | 30 | <p>How to join online: Click the hyperlink (blue text) in the descriptions below. In most cases, you can participate without having to download Zoom or create a Zoom account. If you wish to download Zoom and create an account, please visit www.zoom.us and follow the steps.</p> <p>How to join by phone: Most programs are accessible by phone. To join, follow these steps: 1) Find the program you want to join. 2) Call the toll-free number – 1-855-703-8985. 3) Enter the meeting ID and press the # key. 4) Press the # key again when asked for participant ID. 5) Say your name and press the # key again.</p> | | | |  |

Life Enrichment Program Descriptions

ON-GOING

Everyday Fitness with Brenda: Mondays, 10:00 –11:00 am

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 while staying seated. Drop in. Accessible by phone. *Note: please see waiver of physical activity below before participating.*

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

Meeting ID: 657 878 2877

Busy Fingers & Craft Group with Tanya: Tuesdays, 11:00 am – 12:00 pm

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. Drop in. Accessible by phone.

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

Meeting ID: 657 878 2877

Sing-a-long with Elaine: Tuesdays, 1:00 – 2:00 pm

Join Elaine for all of your sing-a-long favorites. Drop in. Accessible by phone.

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

Meeting ID: 657 878 2877

Gentle Yoga with Sydney: Tuesdays, 2:30 – 3:30pm

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. Drop in. Accessible by phone. *Note: please see waiver of physical activity below before participating.*

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

Meeting ID: 657 878 2877

Gentle Yoga with Sonia: Wednesdays, 12:00 – 1:00 pm

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. Drop in. Accessible by phone. *Note: please see waiver of physical activity below before participating.*

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

Meeting ID: 657 878 2877

Zumba Gold with Carina: Wednesdays, 2:00 – 3:00 pm (no class on November 4)

Zumba Gold takes the popular Latin-dance inspired workout and makes it accessible for seniors. Drop in. Accessible by phone. *Note: please see waiver of physical activity below before participating.*

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

Meeting ID: 657 878 2877

Introduction to Egypt online class: Wednesdays, 3:30 – 5:30 pm (weekly for five weeks starting November 18)

New! Join Dr. David Silverman, Professor of Egyptology, on a guided tour of the mysteries and wonders of this ancient land. Online participation recommended. For the best experience, please join us for all five weeks. Drop in. Accessible by phone.

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

Meeting ID: 657 878 2877

Line Dance: Thursdays, 11:00 am – 12:00 pm

Not your typical line dancing! Join instructor Nancy in this unique class that mixes tai chi movements and easy dance moves put to a mix of popular songs. Drop in. Accessible by phone. *Note: please see waiver of physical activity below before participating.*

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Ukulele classes: Group 1 -Thursdays, 12:30 – 1:30 pm Group 2 – Thursdays, 2:00 – 3:00 pm

A great chance for ukulele enthusiasts of varying skill levels to come together and learn. Please note that the registration deadline for the class has passed; for more information, please contact Rachel at rtassone@mysage.ca or call 780-991-1869.

Healing Thorough Writing: Thursdays, 3:15 – 4:15 pm (weekly for 4 weeks, October 19 – November 22)

Join author and instructor Adele Fontaine for this free, 4-week workshop as she shares how writing is a great tool for healing. Space is limited to 12 participants. Please note that the registration deadline for the class has passed; for more information, please contact Rachel at rtassone@mysage.ca or call 780-991-1869.

Coffee Group: Fridays, 10:00 – 11:00 am

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. Drop in. Accessible by phone.

Zoom link: <https://zoom.us/j/6578782877>

Meeting ID: 657 878 2877

Mental Wellness Series: Fridays, 11:15 am – 12:30 pm

Join Sage's Mental Health therapist for this ongoing series of workshops when you'll discover tools that will better enable you to take care of your mental health – which is more important than ever in light of the continuing COVID-19 pandemic as the days get colder and shorter. Sessions are stand-alone – come to one or all of them! Drop in. Accessible by phone.

Upcoming sessions:

Session #5: Overcoming Grief – November 6th

Session #6: Personal Relationships & Setting Boundaries – November 13th

Session #7: The Importance of Sleep – November 20th

Session #8: Creation of a Safety Plan – November 27th

Zoom link: <https://zoom.us/j/6578782877>

Meeting ID: 657 878 2877

Live Music with Margaret: Fridays, 1:00 – 1:45 pm (bi-weekly starting November 13)

Join Sage's volunteer Margaret as she shares her love of music by singing and playing her ukulele. If you have a song you'd like to share, we'd love to hear from you! Please note that this event is phone-in only.

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

Meeting ID: 657 878 2877

DATE-SPECIFIC

Staying Well and Thriving in Uncertain Times: Monday, November 2, & Monday, November 9, 1:00 – 2:30 pm

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 note that the registration deadline for the class has passed; for more information, please contact Rachel at rtassone@mysage.ca or call 780-991-1869.

Dinner and a Movie: Friday, November 6, 4:00 – 7:00 pm

Join Sage and Guest Hosts in our exciting new program! 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. To get the movie suggestion, ingredient list, recipe and Zoom Link, please email Rachel at rtassone@mysage.ca at least one week before the program date.

TED talks and discussion: Monday, November 16, 2:45 – 3:30 pm

New! 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. Online participation recommended, as participants who call in will only be able to hear the videos but not to see them.

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Virtual Seniors' Forum 2020: Wednesday, November 18 – Saturday, November 21, 9:00 am – 5:00 pm

This virtual forum will create a safe space for seniors to connect, celebrate, access resources, and have their questions answered. Interactive sessions will be available online or by phone, and will cover a wide range of topics, including supportive and facility living options, learning about the resources available for mature drivers, standing up against ageism and understanding how social factors are impacting culturally diverse seniors. To receive a printed program in the mail, please call 780-701-9020 to leave a message. To learn more, please visit www.seniorsforum.ca.

“Go Ahead and Shoot Me” – book reading and discussion: Monday, November 23, 1:30 – 2:30 pm

New! Join author Doug Heckbert, a former probation officer, as he shares a collection of stories about real people that convicted of real crimes and takes your questions afterwards. Accessible by phone.

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

Meeting ID: 657 878 2877

Love to Learn Series - How to Buy a Computer: Monday, November 30, 1:30 – 2:30 pm

Do you need a computer, a laptop, or will an iPad or tablet meet your needs? What are your computer needs, anyway? 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 see them.

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

Meeting ID: 657 878 2877

WAIVERS AND ADDITIONAL INFORMATION

Online / phone 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:

- Keep all personal information shared confidential*
- Do not interrupt when others are speaking*
- Treat each other with dignity and respect*

Need technical support?

Do you have questions on how to use your device or computer, email, access Sage programming virtually, or how to send attachments? Maybe our volunteer Dennis can help! Contact Rachel at rtassone@mysage.ca or call 780-991-1869 to set up an appointment with Dennis.

Upcoming Program

SHAPES is 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 later this fall. If you are interested in learning more, please email rtassone@mysage.ca