

Monday	Tuesday	Wednesday	Thursday	Friday
 March 2022	1	2	3	4
	<p>9-10am Busy Fingers & Craft Group with Tanya Drop-in- Phone-in or online. 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. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>12:30-1:30 Ukulele Lessons Must pre-register. Email life@mysage.ca</p> <p>2-3pm Ukulele Lessons Must pre-register. Email life@mysage.ca</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>*New Time* 1:05-1:50pm Live Music with Margaret- Drop-in. Online/ Phone. 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 with Nancy Drop-in. Online/Phone-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11-12pm Aging with Pride Group. Laurie Winder (Ashbourne Residence), Must pre-register. Please call 780 701-9016 or email agingwithpride@pridecentreofedmonton.ca</p> <p>Connecting Through Writing Workshop (Online). Must pre-register. Email life@mysage.ca</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>1-2pm Zumba Gold with Carina Drop-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p>
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21	22	23	24	25
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Sage's building remains closed at this time and will not be holding in-person programming in March (on-line/phone-in programs only). 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

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

**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.

When: Wednesdays, 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 Singalong (Drop-in) Join Elaine and friends for music and a chance to share all of your sing-a-long favourites.

When: 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**

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.

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 (no group March 23rd)

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

Meeting ID: **657 878 2877**

***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)

March 3. Laurie Winder (Ashbourne Residence)

March 10. Joan Whitecalf/Kristy Harcourt (Pioneering hosts of CJSR's GayWire program)

March 17. Roger Helfrick (St.Patrick's day event- Musical guest)

March 24. Dr Michael Marshall (founder and medical director of The LGBTQ+ Wellness Centre in Edmonton)

March 31. Blair MacKinnon - Seniors Housing Project Update and Q & A

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

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:

- **Winter Series 2** –Thursdays, Feb. 24th-March 17th (Online)
- **Spring Series 1** - Thursdays, April 7-28th (Registration deadline April 5th) (Online)
- **Spring Series 2** –Thursdays, May 19- June 9th (Registration deadline May 17th) (TBD if this will be help online or in-person)

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. Meditate together every month 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 (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

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 (no class March 23rd as instructor is away)

**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

**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

**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) **Time:** 1:05-1:50pm

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

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

Meeting ID: 657 878 2877

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
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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
- 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