


## Zoom Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>November 2021</b></p>	<p><b>1</b></p> <p><b>9:30-11am 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>2</b></p> <p><b>9-10am 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>10:30-11:15am Sage SING 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>12:30-1:30pm Ukulele Lesson</b> Must pre-register. Email <a href="mailto:life@mysage.ca">life@mysage.ca</a></p> <p><b>2:00-3pm Ukulele Lesson-</b> Must pre-register. Email <a href="mailto:life@mysage.ca">life@mysage.ca</a></p>	<p><b>3</b></p> <p><b>12-1pm Gentle Yoga &amp; Mindfulness with Sonia Drop-in.</b> Online/ Phone. 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>1:15-2:15pm Better Balance Classes (with U of A Physical Therapy Students)</b> Registration closed.</p> <p>*Reg. deadline for Managing Mental Health &amp; Wellness Series is Nov. 4<sup>th</sup> (starts Friday)</p>	<p><b>4</b></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>11-12pm Aging with Pride Group. See Topic Below.</b> Must pre-register. Please call 780 701-9016 or email <a href="mailto:agingwithpride@pridecentreofedmonton.ca">agingwithpride@pridecentreofedmonton.ca</a></p> <p><b>1-2pm Gentle Yoga with Sydney Drop-in.</b> 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>3-4pm Connecting Through Writing Workshop</b> (last class). Must pre-register for next series- details below in write-up.</p>	<p><b>5</b></p> <p><b>10-10:45am Coffee Drop-in-</b> Phone/online. <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>11-11:50am Managing Mental Health &amp; Wellness During a Pandemic Series 1.</b> Online or Phone-in. Pre-register. Details Below.</p> <p><b>12-12:50pm Meditation &amp; Pranayama (Breathing) with Sonia Drop-in-</b> <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> Join Zoom Meeting <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p>
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	<p style="text-align: right;"><b>15</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><b>1-2pm Shared Mic Podcast Series. Topic: Careers in Music</b> (Online and Phone-in). You must pre-register for this session. Registration deadline is Nov. 8th Email <a href="mailto:life@mysage.ca">life@mysage.ca</a> or call 780-701-9016 to register.</p>	<p style="text-align: right;"><b>16</b></p> <p><b>9-10am 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>10:30-11:15am Sage SING 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>12:30-1:30 Ukulele Lesson</b> Must pre-register. Email <a href="mailto:life@mysage.ca">life@mysage.ca</a></p> <p><b>2:00-3pm Ukulele Lesson-</b> Must pre-register. Email <a href="mailto:life@mysage.ca">life@mysage.ca</a></p>	<p style="text-align: right;"><b>17</b></p> <p><b>12-1pm Gentle Yoga &amp; Mindfulness with Sonia Drop-in.</b> Online/ Phone. 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>1:15-2:15pm Better Balance Classes (with U of A Physical Therapy Students)</b> On-line or Phone-in. Registration closed.</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;"><b>18</b></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>11-12pm Aging with Pride Group. See Topic Below.</b> Must pre-register. Please call 780 701-9016 or email <a href="mailto:agingwithpride@pridecentreeofedmonton.ca">agingwithpride@pridecentreeofedmonton.ca</a></p> <p><b>1-2pm Gentle Yoga with Sydney Drop-in.</b> 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>3-4pm Connecting Through Writing Workshop with Adele</b> Begins Today. On-line or Phone-in. Must pre-register by calling 780-701-9016 or emailing <a href="mailto:life@mysage.ca">life@mysage.ca</a></p>	<p style="text-align: right;"><b>19</b></p> <p><b>10-10:45am Coffee Drop-in-</b> Phone/online. <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>11-11:50am Managing Mental Health &amp; Wellness During a Pandemic Series 1.</b> Online or Phone-in. Pre-register. Details Below.</p> <p><b>12-12:50pm Meditation &amp; Pranayama (Breathing) with Sonia Drop-in-</b> <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>*New time today only*</b> <b>1-1:45pm Zumba Gold with Carina Drop-in-</b> 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 style="text-align: right;"><b>22</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>23</b></p> <p><b>9-10am 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>10:30-11:15am Sage SING 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>12:30-1:30 Ukulele Lesson</b> Must pre-register. Email <a href="mailto:life@mysage.ca">life@mysage.ca</a></p> <p><b>2:00-3pm Ukulele Lesson-</b> Must pre-register. Email <a href="mailto:life@mysage.ca">life@mysage.ca</a></p>	<p style="text-align: right;"><b>24</b></p> <p><b>12-1pm Gentle Yoga &amp; Mindfulness with Sonia Drop-in.</b> Online/ Phone. 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>1:15-2:15pm Better Balance Classes (with U of A Physical Therapy Students)</b> Registration now closed</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;"><b>25</b></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>11-12pm Aging with Pride Group. See Topic Below.</b> Must pre-register. Please call 780 701-9016 or email <a href="mailto:agingwithpride@pridecentreeofedmonton.ca">agingwithpride@pridecentreeofedmonton.ca</a></p> <p><b>1-2pm Gentle Yoga with Sydney Drop-in.</b> 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>3-4pm Connecting Through Writing Workshop with Adele</b> On-line or Phone-in. Must pre-register by calling 780-701-9016 or emailing <a href="mailto:life@mysage.ca">life@mysage.ca</a></p>	<p style="text-align: right;"><b>26</b></p> <p><b>10-10:45am Coffee Drop-in-</b> Phone/online. <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>11-11:50am Managing Mental Health &amp; Wellness During a Pandemic Series 1</b> Pre-register. Details Below.</p> <p><b>12-12:50pm Meditation &amp; Pranayama (Breathing) with Sonia Drop-in-</b> <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>1:00-1:45pm Live Music with Margaret Drop-in.</b> <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> <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></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](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!*

