


Zoom Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>September 2021</p>	<p>*Please note Sage's Life Enrichment online/phone-in programming will be taking breaks in the summer from July 26th – August 6th and from August 23rd to September 6th. The online/phone-in programs will resume Sept. 7th. 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>*Connecting Through Writing Workshop begins next week On-line or Phone-in. Must pre-register by calling 780-701-9016 or emailing life@mysage.ca</p>	<p>No Sage Life Enrichment Online/Phone-in Programming Today</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, select "open hyper link"</p>	<p>Sage Closed for Labour Day</p>	<p>*New Time* 9-10am 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>*New Time* 10:30-11:15am Sage SING with Elaine- 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>*Gentle Yoga with Sydney online cancelled until further notice</p>	<p>12-1pm Gentle Yoga with Sonia Drop-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>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>10-11:00 Coffee Group Drop-in- Phone-in or online. 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>2:00-3:00pm 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 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;">13</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>Join Sage's free Virtual Senior's Health, Wellness, And Housing Forum Sept. 27-Oct 1st (excluding Sept. 30) 9-5pm. To participate by phone call (780)809-8604 to request a printed copy of the program (takes 1 week to be mailed) or to register to attend or for info visit www.seniorsforum.ca</p>	<p style="text-align: right;">14</p> <p>*New Time* 9-10am 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>*New Time* 10:30-11:15am Sage SING with Elaine- 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, 2-3pm Ukulele Lessons Must pre-register. Email life@mysage.ca</p> <p>*Gentle Yoga with Sydney online cancelled until further notice</p>	<p style="text-align: right;">15</p> <p>12-1pm Gentle Yoga with Sonia Drop-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;">16</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>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;">17</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>2:00-3:00pm 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>*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;">20</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>Join Sage's free Virtual Senior's Health, Wellness, And Housing Forum Sept. 27-Oct 1st (excluding Sept. 30) 9-5pm. To participate by phone call (780)809-8604 to request a printed copy of the program (takes 1 week to be mailed) or to register to attend or for info visit www.seniorsforum.ca</p>	<p style="text-align: right;">21</p> <p>*New Time* 9-10am 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>*New Time* 10:30-11:15am Sage SING with Elaine- 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, 2-3pm Ukulele Lessons Must pre-register. Email life@mysage.ca</p> <p>*Gentle Yoga with Sydney online cancelled until further notice</p>	<p style="text-align: right;">22</p> <p>12-1pm Gentle Yoga with Sonia Drop-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;">23</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>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;">24</p> <p>10-11:00 Coffee Group Drop-in- Phone or online. 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 https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>2:00-3:00pm Zumba Gold with Carina Drop-in. Phone-in or online. 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!

***Please note Sage's Life Enrichment online/phone-in program will be taking a break 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.

Fall Program Update: *Although it stated in the Fall Link newsletter that starting in October some of our programs are hoping to return to being held in-person, the transition to in-person programming is being postponed at this time. Life Enrichment programs will continue to be offered phone-in/online via Zoom. Please always see the website or call 780-423-5510 for Life Enrichment information.*

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 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: Thursdays, Sept. 9-30th (registration deadline September 7th)

Foot Clinic- Edmonton Foot Care Academy is having their students provide free Foot Care! They provide quality Therapeutic Foot Care and are able to work with anyone, including anyone that is diabetic. Each appointment will include general & diabetic foot assessments, nail cutting and shaping, corn & callus reduction, assistance with ingrown & fungal nails, and moisturizing & foot massage. Reminder masks are required

Date: Sept. 29th & November TBA. **Location:** Auditorium

- Pre-registration **required** each session as spaces are limited. Call Sage Assessment & Intake line at 587-773-1764 and request a foot care clinic appointment and leave your contact information. Someone will call you back to book your appointment. Appointment are limited and first come first serve.

The Virtual Senior's Health, Wellness, and Housing Forum- will run from September 27 - September and October 1st from 9:00 am - 5:00 pm and is free to all who wish to attend. Over the course of the 4-day programming, a wide range of topics will be covered, including anxiety and post-traumatic growth after the pandemic, financial literacy, seniors housing options, supportive and facility living options, information on Canada Pension and Old Age Security benefits, resources available for mature drivers, standing up against ageism and understanding how social factors are impacting culturally diverse seniors — just to name a few.

- The event concludes on International Day of Older Persons on October 1st, and will include an introduction to Zumba, live music, story sharing, and performances by the GeriActors, an intergenerational theatre troupe.
- People who plan to participate by phone can call (780) 809-8604 to request a printed copy of the program, which will be mailed out approximately a week before the Forum starts. The program for the Forum can also be found online.

For more information about the Virtual Seniors' Forum, or to register to attend the event, please visit www.seniorsforum.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. 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

***New Time* 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:** 9-10am **Zoom Link:** <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: 657 878 2877

***New Time* Sage SING with Elaine Drop-in-** Phone-in and Online- Join Elaine for all of your sing-a-long favorites.

Date: Tuesdays **Time:** 10:30-11:15am **Zoom Link:** <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: 657 878 2877

***New Date & Time* 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 starting Sept.10th **Time:** 11:30-12:30pm **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 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 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 Sept.2nd

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

***New Day* 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: Tuesdays **Time: Group one:** 12:30-1:30pm **Group two:** 2-3:00pm *no class 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 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). **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 Sept. 3rd and *no class Oct.1st at regular time, due to Virtual Seniors Forum Online. (Go to www.seniorsforum.ca for info or to register for that day.) **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 Oct. & Nov. (no classes August & September)

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.

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 - 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/UAA3MADuvsq>

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 life@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