


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
 January 2022	3	4	5	6	7
	Sage Life Enrichment Online programs resume January 10th	Sage Life Enrichment Online programs resume January 10th	Sage Life Enrichment Online programs resume January 10th	Sage Life Enrichment Online programs resume January 10th 11-12pm Aging with Pride Group. See Topic Below. Must pre-register. Please call 780 701-9016 or email agingwithpride@pridecentreofedmonton.ca	Sage Life Enrichment Online programs resume January 10th *New Connecting Through Writing Workshop begins next week. Must pre-register. Email life@mysage.ca
9	10	11	12	13	14
	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 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 1:00pm Life Enrichment Program Focus Group (Online or phone-in)- Join Zoom https://zoom.us/j/6578782877 Meeting ID: 657 878 2877	9-10am Busy Fingers & Craft Group with Tanya Drop-in- Phone-in or online. Join Zoom https://zoom.us/j/6578782877 Meeting ID: 657 878 2877 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 12:30-1:30, 2-3pm Ukulele Lessons Must pre-register. Email life@mysage.ca	12-1pm Gentle Yoga & Mindfulness with Sonia Drop-in. Online/ Phone. Join Zoom Meeting https://zoom.us/j/578782877 Meeting ID: 657 878 2877 2-3pm Zumba Gold with Carina Drop-in. Phone-in or online. Join Zoom Meeting https://zoom.us/j/578782877 Meeting ID: 657 878 2877	10:45-11:45am Line Dance Drop in. Online/Phone-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877 11-12pm Aging with Pride Group. See Topic Below. Must pre-register. Please call 780 701-9016 or email agingwithpride@pridecentreofedmonton.ca 3-4pm New Connecting Through Writing Workshop. Must pre-register. Email life@mysage.ca	10:00am Life Enrichment Program Focus Group (Online or phone-in)- https://zoom.us/j/6578782877 Meeting ID: 657 878 2877 *New Day & Time* 11:30-12:30pm Gentle Yoga with Sydney Drop-in https://zoom.us/j/6578782877 Meeting ID: 657 878 2877 *New Time* 1-2pm Zumba Gold with Carina Drop-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877

<p>16</p>	<p>17</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>18</p> <p>9-10am Busy Fingers & Craft Group with Tanya Phone-in or online. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>10:30-11:15am Sage SING 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>12:30-1:30, 2-3pm Ukulele Lessons Must pre-register.</p>	<p>19</p> <p>12-1pm Gentle Yoga & Mindfulness with Sonia https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>*New Day* 1:10-1:55pm Music with Margaret - https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>2-3pm Zumba Gold with Carina https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p>20</p> <p>10:45-11:45am Line Dance https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11-12pm Aging with Pride Group- Must pre-register. See details below.</p> <p>3-4pm Connecting Through Writing Workshop. Must pre-register.</p>	<p>21</p> <p>10-10:45am Coffee Drop-in- Phone/online. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>*New Day & Time* 11:30-12:30pm Gentle Yoga with Sydney Drop-in https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>*New Time* 1-2pm Zumba Gold with Carina Drop-in- 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>24</p> <p>9:30-11 Tai Chi with Master Ken https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11:15-12:15 Line Dance with Nancy https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>*New Day & Time* 12:20-1:10pm Meditation & Pranayama (Breathing) https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p>25</p> <p>*Sage's free Foot Clinic- see below to register</p> <p>9-10am Busy Fingers https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>10:30-11:15am Sage SING https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>12:30-3pm Ukulele Lessons Must pre-register.</p>	<p>26</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>27</p> <p>10:45-11:45am Line Dance Drop-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>3-4pm Connecting Through Writing Workshop. Must pre-register. Email life@mysage.ca</p> <p>*Tomorrow is reg. deadline for Legal Documents Pres. Jan. 31st and for Tai Chi in-person classes starting Feb.-details below</p>	<p>28</p> <p>10-10:45am Coffee Drop-in- https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>*New Day & Time* 11:30-12:30pm Gentle Yoga with Sydney Drop-in https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>*New Time* 1-2pm Zumba https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>
<p>30</p>	<p>31</p> <p>9:30-11 Tai Chi with Master Ken https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11:15-12:15 Line Dance with Nancy https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>	<p><- 1-2pm Legal Documents You Should Have Presentation- (online/Phone-in) Must Pre-Register.</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

Life Enrichment ONLINE PROGRAMMING

Life Enrichment Focus Groups (Drop-in) We would love for you to join these online or phone-in small group sessions to share your thoughts and experiences with the zoom programming over the last year. There will a short Q & A as well as an opportunity to share. Or if you can't attend but want to share your feedback please email life@mysage.ca or call 780-701-9016.

When: Monday, January 10th at 1pm & Friday, January 14th 10am

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

Meeting ID: **657 878 2877**

Legal Documents You Should Have (Pre-Register)- join lawyer Erin LaFuente presenting on important legal documents such as Wills, Personal Directives and Enduring Power of Attorney. Pre-register by January 28th.

When: Monday, January 31st at 1pm. To register email life@mysage.ca or call 780-701-9016.

