

Zoom Calendar – February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:30 – 11:00 am Tai Chi with Master Ken 11:15 am – 12:15pm Line Dance	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 – 5:00 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 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	10:00 – 11:00 am Coffee Group 11:15 am - 12:15 pm Everyday Fitness 2:00 – 3:00 pm Zumba Gold with Carina
8	9	10	11	12
9:30 – 11:00 am Tai Chi with Master Ken 11:15 am – 12:15 pm Line Dance	11:00 am – 12:00 pm Busy Fingers & Craft Group 1:00 – 2:00 pm Valentine’s Day Sing-a-long with Elaine 2:30 – 3:30 pm Gentle Yoga with Sydney 4:00 – 5:00 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 12:30 – 1:30 pm Ukulele class: Group 1 2:00 – 3:00 pm Ukulele class: Group 2	10:00 – 11:00 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
15	16	17	18	19
Sage Closed (Family Day Holiday)	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	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 12:30 – 1:30 pm Ukulele class: Group 1 2:00 – 3:00 pm Ukulele class: Group 2	10:00 – 11:00 am Coffee Group 11:15 am - 12:15 pm Everyday Fitness 2:00 – 3:00 pm Zumba Gold with Carina
22	23	24	25	26
9:30 – 11:00 am Tai Chi with Master Ken 11:15 am – 12:15 pm Line Dance 1:00 – 3:00 pm Criminal Justice Q & A and Discussion	11:00 am – 12:00 pm Busy Fingers & Craft Group 1:00 – 2:00 pm Sing-a-long with Elaine	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 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	10:00 – 11:00 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

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 FEBRUARY

Connecting Through Writing Workshop

Thursdays, February 25 – March 18, 3:15 – 4:30 pm

Back (again) by popular demand! 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 February 22 by calling Rachel at 780-701-9016 or email rtassone@mysage.ca.

Criminal Justice Q & A and Discussion

Monday, February 22, 1:00 – 3:00 pm

Join Doug Heckbert, author and former probation officer, and one of his former parolees (Paula) as they share their stories and experiences in the justice system and the life changes brought about from those experiences. Discussion will be followed by a Criminal Justice System question and answer period with Doug, so bring all or your questions you've always wanted to ask about our justice system, parole, restorative justice and more!

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

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

Meeting ID: 657 878 2877

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. Online participation recommended, as phone participants will be able to hear Master Ken but not see the movements. Drop in. Accessible by phone. **Note: Please see waiver for Physical Activity listed below before joining this activity.*

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Line Dance

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

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

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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 – including a special Valentine’s Day session on February 9! Drop in. Accessible by phone.

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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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Managing Mental Health and Wellness Series

Tuesdays (until February 9) 4:00 – 5:00 pm

This five-week series, which started in January covers topics related to mental health, well-being, and a variety of other related subjects. 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.

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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. 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.*

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Staying Well and Thriving During Uncertain Times

Wednesdays (until 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 note that pre-registration was required and is closed to new registrants.*

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. Deadline to register for Group 2 is February 25.

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.

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Meeting ID: 657 878 2877

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.

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.

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.