


Zoom Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>April 2021 Online/ Phone-in Programs</p>	<p>*Better Choices Better Health- Chronic Pain Self-Management Program session dates are: -April 12 – May 17 Mondays, 6:00pm – 8:30pm -April 13 – May 18 Tuesdays, 9:30am – 12:00pm To register: email selfmanagement@ahs.ca or call 780-735-1080 *See full details in write-up below*</p>	<p>*Grandparents who Parent Support Group- April 8-June 10th Details below. Must pre-register by calling Kristine at 780 446 3569 or email knutting@mysage.ca *See full details in write-up below*</p> <p>*New* Sage Telephone Tax Clinic Information Session Drop-in. Online or Phone-in. April 14th 1-2pm</p>		<p>10:45-11:45am Line Dance Drop-in. Online or Phone-in. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>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>*Connecting Through Writing Workshop (4 weeks). New Series begins next week. Must pre-register by calling 780-701-9016 or emailing rtassone@mysage.ca</p>	<p>Good Friday Sage Closed</p>
	<p>Easter Monday Sage Closed</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. 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 https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</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>*Parents of Estranged Children Support Group. April 14-June 16th. Details below. Must pre-register by calling Kristine at 780 446 3569 or email knutting@mysage.ca</p>	<p>10-11:20 Grandparents who Parent Support Group- April 8-June 10th Details below. Must pre-register by calling Kristine at 780 446 3569 or email knutting@mysage.ca</p> <p>10:45-11:45am Line Dance Drop-in. Online/ Phone-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>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>3:15-4:15pm Connecting Through Writing Workshop (4 weeks). On-line or Phone-in. Must pre-register by calling 780-701-9016 or emailing rtassone@mysage.ca</p>	<p>10-11:00 Coffee Group Drop-in- Phone-in or online. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11:15-12:15 Everyday Fitness Drop-in. Phone-in or 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>1-2pm Amazing Elders Series- see below for info to join</p> <p>2:00-3:00pm Zumba Gold (New Class) with Carina Drop-in. Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>

<p>*See program details below for instructions on how to join by computer or by telephone with our toll-free number</p>	<p style="text-align: right;">12</p> <p>9:30-11 Tai Chi with Master Ken Drop-in Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11:15-12:15pm Line Dance Drop-in. Online or Phone-in. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>1-2pm How to Buy a Cell Phone (presented by YMCA digital) Drop-in. Online or Phone-in. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p style="text-align: right;">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. 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 style="text-align: right;">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>1-2pm Sage Telephone Tax Clinic Information Session 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>2:30-4pm Parents of Estranged Children Support Group. Details below. Must pre-register by calling Kristine at 780 446 3569 or email knutting@mysage.ca</p>	<p style="text-align: right;">15</p> <p>10-11:20 Grandparents who Parent Support Group- April 8-June 10th Details below. Must pre-register by calling Kristine at 780 446 3569 or email knutting@mysage.ca</p> <p>10:45-11:45am Line Dance Drop-in. Online/Phone-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>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>3:15-4:15pm Connecting Through Writing Workshop (4 weeks). On-line or Phone-in. Must pre-register by calling 780-701-9016 or emailing rtassone@mysage.ca</p>	<p style="text-align: right;">16</p> <p>10-11:00 Coffee Group Drop-in- Phone-in or online. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11:15-12:05 Everyday Fitness Drop-in. Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>12:15-1pm Mediation with Sonia Drop-in. Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>1-2pm Amazing Elders Series- see below for info to join</p> <p>2:30-3:30pm Zumba Gold (New Class) with Carina Drop-in. Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>
<p>*Device & Computer Help with Dennis is available by appointment. Call Sage's main line at 780-423-5510 and request to set-up some help from Dennis.</p>	<p style="text-align: right;">19</p> <p>9:30-11 Tai Chi with Master Ken Drop-in Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11:15-12:15pm Line Dance Drop-in. Online or Phone-in. Join Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p style="text-align: right;">20</p> <p>11:00 Busy Fingers & Crafts Drop-in- Phone-in or online. Join 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. 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. https://zoom.us/j/6578782877 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>2:30-4pm Parents of Estranged Children Support Group. Details below. Must pre-register by calling Kristine at 780 446 3569 or email knutting@mysage.ca</p>	<p style="text-align: right;">23</p> <p>10-11:20 Grandparents who Parent Support Group- April 8-June 10th Details below. Must pre-register by calling Kristine at 780 446 3569 or email knutting@mysage.ca</p> <p>10:45-11:45am Line Dance Drop-in. Online/Phone-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>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>3:15-4:15pm Connecting Through Writing Workshop (4 weeks). On-line or Phone-in. Must pre-register by calling 780-701-9016 or emailing rtassone@mysage.ca</p>	<p style="text-align: right;">23</p> <p>10-11:00 Coffee Group Drop-in- Phone-in or online. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11:15-12:15 Everyday Fitness Drop-in. 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>1-2pm Amazing Elders Series- see below for info to join</p> <p>2:00-3:00pm Zumba Gold (New Class) with Carina Drop-in. Phone-in or online. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>

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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!

