


Zoom Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|--|
|  <p>December 2021</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>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>1</p> <p>12-1pm Gentle Yoga & Mindfulness with Sonia Drop-in. Online/ Phone. 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>*New Day* 1:00-1:45pm Live Music with Margaret Drop-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>1:15-2:15pm Better Balance Classes. Registration closed.</p> <p>*Reg. deadline for Managing Mental Health & Wellness Series (starts Friday). See details below</p> | <p>2</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>11-12pm Aging with Pride Group. See Topic Below. Must pre-register. Please call 780 701-9016 or email agingwithpride@pridecentreofedmonton.ca</p> <p>1-2pm Gentle Yoga with Sydney Drop-in. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>3-4pm Connecting Through Writing Workshop</p> | <p>3</p> <p>10-10:45am Coffee Drop-in- Phone/online. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11-11:50am Managing Mental Health & Wellness During a Pandemic Series 1. Online or Phone-in. Pre-register. Details Below.</p> <p>12-12:50pm Meditation & Pranayama (Breathing) with Sonia Drop-in- https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>2-3pm Zumba Gold with Carina Drop-in- Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> |
| | <p>6</p> <p>9:30-11am 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>7</p> <p>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>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>12:30-1:30pm 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>8</p> <p>12-1pm Gentle Yoga & Mindfulness with Sonia Drop-in. Online/ Phone. 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>1:15-2:15pm Better Balance Classes (with U of A Physical Therapy Students) Registration closed.</p> | <p>9</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>11-12pm Aging with Pride Group. See Topic Below. Must pre-register. Please call 780 701-9016 or email agingwithpride@pridecentreofedmonton.ca</p> <p>1-2pm Gentle Yoga with Sydney Drop-in. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>3-4pm Connecting Through Writing Workshop- last day.</p> | <p>10</p> <p>10-10:45am Coffee Drop-in- Phone/online. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11-11:50am Managing Mental Health & Wellness During a Pandemic Series 1 Pre-register. Details Below.</p> <p>12-12:50pm Meditation & Pranayama (Breathing) with Sonia Drop-in- https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>2-3pm Zumba Gold with Carina Drop-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> |

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|---|---|--|---|---|--|
| | 13 | 14 | 15 | 16 | 17 |
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| <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> | 20 | 21 | 22 | 23 | 24 |
| | <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>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>10:30-11:15am Sage SING Christmas Singalong with Elaine & Friends- Drop-in. Online or Phone-in. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>12:30-3pm Ukulele Lesson Must pre-register. Email life@mysage.ca</p> | <p>*New Day* 11-11:50am Managing Mental Health & Wellness During a Pandemic Series 1. Online or Phone-in. Pre-register. Details Below.</p> <p>12-1pm Gentle Yoga & Mindfulness with Sonia Drop-in. Online/ Phone. 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>*New Day* 12-12:50pm Meditation & Pranayama (Breathing) with Sonia Drop-in- https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>1-2pm Gentle Yoga with Sydney Drop-in. Join Zoom Meeting https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> | <p>Christmas Eve</p> |
| | 25 | 26 | 27 | 28 | 29 |
| <p>Christmas Day</p> | <p>Boxing Day</p> | <p>Sage Closed (Online programs resume January 10th)</p> | <p>Sage Closed (Online programs resume January 10th)</p> | <p>Sage Closed (Online programs resume January 10th)</p> | <p>Sage Closed (Online programs resume January 10th)</p> |

For calendar and building updates, our newsletter, and other Sage program updates 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.

Sage SING! Christmas Singalongs with Elaine and Friends Drop-in (Online and phone-in)- Get in the holiday spirit and join Elaine and friends for special Christmas Carol performances. **Date:** Tuesdays, Dec. 14th & 21st **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 Day* Live Music with Margaret Christmas Special Drop-in-** you are cordially invited to a special holiday singalong with Sage's volunteer Margaret and her love of music and singing as strums her ukulele and shares some favourite songs. 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:** Wednesday, December 15th **Time:** 1:10-2pm. **Zoom Link:** <https://zoom.us/j/6578782877> or **Toll-free call-in:** 1-855-703-8985 Meeting ID: **657 878 2877**

Party Queens Performance (Online. Pre-register)- A special Drag Queen holiday treat of the Party Queen presented by the Aging with Pride group (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 or call 780-701-9016. **Date:** Thursdays, 11-12pm. **Date:** Thursday, December 16th

***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 or call 780-701-9016. **Date:** Thursdays, 11-12pm **Aging with Pride Schedule** (Schedule may be subject to change):

- Dec 2 - Eric Story- Me vs Them: Fraud & Scam Protection Presentation
- Dec 9 – Group Discussion- Aging with Pride, future topics, etc
- Dec 16 - Party Queens Performance (Dec 23, 30 - No Meetings)

GeriActors Performance of “Wayback”- December 15 at 1pm MST- Audiences will listen to the acclaimed GeriActors “radio play” *Way Back* and participate in an optional discussion after the show (a combination between an audience talk back and storytelling workshop), which is an opportunity for audiences to share their thoughts and stories with others. As listening sessions are hosted on Zoom, participants can join on their computer, tablet, or even call in to hear the play and take part in the discussion. Sessions are pay-what-you-may so participants can make any contribution (even \$0). For more information you can visit our Eventbrite link, or our website, both found below.

- <https://www.eventbrite.ca/e/audiogeris-presents-way-back-listening-sessions-tickets-164365960011>
- <https://geriactors.ca/way-back-an-audio-play/>

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 Fridays (except Dec. 24th's class will be held on Thursday, December 23rd), **Time:** 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. Group is 12 participants maximum.

Dates: Series 2: Fridays, starting December 3-22nd (4 weeks, final week is held on Wednesday Dec.22) **Time:** 11-11:50am. Reg. deadline is Dec. 2nd.

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:** 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

Connecting Through Writing Workshops (Online)- 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 or 780.423.5510 to receive Zoom or phone-in information. **Time:** 3-4pm: . Series 3 - Thursdays, Nov. 18 - Dec. 9.

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. Join in on Dec. 14th & 21st for special Christmas Carol performances. **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: 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 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**

***New Day* 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. Special Christmas performance on December 15th. **Date:** Wednesdays (1st & 3rd Wednesdays of the month). **Time:** 1:10-2pm

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 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**

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.

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 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