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 in person, phone-in (you will hear his explanations but not be able to see Master Ken performing the Tai Chi movements) and online.

When: Mondays, 9:30-11:00am (online January 10,17,24,31st, in-person starting Feb. 7th)

**Please see waiver for Physical Activity listed below before joining this activity.*

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) Enjoy music, fun and dancing! 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 note Wednesday Zumba Gold classes will remain online, only Friday class will be switching to in-person in February. **When:** Wednesdays, starting January 12th, 2-3pm

**Please see waiver for Physical Activity listed below before joining this activity.*

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

Meeting ID: **657 878 2877**

Sage SING (Drop-in) Join Elaine and friends for music and a chance to share all of your sing-a-long favourites.

When: Tuesdays (online January 11,18,25, Feb. 1,8,15,22nd, in-person starting March 1st)

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**

Ukulele Classes with Elaine (Pre-Register) A great chance for ukulele enthusiasts of varying skill levels to come together and learn. Two multi-level groups currently offered. Both groups will explore a variety of strumming and picking patterns to accompany singing. Not suitable for absolute beginners. Pre-registration **required**. Email life@mysage.ca or call 780.701.9016.

- **Group 1** is for more experienced players. (12:30-1:30pm)

- **Group 2** is for less experienced players. (2-3pm)

Ukulele classes will be in-person starting March 1st

Device and Computer Help with Dennis

Do you have questions about how to use your device or computer? Our volunteer Dennis can help! Contact Sage Main Reception at 780.423.5510 and request to set up an appointment with Dennis.

***New* Aging with Pride (Pre-Register)** A group for LGBTQ2S+ seniors and allies that meets weekly to learn, have discussions, connect, and socialize. See meeting schedule on Sage monthly calendar for more weekly topics. Aging with Pride is a partnership between The Pride Centre of Edmonton, Edmonton Pride Seniors Group (EPSG) and Sage Seniors Association.

Date: Thursdays, 11-12pm

Pre-registration **required** each week to get Zoom information. Please email agingwithpride@pridecentreofedmonton.ca or call 780.701.9016.

Weekly Topics: (topics may change)

January 6 Ron Byers- Local gay history, gay clubs in Edmonton

January 13 Richard Boulet- Creativity and mental health

January 20 Lorelle Whittingham- SAGE Seniors Association programs and services

January 27 Duncan Mills- PrimeTimers Info

Coffee Group (Drop-in) A weekly get together to have discussions, chat, visit, and even see some friendly faces over the computer or over the phone.

When: Fridays, 10-10:45am starting January 14th (January 14th will be a Life Enrichment Feedback Group)

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 with Adele (Pre-Register) 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. 8-12 participants max. Pre-register before series deadline by email life@mysage.ca or 780.701.9016 to receive Zoom or phone-in information.

Time: 3-4 pm:

- **Series 1** - Thursdays, January 13- Feb. 3rd (Registration deadline January 11) Online
- **Series 2** –Thursdays, Feb. 24th-March 17th (Registration deadline March 14th) In-person program

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: Monthly, the 4th Monday of the Month (January 24th, February 28th, March 28th) **Time:** 12:20-1:10pm

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

Busy Fingers & Crafts (Drop-in) Join Sage's Busy Finger and Craft Group volunteers as you work on your knitting, crocheting, crafts or doodling while enjoying a visit. Teaching help with some projects may also be available.

When: Tuesdays, 9-10am (starting January 11th)

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

Meeting ID: 657 878 2877

Gentle Yoga and Mindfulness with Sonia (Drop-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 meditative exercises and breathing.

Date: Wednesdays, 12-1pm (starting January 12th)

**Please see waiver for Physical Activity listed below before joining this activity.*

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

Meeting ID: 657 878 2877

Line Dance with Nancy (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.

Date: Mondays, 11:15-12:15pm & Thursdays, 10:45-11:45am (starts January 10th)

**Please see waiver for Physical Activity listed below before joining this activity.*

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) Music, fun and dancing! 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.

When: Fridays, 1-2pm online January 14,21,28 (in-person starting Feb. 4th)

**Please see waiver for Physical Activity listed below before joining this activity.*

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) 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.

When: Wednesdays (1st & 3rd Wednesdays of the month). Starts January 19th (no session January 5th) **Time:** 1:10-1:55pm

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)

In these weekly sessions group leader, Sydney, will guide the group through gentle and simple yoga movements, exercises and stretches.

**Please see waiver for Physical Activity listed below before joining this activity.*

When: Fridays, online January 14,21,28 (in-person starting Feb. 4th)

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

Meeting ID: 657 878 2877

IN-PERSON PROGRAMMING All In-Person Programming at Sage requires:

- a QR code scan or proof of double vaccination to enter building
- pre-register by or before listed registration date (some classes have limited numbers)
- masks must be worn at all times
- follow social distancing
- is subject to be moved online pending COVID numbers, government restrictions etc). Visit Sage's website at www.mysage.ca or call 780-423-5510 for updated information.

Tai Chi with Master Ken (Pre-Register) Good for the mind and body, these Tai Chi classes are great for all skill levels. Join us in person starting Feb. 7th. Pre-registration **required** to join this class, no drop-in. Call 780-701-9016 or email life@mysage.ca to register for February & March. Limited spaces available.

