


Zoom Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>June 2021 Online/Phone-in Programs</p>	<p><u>June Highlights:</u></p> <p>*New SHAPES info session on June 4th- learn about this great, free program that promotes seniors connecting and healthy ageing (from the U of A). See details below. Program is 12 weeks and begins mid-June.</p> <p>*Celebrate Senior's Week with a GeriActors performance of their new play "Way Back" on June 8th</p> <p>*Lawyer presenting on Legal Documents Your Should Have (Wills, Power of Attorney & more) on June 21</p> <p>*iPad & iPhone Basics Presentation on June 14th</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- cancelled until June 22nd as instructor is away</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>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 life@mysage.ca</p> <p>2:00-3pm Ukulele Lesson- Must pre-register. Email life@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>1-2pm Amazing Elders Series- see below for info to join</p> <p>1-2pm SHAPES Info session Meeting ID: 971 6263 1282 Meeting Link: https://ualberta-ca.zoom.us/j/97162631282</p> <p>2:00-3:00pm Zumba Gold (New Class) with Carina – Cancelled today as instructor is away</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>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>1:00 GeriActors Performance of "Way Back" - celebrate Senior's Week with this amazing intergenerational performance honouring group members and their stories. Must pre-register. See details below.</p> <p>1-2pm Sing-a-long with Elaine Drop-in- cancelled today due to GeriActors performance</p> <p>2:30-3:30pm Gentle Yoga with Sydney Drop-in- cancelled until June 22nd as instructor is away</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>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 life@mysage.ca</p> <p>2:00-3pm Ukulele Lesson- Must pre-register. Email life@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 life@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>10:30-12pm 14th Annual Sage Awards. Must pre-register. Click here or see details listed below. 2021 Sage Awards Tickets</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>1-2pm Amazing Elders Series- see below for info</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>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;">14</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 iPhone and iPad Basics Class (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;">15</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- cancelled until June 22nd as instructor is away</p>	<p style="text-align: right;">16</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 style="text-align: right;">17</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 life@mysage.ca</p> <p>2:00-3pm Ukulele Lesson- Must pre-register. Email life@mysage.ca</p> <p>*Registration deadline for Connecting Through Writing new series (June 24-July 22nd) Must pre-register by calling 780-701-9016 or emailing life@mysage.ca</p>	<p style="text-align: right;">18</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;">21</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 Legal Documents You Should Have – Wills, Power of Attorney & more. 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;">22</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;">23</p> <p>12-1pm Gentle Yoga with Sonia Drop-in. Online or Phone-in. Join Zoom 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 style="text-align: right;">24</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 life@mysage.ca</p> <p>2:00-3pm Ukulele Lesson- Must pre-register. Email life@mysage.ca</p> <p>3:15-4:15pm Connecting Through Writing Workshop new series begins (4 weeks). On-line or Phone-in. Must pre-register by calling 780-701-9016 or emailing life@mysage.ca</p>	<p style="text-align: right;">25</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</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 style="text-align: right;">28</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;">29</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;">30</p> <p>12-1pm Gentle Yoga with Sonia Drop-in. Online or Phone-in. Join Zoom 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>To Join Online: - you may not need to download Zoom or create your own Zoom account - 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!</p>	<p>To Join by Phone: 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 657 878 2877) then press the #key 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.</p>

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.*

SHAPES Info Session- (Support Healthy Aging by Peer Education and Support)- Learn about this free, great program that promotes seniors connecting, healthy ageing and how to manage your health. (from the U of A). This was a popular in-person program that is now being trialed in an online format. Virtual SHAPES is a 12 week health education program. Education sessions on the topic of healthy brain, heart and bones will be delivered by trained peer health coaches.

Date: Friday, June 4th at 1pm

To join the info session:

Meeting ID: 971 6263 1282

Meeting Link: <https://ualberta-ca.zoom.us/j/97162631282>

SHAPES Program - (Support Healthy Aging by Peer Education and Support)- Join this free, great program that promotes seniors connecting and healthy ageing and how to manage your health. (from the U of A). This was a popular in-person program that is now being trialed in an online format. Virtual SHAPES is a 12 week health education program. Education sessions on the topic of healthy brain, heart and bones will be delivered by trained peer health coaches. It will run weekly mid-June to August. (Info session is June 4th. Details to join info session are above.) For more information and to participate please contact:

Anahat Juneja

Telephone: 780-492-5338 (24/7 confidential voice mail)

Email: ajuneja@ualberta.ca

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 8th 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 life@mysage.ca

14th Annual Sage Awards- Please join us virtually for this amazing event to celebrate the stories of older adults and their extraordinary contributions to community. Tickets are free but limited. Click here to register for your ticket: [2021 Sage Awards Tickets](#) or call 780-809-8604. Event can be joined both online or by phone. Please note that while welcome, phone in-participants will not experience the visual components of the Sage Awards.

Date: Friday, June 11th **Time:** 10:30-12pm

iPhone and iPad Basics Class (presented by YMCA Digital). Class is drop-in, can be joined by phone or online. Date: June14th 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- 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

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 life@mysage.ca or calling Rachel at 780-701-9016 and you will be sent the Zoom link or phone-in information.

Date: Thursdays, May 20th- June 10th. Registration deadline May 18th **Time:** 3:15-4:15pm

Thursdays, June 24- July 22nd (no class July 1st). Registration deadline June 17th **Time:** 3:15-4:15pm

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:

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.

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: June 10- July 22nd (except July 1) Thursdays, 6-8:30pm

June 21- July 26 – Mondays, 9:30am – 12:00pm

Legal Documents You Should Have Presentation- Drop-in. Online or Phone-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.

Date: 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

On-going Programming Online/Phone-in Cont'd: *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.*

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 (there are no classes June 1,8 &15 as instructor is away) **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

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 life@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**

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.*

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 rtassone@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