


# Zoom Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="text-align: center;"><b>May 2021 Online/ Phone-in Programs</b></p>	<p style="text-align: right;">3</p> <p><b>9:30-11 Tai Chi with Master Ken Drop-in</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>11:15-12:15pm Line Dance Drop-in.</b> Online or Phone-in. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>*Coming Friday, May 7<sup>th</sup>. Free Stress Management class with Recovery College.</b> Must pre-register. See details in the write-up below or register here: <a href="https://recoverycollegeedmonton.ca/course/stress-management-online-2/">https://recoverycollegeedmonton.ca/course/stress-management-online-2/</a></p> <p><b>*New Covid Resilience Group-Pre-register only.</b> For anyone feeling the effects of Covid and being isolated. Starts May 11<sup>th</sup>. Details below.</p>	<p style="text-align: right;">4</p> <p><b>11:00 Busy Fingers &amp; Craft Group with Tanya Drop-in-</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>1-2pm Sing-a-long with Elaine Drop-in.</b> Online or Phone-in. <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>2:30-3:30pm Gentle Yoga with Sydney Drop-in.</b> Online or Phone <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p>	<p style="text-align: right;">5</p> <p><b>12-1pm Gentle Yoga with Sonia Drop-in.</b> Online or Phone-in. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>2-3pm Zumba Gold with Carina Drop-in.</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p>	<p style="text-align: right;">6</p> <p><b>10:45-11:45am Line Dance Drop-in.</b> Online or Phone-in. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>12:30-1:30 Ukulele Lesson</b> Must pre-register. Email <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a></p> <p><b>2:00-3pm Ukulele Lesson-</b> Must pre-register. Email <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a></p>	<p style="text-align: right;">7</p> <p><b>10-11:00 Stress Management class with Recovery College.</b> Must pre-register. Register here: <a href="https://recoverycollegeedmonton.ca/course/stress-management-online-2/">https://recoverycollegeedmonton.ca/course/stress-management-online-2/</a></p> <p><b>10-11:00 Coffee Group Drop-in-</b> Phone-in or online. <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>11:15-12:15 Everyday Fitness Drop-in.</b> Phone-in or <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>1-2pm Amazing Elders Series-</b> see below for info to join</p> <p><b>2:00-3:00pm Zumba Gold (New Class) with Carina Drop-in.</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a></p>
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		<p><b>2:30-3:30pm Gentle Yoga with Sydney Drop-in.</b> Online or Phone  <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  Meeting ID: <b>657 878 2877</b></p>		<p><b>*Connecting Through Writing Workshop (4 weeks). New Series begins next week.</b> Must pre-register by calling 780-701-9016 or emailing <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a></p>	<p><b>2:00-3:00pm Zumba Gold (New Class) with Carina Drop-in.</b> Phone-in or online. Join Zoom Meeting  <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  Meeting ID: <b>657 878 2877</b></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;"><b>17</b></p> <p><b>9:30-11 Tai Chi with Master Ken Drop-in</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  Meeting ID: <b>657 878 2877</b></p> <p><b>11:15-12:15pm Line Dance Drop-in.</b> Online or Phone-in. Join Zoom Meeting  <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  Meeting ID: <b>657 878 2877</b></p>	<p style="text-align: right;"><b>18</b></p> <p><b>11:00 Busy Fingers &amp; Craft Group with Tanya Drop-in-</b> Phone-in or online. Join Zoom Meeting  <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  Meeting ID: <b>657 878 2877</b></p> <p><b>1-2pm Sing-a-long with Elaine Drop-in.</b> Online or Phone-in. Join Zoom Meeting  <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  Meeting ID: <b>657 878 2877</b></p> <p><b>2:30-3:30pm Gentle Yoga with Sydney Drop-in.</b> Online or Phone-in. Join Zoom Meeting  <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  Meeting ID: <b>657 878 2877</b></p>	<p style="text-align: right;"><b>19</b></p> <p><b>12-1pm Gentle Yoga with Sonia Drop-in.</b> Online or Phone-in. Join Zoom Meeting  <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  Meeting ID: <b>657 878 2877</b></p> <p><b>2-3pm Zumba Gold with Carina Drop-in.</b> Phone-in or online. Join Zoom Meeting  <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  Meeting ID: <b>657 878 2877</b></p> <p><b>2:30-4pm Parents of Estranged Children Support Group.</b> Details below. Must pre-register by calling Kristine at 780 446 3569 or email <a href="mailto:knutting@mysage.ca">knutting@mysage.ca</a></p>	<p style="text-align: right;"><b>20</b></p> <p><b>10-11:20 Grandparents who Parent Support Group-</b> April 8-June 10<sup>th</sup> Details below. Must pre-register by calling Kristine at 780 446 3569 or email <a href="mailto:knutting@mysage.ca">knutting@mysage.ca</a></p> <p><b>10:45-11:45am Line Dance Drop-in.</b> Online/Phone-in.  <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  Meeting ID: <b>657 878 2877</b></p> <p><b>12:30-1:30 Ukulele Lesson</b> Must pre-register. Email <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a></p> <p><b>2:00-3pm Ukulele Lesson-</b> Must pre-register. Email <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a></p> <p><b>3:15-4:15pm Connecting Through Writing Workshop (4 weeks).</b> On-line or Phone-in. Must pre-register by calling 780-701-9016 or emailing <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a></p>	<p style="text-align: right;"><b>21</b></p> <p><b>10-11:00 Coffee Group Drop-in-</b> Phone-in or online.  <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  Meeting ID: <b>657 878 2877</b></p> <p><b>11:15-12:05 Everyday Fitness Drop-in.</b> Phone-in or online. Join Zoom Meeting  <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  Meeting ID: <b>657 878 2877</b></p> <p><b>12:15-1pm Mediation with Sonia Drop-in.</b> Phone-in or online. Join Zoom Meeting  <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  Meeting ID: <b>657 878 2877</b></p> <p><b>1-2pm Amazing Elders Series-</b> see below for info to join</p> <p><b>2:30-3:30pm Zumba Gold (New Class) with Carina Drop-in.</b> Phone-in or online. Join Zoom Meeting  <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  Meeting ID: <b>657 878 2877</b></p>