When: Mondays, online January 10,17,24,31 (in-person starting Feb. 7th)

Time: 9:30-11am

In-Person Registration Deadlines: February classes- deadline is January 31st & March classes- registration deadline is February 28th

The Foot Clinic (Pre-Register) Edmonton Foot Care Academy is having their students provide free Foot Care! Each appointment will include general and diabetic foot assessments, nail cutting and shaping, corn and callus reduction, assistance with ingrown and fungal nails, and moisturizing and foot massage.

Pre-registration **required** for clinic. Call Sage's Assessment and 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. Appointments are limited and first come, first serve.

When: January 25th **Location:** Sage Auditorium

Zumba Gold with Carina Fridays (Pre-Register) Enjoy music, fun and dancing! 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. Join us in person starting Feb. 4th. Pre-registration **required** to join this class, no drop-in. Call 780-701-9016 or email life@mysage.ca to register for February & March. Limited spaces available.

When: Fridays, online January 14,21,28 (in-person starting Feb. 4th)

Location: Auditorium

In-Person Registration Deadlines: February- January 28th & March- February 25th

Gentle Yoga Seated with Sydney (Pre-Register)

In these weekly sessions group leader, Sydney, will guide the group through gentle and simple yoga movements, exercises and stretches. Join us in person starting Feb. 4th. Pre-registration **required** to join this class, no drop-in. Call 780-701-9016 or email life@mysage.ca to register for February & March. Limited spaces available.

When: Fridays, online January 14,21,28 (in-person starting Feb. 4th)

Time: Fridays, 11:30-12:30pm

Location: Auditorium

In-Person Registration Deadlines: February- January 28th & March- February 25th

Connecting Through Writing Workshops with Adele (Pre-Register) 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. 8 participants max. Pre-register before series deadline by email life@mysage.ca or 780.701-9016 to receive Zoom or phone-in information. **Time:** 3-4 pm:

- **Series 1 Online-** Thursdays, January 13- Feb. 3rd (Registration deadline January 11)
- **Series 2 In-Person**—Thursdays, Feb. 24th-March 17th (Registration deadline March 14th)

Sage SING (Pre-Register) Join Elaine and friends for music and a chance to share all of your sing-a-long favourites. Join us in person starting March 1st. Pre-registration **required** to join this class, no drop-in. Call 780-701-9016 or email life@mysage.ca to register for March.
When: Tuesdays, online Jan. 11, 18, 25, Feb. 1, 8, 15, 22nd (in-person starting March 1st)
Time: 10:30-11:15am **Location:** Auditorium

Ukulele Classes with Elaine (Pre-Register) A great chance for ukulele enthusiasts of varying skill levels to come together and learn. Two multi-level groups currently offered. Both groups will explore a variety of strumming and picking patterns to accompany singing. Not suitable for absolute beginners. Call 780-701-9016 or email life@mysage.ca to register for March. QR code proof of vaccination required to enter the building and safety protocols must be followed. Subject to be moved back online pending Covid numbers, etc.
When: Tuesdays, online January 11, 18, 25, Feb. 1, 8, 15, 22nd (in-person starting March 1st but must be pre-registered, vaccinated, masked and social distanced)
In-Person Registration Deadline: Tuesday, February 22nd
Location: Auditorium

- **Group 1** is for more experienced players. (12:30-1:30pm)
- **Group 2** is for less experienced players. (2-3pm)

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
 - 2) It will ask you to enter your Meeting ID: (eg. **657 878 2877**) then press the # key. If it says the meeting is unavailable, then you have entered the wrong Meeting ID
 - 3) It says enter Participant ID # or press pound key: press # key
 - 4) Say your name & press # key
 - 5) Enjoy!
- You can still hear the program, and they can hear you if you are unmuted, there is just no video component.

To join Sage's Zoom Programming On-line: (unless other registration details are given)

- if the link is provided to you, as in the email or newsletter above, you usually do not need to download Zoom or create your own Zoom account (for some Apple products you will have to download the Zoom App)
- just go on the internet to www.zoom.us
- click on join a meeting (might be located in the upper right-hand corner)
- enter the personal meeting ID from the email or calendar (eg. **657 878 2877**).
- or where there is blue internet link on the email, as listed above as <https://zoom.us/j/6578782877>, click on your right mouse button and select "open hyper link" and you're there! The host will admit you into the meeting within a few minutes.

OR...if you want to download Zoom then follow the steps below:

1. Download Zoom App by clicking on the link that represents your device:
For Windows computers: <https://zoom.us/support/download>
For Apple products: <https://apps.apple.com/us/app/id546505307>
For Android (non-iPhone) tablets/smartphones downloads:
<https://play.google.com/store/apps/details?id=us.zoom.videomeetings>
If you need more help click on the following URL for Zoom YouTube Tutorial <https://youtu.be/UAa3MADuvsg>

For programs that are not drop-in and require registration, **only those with invites, the Zoom Link and the personal meeting ID are allowed to attend the meeting.** Email 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

