


# June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To Join Drop-in Zoom Online sessions (shown in black): Zoom Link is: <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a></p> <p>Or Drop-in Zoom Phone-in (shown in black): <b>Toll-free call-in:</b> 1-855-703-8985 Meeting ID: <b>657 878 2877</b></p> <p>For pre-registered online classes (shown in black) contact for zoom link: <a href="mailto:life@mysage.ca">life@mysage.ca</a> or 780-701-9016</p> <p>All in Person programs at Sage (shown in green): currently require pre-registration. Contact: <a href="mailto:life@mysage.ca">life@mysage.ca</a> or 780-701-9016 (space permitting)</p>	<p><b>*Device &amp; Computer Help with Dennis (online/phone-in) is available by appointment. Call Sage's main line at 780-423-5510 and request to set-up some help from Dennis.</b></p> <p><b>*June class pre-registration reminder: call 780-701-9016 or email <a href="mailto:life@mysage.ca">life@mysage.ca</a> (space permitting)</b></p>	<p style="font-size: 24px;">1</p> <p>12-1pm Gentle Yoga &amp; Mindfulness with Sonia- cancelled until July (instructor away)</p> <p>2-3pm Zumba Gold with Carina (on Zoom). Drop-in. Online or Phone-in. <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p>	<p style="font-size: 24px;">2</p> <p><b>10:45-11:45am Line Dance</b> (on Zoom). Drop-in. Online or 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 Fun &amp; Fitness with Mykieng-</b> (at Sage). Pre-register.</p> <p><b>11-12pm Aging with Pride Group- MP Blake Desjarlais</b> (on Zoom). Online/Phone in. Pre-register.</p> <p><b>1-2pm Music with Margaret &amp; Friends Jam Session</b> (at Sage). Pre-register.</p> <p><b>1-3pm Criminal Justice System Course</b> (on Zoom). Pre-register</p> <p><b>3:15-4:15pm Connecting Through Writing Workshop</b> (on Zoom). Pre-register</p>	<p style="font-size: 24px;">3</p> <p><b>10-11:30am Senior Fitness Dancing Club</b> (at Sage). Pre-register.</p> <p><b>10-10:45am Coffee Group</b> (on Zoom). Drop-in. Online or 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>11:30-12:30pm Gentle Yoga with Sydney (at Sage)</b> – Begins mid-June. Pre-register to be contacted when classes begin.</p> <p><b>1-2pm Zumba Gold with Carina</b> (at Sage). Pre-register.</p>
<p style="font-size: 24px;">6</p> <p><b>9:30-11am Tai Chi with Master Ken</b> (at Sage). Pre-register.</p> <p><b>11:30-12:30pm Line Dance with Nancy Class A</b> (at Sage). Pre-register.</p> <p><b>1-2pm Line Dance with Nancy Class B</b> (at Sage). Pre-register.</p>	<p style="font-size: 24px;">7</p> <p><b>9-10am Busy Fingers</b> (on Zoom). Drop-in. Online/Phone <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>10:30-11:30am</b> (on Zoom). <b>Celebration of Seniors-</b> celebrate senior's week with music! Drop-in. Online/Phone <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, 2-3pm Ukulele Lessons</b> (on Zoom). Pre-register.</p>	<p style="font-size: 24px;">8</p> <p>12-1pm Gentle Yoga &amp; Mindfulness with Sonia- cancelled until July (instructor away)</p> <p>2-3pm Zumba Gold with Carina (on Zoom). Drop-in. Online/Phone <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p>	<p style="font-size: 24px;">9</p> <p><b>10:45-11:45am Line Dance</b> (on Zoom). Drop-in. Online or Phone-in.</p> <p><b>11-12pm Fun &amp; Fitness with Mykieng</b> (at Sage). Pre-register.</p> <p><b>11-12pm Aging with Pride Group- Stages and Pages: Behind the scenes with Darrin Hagen</b> (on Zoom). Online/Phone in. Pre-register.</p> <p><b>1-3pm Criminal Justice System Course-</b> cancelled this week and extended to June 16th</p> <p><b>3:15-4:15pm Connecting Through Writing Workshop</b> (on Zoom). Pre-register</p>	<p style="font-size: 24px;">10</p> <p><b>10-11:30am Senior Fitness Dancing Club</b> (at Sage). Pre-register.</p> <p><b>10-10:45am Coffee Group</b> (on Zoom). Drop-in. Online/Phone <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>11:30-12:30pm Gentle Yoga with Sydney (at Sage)</b> – Begins mid-June. Pre-register to be contacted when classes begin.</p> <p><b>1-2pm Zumba Gold with Carina</b> (at Sage). Pre-register.</p>

Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<p><b>9:30-11am Tai Chi with Master Ken</b> (at Sage). Pre-register.</p> <p><b>11:30-12:30pm Line Dance with Nancy Class A</b> (at Sage). Pre-register.</p> <p><b>1-2pm Line Dance with Nancy Class B</b> (at Sage). Pre-register.</p>	<p><b>9-10am Busy Fingers</b> (on Zoom). Drop-in. Online/Phone <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 Singalong with Elaine-</b> on Summer break, returning in the Fall</p> <p><b>12:30-1:30, 2-3pm Ukulele Lessons</b> (on Zoom). Pre-register. On Summer break, returning in the Fall</p>	<p><b>12-1pm Gentle Yoga &amp; Mindfulness with Sonia-</b> cancelled until July (instructor away)</p> <p><b>2-3pm Zumba Gold with Carina</b> (on Zoom). Drop-in. Online or Phone-in</p>	<p><b>10:45-11:45 Line Dance with Nancy</b> (on Zoom). Drop-in. Online/Phone <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 Fun &amp; Fitness with Mykieng</b> (at Sage). Pre-register.</p> <p><b>11-12pm Aging with Pride- Pride Week Celebration with Northern Heart</b> (on Zoom). Pre-register.</p> <p><b>1-2pm Music with Margaret &amp; Friends Jam Session</b> (at Sage). Pre-register.</p> <p><b>1-3pm Criminal Justice System Course</b> (on Zoom). Pre-register</p> <p><b>3:15-4:15pm Connecting Through Writing Workshop</b> (on Zoom). Pre-register</p>	<p><b>10-11:30am Senior Fitness Dancing Club</b> (at Sage). Pre-register.</p> <p><b>10-10:45am Coffee Group</b> (on Zoom). Drop-in. Online/Phone <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>11:30-12:30pm Gentle Yoga with Sydney (at Sage)</b> – Begins mid-June. Pre-register to be contacted when classes begin.</p> <p><b>1-2pm Zumba Gold with Carina</b> (at Sage). Pre-register.</p>
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Monday 27	Tuesday 28	Wednesday 29	Thursday 30	July 1st Sage Closed
<p><b>9:30-11am Tai Chi with Master Ken</b> (at Sage). Pre-register.</p> <p><b>11:30-12:30pm Line Dance with Nancy Class A</b> (at Sage). Pre-register.</p> <p><b>1-2pm Line Dance with Nancy Class B</b> (at Sage). Pre-register.</p> <p><b>12:20-1:10 Meditation &amp; Pranayama with Sonia</b>-cancelled until July (instructor away)</p>	<p><b>9-10am Busy Fingers</b> (on Zoom). Drop-in. Online/Phone <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p>	<p><b>12-1pm Gentle Yoga &amp; Mindfulness with Sonia</b>- cancelled until July (instructor away)</p> <p><b>2-3pm Zumba Gold with Carina</b> (on Zoom). Drop-in. Online/Phone <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p>	<p><b>10:45-11:45am Line Dance</b> (on Zoom). Drop-in. Online or Phone-in.</p> <p><b>11-12pm Fun &amp; Fitness with Mykieng</b> (at Sage). Pre-register.</p> <p><b>11-12pm Aging with Pride Group</b>- Year End Wrap-up Discussion with Eric, Jan and Rachel (on Zoom). Online/Phone in. Pre-register.</p>	 <p><b>June 2022</b></p>

*Sage's building remains closed at this time however some programs (pre-registered only) will be in person starting in May. Other programs will remain online/phone-in on Zoom. See details below on how to register. As always, circumstances may change. For calendar and building updates, our newsletter, and other Sage program updates 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.*

## Zoom Programming Online/Phone-in:

(Shown in Black on the Life Enrichment Calendar)

**Criminal Justice System Course (Pre-Register)**- Doug Heckbert was a Criminal Justice professor at McEwan University. Learn basic information about criminal law and process. This free, 4-week class will feature an overview of the criminal justice system including crime defined as well as the four components that make up the criminal justice system in Canada (community, police, courts, corrections). Register by May 16<sup>th</sup> to be sent the zoom link to join.

