

Zoom Calendar – January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
9:30 – 11:00 am Tai Chi with Master Ken 11:15 am – 12:15pm Line Dance with Nancy	11:00 am – 12:00 pm Busy Fingers & Craft Group 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	10:45 – 11:45 am 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 - 12:15 pm Everyday Fitness 1:00 – 1:45 pm Live Music with Margaret 2:00 – 3:00 pm Zumba Gold with Carina
11	12	13	14	15
9:30 – 11:00 am Tai Chi with Master Ken 11:15 am – 12:15pm Line Dance with Nancy	11:00 am – 12:00 pm Busy Fingers & Craft Group 1:00 – 2:00 pm Sing-a-long with Elaine 2:30 – 3:30 pm Gentle Yoga with Sydney 4:00 – 5:30 pm Managing Mental Health and Wellness Series	12:00 – 1:00 pm Gentle Yoga with Sonia 2:00 – 3:00 pm Zumba Gold with Carina	10:45 – 11:45 am 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 Connecting Through Writing Workshop	10:00 – 10:40 am Coffee Group 11:15 am - 12:15 pm Everyday Fitness 2:00 – 3:00 pm Zumba Gold with Carina
18	19	20	21	22
9:30 – 11:00 am Tai Chi with Master Ken 11:15 am – 12:15pm Line Dance with Nancy 2:45 – 3:30 pm TED Talks and Discussion	11:00 am – 12:00 pm Busy Fingers & Craft Group 1:00 – 2:00 pm Sing-a-long with Elaine 2:30 – 3:30 pm Gentle Yoga with Sydney 4:00 – 5:30 pm Managing Mental Health and Wellness Series	12:00 – 1:00 pm Gentle Yoga with Sonia 1:00 – 3:00 pm Staying Well and Thriving During Uncertain Times 2:00 – 3:00 pm Zumba Gold with Carina	10:45 – 11:45 am 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 Connecting Through Writing Workshop	10:00 – 10:40 am Coffee Group 11:15 am - 12:15 pm Everyday Fitness 1:00 – 1:45 pm Live Music with Margaret 2:00 – 3:00 pm Zumba Gold with Carina
25	26	27	28	29
9:30 – 11:00 am Tai Chi with Master Ken 11:15 am – 12:15pm Line Dance with Nancy 1:00 – 2:00pm Legal Documents You Should Have Presentation	11:00 am – 12:00 pm Busy Fingers & Craft Group 1:00 – 2:00 pm Sing-a-long with Elaine 2:30 – 3:30 pm Gentle Yoga with Sydney 4:00 – 5:30 pm Managing Mental Health and Wellness Series	12:00 – 1:00 pm Gentle Yoga with Sonia 1:00 – 3:00 pm Staying Well and Thriving During Uncertain Times 2:00 – 3:00 pm Zumba Gold with Carina	10:45 – 11:45 am 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 Connecting Through Writing Workshop	10:00 – 10:40 am Coffee Group 11:15 am - 12:15 pm Everyday Fitness 2:00 – 3:00 pm Zumba Gold with Carina

How to join online: Click the hyperlinks (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.

How to join by phone: Most programs are accessible by phone. To join, follow these steps: 1) Find the program you want to join in the list below. 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.

Life Enrichment Program Descriptions

NEW IN JANUARY

Managing Mental Health and Wellness Series

Tuesdays, January 12 to February 9, 4:00 – 5:30 pm

This five-week series will cover topics related to mental health, well-being, and a variety of other topics. The facilitator will share and discuss information on each weekly topic and allow time for group discussion and sharing. Come to one or all. Drop-in. Accessible by phone.

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

Toll-free call-in: 1-855-703-8985

Meeting ID: 657 878 2877

Connecting Through Writing Workshop

Thursdays, January 14 to February 4, 3:15 – 4:30 pm

Join author and instructor Adele Fontaine in this free, four-week workshop as she shares how writing is a great tool for expressing yourself, connecting to others, and healing. She will encourage participants to write, share, and work through life experiences. Maximum of twelve participants. Pre-register by January 11 by calling Rachel at 780-701-9016 or emailing rtassone@mysage.ca.