**Fall Program Update:** *Although it stated in the Fall Link newsletter that starting in October some of our programs were 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.*

**Meditation and Pranayama with Sonia Drop-in** (Online and phone-in)- In these sessions group leader, Sonia, will guide the group through meditation, gentle exercises and breath work. Meditation helps us to live in the present moment and to relax the mind. In meditation you let things be as they are, without judgment, and in that way you yourself learn to be. We will meditate together every week and learn some tools you can use at home. Pranayama is the yogic practice of focusing on breath. Gentle meditation and breathing techniques will help you slowly experience the grace within you. Join and let's meditate together from the comfort of your home. **\*Please see waiver for Physical Activity listed below before joining this activity.**

**Dates:** Every Friday starting Nov. 5<sup>th</sup> (except Dec. 23<sup>rd</sup>'s class will be held on a Thursday), 12:00-12:50pm

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

**Managing Mental Health & Wellness During the Pandemic Series** (Online & Phone-in)- a great opportunity to meet as a small group and learn about mental health and wellbeing, the impacts of the pandemic on mental health & wellness, as well as variety of other topics related to general health. The group is free, and is facilitated by a Mental Health Therapist. Weekly topics presented each week will include stress, anxiety, depression, loss & grief, self-care & more. There will also be group discussion and sharing (if participants want to participate). These sessions are great to improve your health & sense of wellbeing, learn about mental health and how it affects everyone, and also build some community with fellow participants. Sessions are pre-register only. Register before each session deadline by calling 780-701-9016 or email [life@mysage.ca](mailto:life@mysage.ca). Group is 12 participants maximum.

**Dates:** Series 1: Fridays, starting November 5-26<sup>th</sup> (4 weeks) **Time:** 11-11:50am. Registration deadline is November 4<sup>th</sup>.

Series 2: Fridays, starting December 3-22<sup>nd</sup> (4 weeks, final week is held on a Wednesday) **Time:** 11-11:50am. Registration deadline is Dec. 2<sup>nd</sup>.

