


Zoom Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>July 2021 Online/Phone-in Programs</p>	<p>July Highlights:</p> <p>-Shared Mic Podcast Series: "Careers in Music" discussion of a father & son's personal experiences in the local music scene July 12th</p> <p>-Do's & Don'ts of Funeral Planning Ahead July 19th</p> <p>-Live Music with Margaret July 9 & 23rd. Listen along or even prepare a song to share if you'd like.</p>			<p>Canada Day Sage Closed</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>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:</p> <ul style="list-style-type: none"> - 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 	<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>1-2pm 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- Instructor is away. Will resume August 10th</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). 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>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>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>	<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 Shared Mic Podcast Series Introduction "Careers In Music" 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. Instructor is away. Will resume August 10th</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>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;">15</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 On-line or Phone-in. Must pre-register by calling 780-701-9016 or emailing life@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 –cancelled July & August</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 Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>1-2pm Do's & Don'ts of Funeral Planning Ahead. 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;">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- Instructor is away. Will resume August 10th</p>	<p style="text-align: right;">21</p> <p>12-1pm Gentle Yoga with Sonia Drop-in- cancelled as instructor is away</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;">22</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 On-line or Phone-in. Must pre-register by calling 780-701-9016 or emailing life@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</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>

	26	27	28	29	30
	<p>*Please note Sage's Life Enrichment program will be taking breaks in the summer from July 26th – August 6th and from August 23rd to September 6th. See write-up below for more details.</p>	<p>No Sage Life Enrichment Online/Phone-in Programming Today</p>	<p>No Sage Life Enrichment Online/Phone-in Programming Today</p>	<p>No Sage Life Enrichment Online/Phone-in Programming Today</p>	<p>No Sage Life Enrichment Online/Phone-in Programming Today</p> <p>*1-2pm Amazing Elders Series- see below for info to join</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!

***Please note Sage's Life Enrichment program will be taking breaks in the summer from July 26th – August 6th and from August 23rd to September 6th.** If you would like to join in programming during those times, the Edmonton Senior Center Without Walls programming might be a suitable option. The Edmonton Seniors' Center Without Walls offers a variety of interactive telephone-based social and health programming, free of charge. You can access all these programs with your phone from the comfort of your own home. **To register or for information** please call the Edmonton Southside Primary Care Network at 780.395.2626. Or a program calendar can be found on their website at www.espcn.ca/SCWW

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.*

Do's and Don'ts on Funeral Planning Ahead –Would you know whom to call? Where would you start? Would your family know what to do? Join us for a candid conversation about planning a funeral ahead of time so your family will be better prepared. We will walk you through a few easy steps on how to protect you and your family by planning plan ahead. Money saving tips and more... **Everyone who attends will receive a Free Personal Planning Guide and a no obligation private consolation with a Family service counselor in person or virtual web meeting.** Presented by Dignity Memorial. Drop-in. Online or Phone in.

Date: Monday, July 19th 1-2pm **Zoom Link:** <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: 657 878 2877

Shared Mic Podcast Series- What is a podcast? Join us and find out! A podcast is like the old days of radio but available online. And this specific podcast series, The Shared Mic, is **Edmonton's first unscripted, intergenerational podcast.** Two people of different ages and stages come together to interview each other about shared life experiences to find connection. A wide variety of interesting topics are covered. This podcast series is hosted by Age Friendly Edmonton. Each session we will learn about podcasts, listen to a specific Shared Mic podcast and then have a discussion about the podcast's content. This is a great opportunity to learn, discuss, and to meet new people. Pre-register. Online or phone-in.

To Register: Email life@mysage.ca or call 780-701-9016 by the first Monday (unless a holiday) monthly to register and receive the zoom link and information package.