<p><b>*Device &amp; Computer Help with Dennis</b> is available by appointment. Call Sage's main line at 780-423-5510 and request to set-up some help from Dennis.</p>	<p>24</p> <p><b>Sage Closed</b></p>	<p>25</p> <p><b>11:00 Busy Fingers &amp; Crafts Drop-in-</b> Phone-in or online. Join <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>1-2pm Sing-a-long with Elaine Drop-in.</b> Online or Phone-in. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>2:30-3:30pm Gentle Yoga with Sydney Drop-in.</b> Online or Phone. <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p>	<p>26</p> <p><b>12-1pm Gentle Yoga with Sonia Drop-in.</b> Online or Phone-in. Join Zoom <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>2-3pm Zumba Gold with Carina Drop-in.</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>2:30-4pm Parents of Estranged Children Support Group.</b> Details below. Must pre-register by calling Kristine at 780 446 3569 or email <a href="mailto:knutting@mysage.ca">knutting@mysage.ca</a></p>	<p>27</p> <p><b>10-11:20 Grandparents who Parent Support Group-</b> April 8-June 10<sup>th</sup> Details below. Must pre-register by calling Kristine at 780 446 3569 or email <a href="mailto:knutting@mysage.ca">knutting@mysage.ca</a></p> <p><b>10:45-11:45am Line Dance Drop-in.</b> Online/Phone-in. <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>12:30-1:30 Ukulele Lesson</b> Must pre-register. Email <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a></p> <p><b>2:00-3pm Ukulele Lesson-</b> Must pre-register. Email <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a></p> <p><b>3:15-4:15pm Connecting Through Writing Workshop</b> (4 weeks). On-line or Phone-in. Must pre-register by calling 780-701-9016 or emailing <a href="mailto:rtassone@mysage.ca">rtassone@mysage.ca</a></p>	<p>28</p> <p><b>10-11:00 Coffee Group Drop-in-</b> Phone-in or online. <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>11:15-12:15 Everyday Fitness Drop-in.</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>1:00-1:45 Live Music with Margaret Drop-in.</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>1-2pm Amazing Elders Series-</b> see below for info to join</p> <p><b>2:00-3:00pm Zumba Gold (New Class) with Carina Drop-in.</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p>
	<p>31</p> <p><b>9:30-11 Tai Chi with Master Ken Drop-in</b> Phone-in or online. Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>11:15-12:15pm Line Dance Drop-in.</b> Online or Phone-in. Join Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p>			<p><b>To Join Online:</b> - you may not need to download Zoom or create your own Zoom account - just go on the internet to <a href="http://www.zoom.us">www.zoom.us</a> - 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. <b>657 878 2877</b>). - or where there is blue internet link on the email, as listed above as <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>, click on your right mouse button and select "open hyper link" and you're there!</p>	<p><b>To Join by Phone:</b> To join Zoom phone-in programming using the toll-free number: 1) Call: 1-855-703-8985 2) Enter Meeting ID: (the host channel's personal meeting ID, for example <b>657 878 2877</b>) then press the #key 3) It says enter Participant ID # or press pound key: press # key 4) Say your name &amp; 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.</p>