**Gentle Yoga & Mindfulness with Sonia Drop-in** (Online and phone-in)- In these weekly sessions group leader, Sonia, will guide the group through gentle and simple yoga movements, exercises and stretches. It is seated or standing with the support of a chair. Sonia also leads the group through exercises and breath work that strengthen the connection between your mind and body. In yoga, breath is associated with the life force, thus, focus on breath elevates your energies or Shakti. Join from the comfort of your home every week. **\*Please ensure you have consulted your doctor and taken all necessary precautions before joining this activity.**

**Date:** Every Wednesday starting Nov. 3<sup>rd</sup> **Time:** 12-1pm

**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** (Online and phone-in)- This is a free, 4-week workshop where writing prompts are given, there are a few minutes to write, and then everyone shares and discusses with the group (if comfortable). It is a great tool for learning, expressing yourself, connecting and sharing. 12 participants max. Pre-register before series deadline by email [life@mysage.ca](mailto:life@mysage.ca) or 780.423.5510 to receive Zoom or phone-in information.

**Time:** Each series below is from 3-4pm:

- Series 2 - Thursdays, Oct. 14 - Nov. 4. Registration deadline Oct. 7 with Valary.
- Series 3 - Thursdays, Nov. 18 - Dec. 9. Registration deadline Nov. 12 with Adele.

**\*Better Balance Classes with U of A Physical Therapy Students on Wednesdays-** Please note that registration for this program is now closed.

**Shared Mic Podcast Series** (Online and phone-in)- 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. Pre-registration **required**. Email [life@mysage.ca](mailto:life@mysage.ca) or call 780.701.9016 by the monthly deadline to register and receive the Zoom link and information package. **Topic: Careers in Music**- Monday November 15, 1pm (registration deadline is November 8<sup>th</sup>)

**\*New\* Aging with Pride** (Online and phone-in)- A group for LGBTQ2S+ seniors and allies that meets weekly to learn, have discussions, connect, and socialize. See meeting schedule below. Aging with Pride is a partnership between The Pride Centre of Edmonton, Edmonton Pride Seniors Group (EPSG) and Sage Seniors Association. Pre-registration **required** each week to get Zoom information. Please email [agingwithpride@pridecentreofedmonton.ca](mailto:agingwithpride@pridecentreofedmonton.ca) or call 780-701-9016. **Date:** Thursdays, 11-12pm

**Aging with Pride Schedule** (Schedule may be subject to change):

- Nov 4 - Georgette Reed: LGBTQ2S+ issues at and around the Olympics
- Nov 11 - Sage Closed
- Nov 18 - John MacDougall: LGBTQ2S+ issues in the military
- Nov 25 - Rob Browatzke: Social and charitable roles of the Imperial Court of the Wild Rose
- Dec 2 - Eric Story- Me vs Them: Fraud & Scam Protection Presentation
- Dec 9 – Holiday season drop-in
- Dec 16 - Party Queens Performance (Dec 23, 30 - No Meetings)

**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** (Online and phone-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** (Online and phone-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. Join us phone-in (you will hear the music but not be able to see Nancy performing the movements) and Online **\*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** (Online and phone-in)- 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**

**Sage SING with Elaine Drop-in** (Online and phone-in)- Join Elaine and friends 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**



**Gentle Yoga & Mindfulness with Sonia Drop-in** (Online and phone-in)- In these weekly sessions group leader, Sonia, will guide the group through gentle and simple yoga movements, exercises and stretches. It is seated or standing with the support of a chair. Sonia also leads the group through exercises and breath work that strengthen the connection between your mind and body. In yoga, breath is associated with the life force, thus, focus on breath elevates your energies or Shakti. Join from the comfort of your home every week. \*Please ensure you have consulted your doctor and taken all necessary precautions before joining this activity. \*Please see waiver for Physical Activity listed below before joining this activity

**Date:** Every Wednesday starting Nov. 3rd **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 with Carina Wednesdays Drop-in** (Online and phone-in)- **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 **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** (Online and phone-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. Join us phone-in (you will hear the music but not be able to see Nancy performing the movements) and Online. \*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](mailto: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

**Coffee Group Drop-in** (Online and phone-in)- 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:** 10-10:45am

**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** (Online and phone-in)- 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

**Zumba Gold with Carina Fridays Drop-in** (Online and phone-in)- 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 **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** (Online and phone-in)- 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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- 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 [life@mysage.ca](mailto:life@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