New Programs: 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.

Connecting 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 expressing yourself, connecting and healing. She will encourage participants to write, share, and work through life experiences. 12 participants max. Pre-register before each series deadline by emailing rtassone@mysage.ca or calling Rachel at 780-701-9016 and you will be sent the Zoom link or phone-in information.

Date: Series 1: Thursdays, April 8-29th (registration deadline April 5th)

Series 2- Thursdays, May 20th- June 10th (registration deadline May 18th)

Time: 3:15-4:15pm

Better Choices Better Health- Chronic Pain Self-Management Program – This is a pre-registered, free, 6 week virtual workshop provided by Alberta Health Services. You will learn techniques to control your pain, tips for healthy eating and becoming more active, strategies for talking with your health care team, methods for dealing with your difficult emotion, options for making your everyday tasks easier, ways to take care of yourself to enjoy a better quality of life. Workshop is done with the online platform Zoom (www.zoom.us). Support persons, family and friends are also welcome! To join you need a device (eg. computer, laptop, smartphone) that connects to the internet and has a camera and a microphone. You will want a private space to attend the workshop.

To register: email selfmanagement@ahs.ca or call 780-735-1080

Dates: April 12 – May 17 Mondays, 6:00pm – 8:30pm

April 13 – May 18 Tuesdays, 9:30am – 12:00pm

New Programs Continued: *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.*

Sage Telephone Tax Clinic Information Session (Drop-in)- during the pandemic closure Sage has had to adapt the way we do many things including our income tax clinic! Learn how Sage completes over the phone income tax returns, and get information about processing times, Sage's criteria, learn the types of clinics being offered at Sage and in the community, ask questions and help alleviate some concerns you might have.

Date: Wednesday, April 14th **Time:** 1-2pm

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

Meditation with Sonia Drop-in- online and phone-in. In these monthly sessions group leader, Sonia, will guide the group through meditative exercises and breathing.

*Please see waiver for Physical Activity listed below before joining this activity.

Date: The 3rd Friday of the month- April 16, May 21, June 18th. **Time:** 12:15-1pm

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

Legal Documents You Should Have Presentation- Drop-in. Join a lawyer for this discussion on important documents for you to have and to learn about:

Personal Directives, Power of Attorney, Wills and more. **Dates:** Monday, April 26 and June 21. **Time:** 1-2pm

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

Computer & Technology Classes (presented by YMCA Digital). Classes are drop-in, can be joined by phone or online, and offered monthly.

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

Topics are:

- How to buy a cell phone- April 12th 1-2pm
- Online scams and virus protection- May 10th 1-2pm
- iPhone and iPad Basics- June 14th 1-2pm

Parents of Estranged Children Support Group- Pre-register only. Each week the group meets and discusses topics that support healthy relationships with self and others. We use meditation, readings, and worksheets to support each other as we navigate difficult relationships or life circumstances. Everyone is welcome 50 plus. This group meets via zoom but we do not use the video function. You can call in or use the computer. Runs April 14th – June 16th. Wednesdays from 2:30 – 4:00 p.m. Must pre-register. **To Register:** call Kristine at 780 446 3569 or email knutting@mysage.ca

Grandparents who Parent Support Group- Pre-register only. We are offering an opportunity for grandparents who are parenting to meet with each other, provide support, and continue to strengthen one another! Some of the topics will include: identifying the impact of family histories, healing practices and skills, understanding your “complex” role, building healthy boundaries, exploring legal issues, and promoting hope. Group runs from April 8th – June 10th. Group meets online with zoom (using phone or video) from 10:00 a.m. – 11:20 a.m. Must pre-register. **To Register:** call Kristine at 780 446 3569 or email knutting@mysage.ca

New Programs Continued: *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.*

Amazing Elders Education and Arts series. Every week we have a guest speaker. This series is the only Edmonton education series that is curated and generated by and for seniors. Come join us and contribute to topics and discussions. **Fridays by phone or video via ZOOM 1-2pm.** Email or phone Kristine to get in on the action. knutting@mysage.ca or 780 446 3569.

Topics:

April 9th Aaron Paquette – get reacquainted with this City Councillor. Feel free to ask community questions and also hear his unique and inspiring back story.

April 16th – Artist Nickolas Johnson of Smokey and the Feelings will play a crooners concert special just for all of the Amazing Elders participants. Smokey is a delight, charming and quiet his songs are soulful like he has lived many lives. He also plays great oldies.

April 23rd – Chatsworth Farms virtual Tour. Come with us as the Chatsworth Farms takes on a tour of their new baby chicks and so much more! Interactive and FUN!

April 30th – Jalal Barzanji. Jalal will talk about his book the man in the blue Pajamas. This work describes Jalal's experience being taken prisoner suddenly in the middle of the night, and his long journey to Canada.

May 7th – Karen from Your Organized Friend will join us. She will discuss how to declutter, starting with some of the simple things. Also available will be resources for how to get hands on help with your home.