We will be adding to our calendar as time goes on. For our current full schedule of programs please visit [www.mysage.ca](http://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.*

**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/>

**\*New\* Covid Resilience Group- Pre-register only.** For anyone feeling the effects of Covid and being isolated. Covid has 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 11<sup>th</sup> – June 29<sup>nd</sup> **Time:** 2- 3:30pm

**To Register:** call Kristine at 780 446 3569 or email [knutting@mysage.ca](mailto:knutting@mysage.ca)

**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](mailto:rtassone@mysage.ca) or calling Rachel at 780-701-9016 and you will be sent the Zoom link or phone-in information.

**Date:** Thursdays, May 20<sup>th</sup>- June 10<sup>th</sup> (registration deadline May 18<sup>th</sup>)

**Time:** 3:15-4:15pm

**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 3<sup>rd</sup> Friday of the month- 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

**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:**

- Online scams and virus protection- May 10th 1-2pm
- iPhone and iPad Basics- June 14th 1-2pm

**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.*

**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 – June. 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](mailto:knutting@mysage.ca)

**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](mailto:knutting@mysage.ca) or 780 446 3569.

**Topics:**

May 7<sup>th</sup> – 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 14<sup>th</sup> – 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 21<sup>st</sup> TBA

May 28<sup>th</sup> – 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 4<sup>th</sup> – 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.

## Coming Soon for Online/Phone-in Programming:

**Geriactors new play “Way Back” (Pre-register only)** -to celebrate Seniors Week, GeriActors, an intergenerational theatre company ranging in ages from early 20’s to 90, are performing their new play over Zoom and the telephone. With music, videos and photos their stories will be brought to life on your screen. Their newest play, “Way Back” is a kaleidoscope of true stories- growing up during WWII, farm life in Alberta and Sri Lanka, birth an motherhood, growing up in Trinidad, and more- this play remembers the moments of joy, hardship, triumph and magic we all experience.

**Date:** Tuesday, June 8<sup>th</sup> at 1pm

**To Register:** call Rachel at 780 701-9016 and leave a message to be sent the phone or zoom link information or email [rtassone@mysage.ca](mailto:rtassone@mysage.ca)

**SHAPES Program** – this online pilot will begin in 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](mailto:rtassone@mysage.ca)

**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, 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

**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 16<sup>th</sup> 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](mailto: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  
**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 (2<sup>nd</sup> and 4<sup>th</sup> 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](http://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](mailto:rassone@mysage.ca) for the program invite or see Sage's calendar or newsletter at [www.mysage.ca](http://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