Staying Well and Thriving During Uncertain Times

Wednesdays, January 20 to February 10, 1:00 – 3:00 pm

This four-part webinar, facilitated by Libby Kostromin of Jewish Family Service Edmonton, combines activities, tools and tips with opportunities to connect, share and be inspired by each other. Together we'll explore ways to stay well and thrive - and to continue to nurture and support our bodies, minds, emotions and spirits through a strange and unusual winter. Please join for all four sessions. Spaces are limited to fifteen participants. Pre-register by clicking [here](#), or call Rachel at 780-701-9016 or email rtassone@mysage.ca to register.

Legal Documents You Should Have Presentation

Monday, January 25, 1:00 – 2:00 pm

Join a lawyer for this discussion on important documents for you to have and to learn about including Personal Directives, Power of Attorney, Wills, and more.

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

Toll-free call-in: 1-855-703-8985

Meeting ID: 657 878 2877

Everyday Fitness

Fridays, 11:15 am – 12:15 pm

New Day and Time! 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>

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CONTINUING PROGRAMS

Tai Chi with Master Ken

Mondays, 9:30 – 11:00 am

Good for the mind and body, these Tai Chi classes are great for all skill levels. Drop in. Accessible by phone. **Note: Please see waiver for Physical Activity listed below before joining this activity.*

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Line Dance with Nancy

Mondays, 11:15 am – 12:15 pm and Thursdays, 10:45 – 11:45 am

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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TED Talks and Discussion

Third Monday of the month, 2:45 – 3:30 pm

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.

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

Busy Fingers & Craft Group

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>

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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>

Toll-free call-in: 1-855-703-8985

Meeting ID: 657 878 2877

Gentle Yoga with Sydney

Tuesdays, 2:30 – 3:30 pm

In these weekly sessions group leader Sydney will guide the group through gentle and simple yoga movements, exercises and stretches. All movements can be done while seated, or standing with the support of a chair. Drop in. Accessible by phone. **Note: please see waiver of physical activity below before participating.*

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Toll-free call-in: 1-855-703-8985

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 yoga movements, exercises and stretches. All movements can be done while seated, or standing with the support of a chair. Sonia will also lead 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>

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Zumba Gold with Carina

Wednesdays, 2:00 – 3:00 pm and Fridays, 2:00 – 3:00 pm

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.*

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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. Two multi-level groups are currently being offered; both groups will explore a variety of strumming and picking patterns to accompany singing. Online participation preferred. Pre-registration required; to learn more and pre-register, please email rtassone@mysage.ca or call 780-701-9016.

Coffee Group

Fridays, 10:00 – 11:00 am

A weekly get together to have discussions, chat, visit, and see some friendly faces over the computer or over the phone. Drop in. Accessible by phone.

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Live Music with Margaret

Second and Fourth Friday of the month, 1:00 – 1:45 pm

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.

Toll-free call-in: 1-855-703-8985

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OTHER PROGRAMS

SHAPES Program- start the New Year with a New You! This was a successful pilot project from the University of Alberta where seniors were taught modules on healthy living, eating, engagement and more. Together you would learn, motivate each other, try to make healthier life choices & meet new people. Sage is working to bring this amazing program online to our seniors in the New Year. If you are interested in learning more, please email rtassone@mysage.ca or call 780-701-9016.

Virtual Support Group for Anxiety and Depression Offered by the Family Center. If you are interested in being part of this group – offered by the Family Centre - it will be approximately a five-week course starting in January. For information or to register please contact Kristen Oliveros, registered therapist, at kristen.oliveros@familycentre.org. Or if you would like more information, please [click](#) here or [here](#), or call 780-900-5934.

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 info 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 call-in programming provided by Sage, you knowingly and voluntarily assume the risks associated. 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 allowing every participant to contribute and letting the facilitator guide and direct the group. Please contact Sage directly at 780-423-5510 if you have an issue with a group member. Please also remember to keep all personal information shared confidential, do not interrupt when others are speaking, and 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.