Dates: 2nd Monday monthly- July 12th (register by July 5th), August 9th (register by August 10th), September 13th (register by September 7th)

Topics:

- **July 12th: Careers in Music** [The Shared Mic: Conversations for the Ages](#)- Gord and Travis Matthews are father and son, and a pair of fabulous musicians! Their conversation reflects the evolution of Edmonton's music scene and the challenges that accompany this creative career-past and present. While producing music in the era of the internet has made marketing oneself easier in certain respects, it also brings along its own set of challenges. New and upcoming musicians pit themselves against the big names of yesteryear in an endless catalogue of digital music archives. The internet has also revolutionized the way we enjoy music. In the eighties, it was common to see line-ups out the door at venues like the "Riv Rock" every weekday while now people enjoy an endless array of entertainment from home. Listen to Gord and Travis discuss some of their connections and differences, working as musicians in Edmonton. Sponsored by Age Friendly Edmonton.
- **August 9th: Edmonton Folk Music Festival** [The Shared Mic: Conversations for the Ages](#)- Edmonton's Folk Music Festival is a world renowned event that holds a special place in the hearts of the many Edmontonians who volunteer at the festival each year. The Festival brings out a sense of community like no other and this theme is explored by Vicki Fannon, a bit of a local legend and the previous Festival Manager of Volunteers, and Marianne Stover, the current Manager of Volunteers. What emerges is a rich discussion about the importance of community, the value of passionate volunteers and the discovery of friendships.

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

Date: Series 1: Thursdays, June 24-July 22nd (no class July 1st). Registration deadline June 22nd/ **Series 2-** Thursdays, Sept. 9-30th (registration deadline September 7th)

Lawn Bowling with Highlands Lawn Bowling Club!- Please join the Aging to Saging group as we try out the Lawn Bowling at the Highlands lawn Bowling club. If mobility is an issue they have all kinds of support tools to help folks with mobility challenges (like knees that disagree with things like bending). Currently we are proposing Friday afternoon August 6th. Please email knutting@mysage.ca, or call 780 446 3569 and leave your name and number. Cost is \$5 for the afternoon. There are very few of us going and we would Love for you to join us! Transport is so far not included but could be arranged through drive happiness, or potential carpooling.

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. 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 *no class July 26, August 2, August 23, 30 & Sept. 6th

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

*no class July 26, August 2, August 23, 30 & Sept. 6th

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 *no group July 27, August 3, August 24 & 31st

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.

Date: Tuesdays **Time:** 1-1:45pm *no group July 27, August 3, August 24 & 31st

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. Note these classes will be cancelled May 26-June 15th and returning June 22nd. Instructor is away. No classes until August 10th ***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 (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 *no class July 21, July 28, August 4, August 25th and Sept. 1st **Zoom Link:** <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: 657 878 2877

Zumba Gold with Carina Wednesdays 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. ***Please see waiver for Physical Activity listed below before joining this activity.**

Date: Wednesdays **Time:** 2-3pm *no class July 28, August 4, August 25th and Sept. 1st

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 *no class July 29, August 5, August 26 & Sept.2nd
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. Please note: Not suitable for absolute beginners.
Group 1 (12:30-1:30pm) is for more experienced players. Less experienced players are more suited to Group 2 (2:00-3:00pm)
Dates: Thursdays **Time: Group one:** 12:30-1:30pm **Group two:** 2-3:00pm *no class July 29, August 5, August 26 & Sept.2nd

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 *no group July 30, August 6, August 27 and Sept. 3rd
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 only. 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). * no program August 27th **Time:** 1:00pm
Zoom Link: <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: **657 878 2877**

Zumba Gold with Carina Fridays 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. ***Please see waiver for Physical Activity listed below before joining this activity.**
Date: Fridays **Time:** 2-3pm *no class July 30, August 6, August 27 and Sept. 3rd
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- September 17th (no classes July & August)

Amazing Elders- In the summer months Amazing Elders transitions to weekly in person meet ups weather permitting. Each week they will meet in a north East Edmonton park. They rotate between Hermitage Park, Rundle, and Borden Park (while following public health measures). For more information about each week's gathering email or phone Kristine to get in on the action. knutting@mysage.ca or 780 446 3569.

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 Zoom programming using Sage's toll-free number:

- 1) Call: 1-855-703-8985
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- 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