May 14th – Darrin Haggan Edmonton Theatre artist and Drag queen will be here to do readings from his new play! Darrin will also be joined by Jake Tkaczyk. (This session may be longer than normal!)

May 21st TBA

May 28th – Kate Boorman writing workshop. Come join Kate as she takes us through some writing exercises, so we can write our own worlds and stories. (This session is 1 hour and 30 minutes!)

June 4th – Generation session. Join us as we generate new topics and guest speakers for the next fall session of Amazing Elders. We will close with sharing what the last sessions have given us and how we want to grow.

*In the summer months we transition to weekly in person meet ups weather permitting. Each week we will meet in a north East Edmonton park. We rotate between Hermitage Park, Rundle, and Borden Park. Get your meet up suggestions in now.

***New* Story of- Support Group- Pre-register only.** Covid had compounded many stressors for the senior population. Aggravating mobility issues, sensations of loss, and isolation. Grief can be difficult to burden alone, particularly if you feel 'it's not that bad', or 'I should not be this sad'. This closed group (closed means the same participants every week), works with telling our story up until this point. We identify parts of the story that we might like to highlight more, or change. Each week we begin with a resource; a podcast, a meditation, a reading and then we do a sharing round based on what it is we have been struggling with that week, this lifetime. This group is based on building trust within the group, and facilitating our way through emotions and 'stories'; stories we have about ourselves that maybe are not truly ours. Maybe these stories were given to us by a parent or a sibling or spouse, even a cultural narrative that no longer fits for us. With support of our peers we enjoy this story shaping process as we support each other. Please join us as we discover and uncover your story. The story of one can often be the shared story of many.

Date: Tuesdays, May 4th – June 22nd **Time:** 2- 3:30pm

To Register: call Kristine at 780 446 3569 or email knutting@mysage.ca

Stress Management Class- Pre-register only. Canadian Mental Health Association's Recovery College is offering a one-hour online class **just for seniors** on stress management. The class is held via Zoom, so participants would need a computer/tablet and internet connection. The class will be held in partnership with SAGE. It is free of charge and will be run by two trained facilitators (one of which is a peer supporter who is an expert by experience: they have their own personal story of a mental health or substance use concern, or are supporting a loved one.) Must pre-register by using the link below.

Date & Time: Friday, May 7, 10-11am

Register here: <https://recoverycollegeedmonton.ca/course/stress-management-online-2/>

SHAPES Program – this online pilot will begin in May or June! This was a successful project from the University of Alberta where seniors were taught modules on healthy living, eating, engagement & 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. If you are interested in learning more please email rtassone@mysage.ca

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.*

Tai Chi with Master Ken Drop-in - good for the mind and body, these Tai Chi classes are great for all skill levels. Mostly seated. Join us phone-in (you will hear his explanations but not be able to see Master Ken performing the Tai Chi movements) and Online. ***Please see waiver for Physical Activity listed below before joining this activity.** **Date:** Mondays **Time:** 9:30-11am

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

Line Dance Mondays Drop-in -not your typical line dancing, especially now when it is individual and 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:** Mondays **Time:** 11:15-12:15pm

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. Join us on March 16th for a special St.Patrick's Day singalong and performances. **Date:** Tuesdays **Time:** 1-1:45pm

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 Sydney Drop-in- 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

Gentle Yoga (mostly seated) with Sonia Drop-in- 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

Zumba Gold Wednesdays 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. Thanks to Women in Motion for sponsoring this activity. ***Please see waiver for Physical Activity listed below before joining this activity.** **Date:** Wednesdays (a new class has also been added Fridays)

Time: 2-3pm **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 Continued: *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.*

Line Dance Thursdays Drop-in- not your typical line dancing, especially now when it is individual and 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 **Time:** 10:45-11:45am
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 to register. Limited spaces available so register early! Two multi-level groups currently offered. Both groups will explore a variety of strumming and picking patterns to accompany singing.
Group 1 (12:30-1:30pm) is for more experienced players. Less experienced players are more suited to Group 2 (2:00-3:00pm)
Please note: Not suitable for absolute beginners.
March 4- April 29th (registration deadline is February 25th) **Time: Group one: 12:30-1:30pm Group two: 2-3:00pm**

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**

Live Music with Margaret & Friends Drop-in- Phone-in or online. 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). **Time:** 1-1:45pm
Zoom Link: <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: **657 878 2877**

Everyday Fitness (mostly seated) Drop-in- Phone-in or online. This exercise class uses simple movements to stretch the body, strengthen muscles and improve balance. Great for all skill and ability levels. ***Please see waiver for Physical Activity listed below before joining this activity.**
Date: Fridays **Time:** 11:15-12:15pm (11:15-12:05pm on weeks with Mediation with Sonia) **Zoom Link:** <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: **657 878 2877**

Zumba Gold Fridays 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. Thanks to Women in Motion for sponsoring this activity. ***Please see waiver for Physical Activity listed below before joining this activity.** **Date:** Fridays **Time:** 2-3pm **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 Sage Main Reception at 780-423-5510 and request to set up an appointment with Dennis.

To Join the Online/Phone-in Programming:

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 rassone@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