**When:** Thursdays, May 19, May 26, June 2, June 9 (cancelled), June 16<sup>th</sup> 1-3pm

**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

**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**

\*Sage Sing! Singalong will wrap-up with the Celebration of Seniors to celebrate Senior's Week on June 7<sup>th</sup> followed by a break for the Summer.

**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](mailto: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 wrap-up on June 7<sup>th</sup> followed by a break for the Summer.

**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**

**Line Dance with Nancy Thursdays (Drop-in)** Not your typical line dancing, especially now when it is individual and from your own home! Join instructor Nancy in this unique line dancing class that mixes Tai Chi movements and easy dance moves put to a mix of popular songs. This is fun and easy for almost anyone to be able to do. **Date:** 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**

**\*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](mailto:agingwithpride@pridecentreofedmonton.ca) or call 780.701.9016.

**Aging with Pride Weekly Topics:** (topics may change)

**June 2-** MP Blake Desjarlais

**June 9-** Stages and Pages: Behind the scenes with Darrin Hagen

**June 16-** - Pride Week Celebration with Northern Heart

**June 23-** Sydney Goss

**June 30-** Year End Wrap-up Discussion with Eric, Jan and Rachel

**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](mailto:life@mysage.ca) or 780.701.9016 to receive Zoom link information.

**Time:** 3:15-4:15 pm. This session will be held online.

- **Spring Series 2** – Thursdays, May 19- June 16<sup>th</sup> (Registration deadline May 17<sup>th</sup>)

**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**

**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:** no class until July (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**

**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 (Pranayama). 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.**

**Date:** no class until July (instructor is away)

**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.

## **In Person Programs (Pre-Registered Only):**

**(Shown in Green on the Life Enrichment Calendar)**

To attend the in-person classes you must:

- Pre-register in advance (space permitting). To register email [life@mysage.ca](mailto:life@mysage.ca) or call 780-701-9016.
- Note that Sage's doors remain closed at this time and only pre-registered participants will be permitted entry.
- Doors will only be open for entry up to half an hour before program start times and participants are asked to leave Sage upon program completion (the café and rest of the building are not open at this time.)
- Participants must not attend programming if they have any new signs and symptoms of illness at all, Covid or otherwise.
- Masks must be worn at all times.
- Maintain Social Distancing while in the building and during classes. Class sizes will be limited to help maintain Social Distancing in the classes.

**Tai Chi with Master Ken (Pre-Register)** Good for the mind and body, these Tai Chi classes are great for all skill levels and help to build balance and strength through gentle movements.

**When:** Mondays starting May 30<sup>th</sup>

**Time:** 9:30-11:00am **Location:** Aud

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



**Line Dance with Nancy Mondays Class A & Class B (Pre-Register)** Not your typical line dancing! 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. **Location:** Auditorium  
**Date:** Mondays, 11:30-12:30pm (Class A), 1-2pm (Class B)

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

**Live Music with Margaret & Friends Jam Session (Pre-Register)** Join Sage's volunteer Margaret as she shares her love of music by singing and playing her ukulele. Enjoy listening or singing along or bring your own instrument. If you have a song you'd like to share we'd love to hear from you!

**When:** 1<sup>st</sup> & 3<sup>rd</sup> Thursdays of the month June 2 & 16<sup>th</sup> **Time:** 1-2pm **Location:** Auditorium

**Fun & Fitness with Mykieng (Pre-Register)** These classes are great for all skill levels and help to build balance and strength through having fun and doing easy movements.

**When:** Thursdays **Time:** 11-12pm **Location:** Classroom C

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

**Zumba Gold with Carina Fridays (Pre-Register)** 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 **Time:** 1-2pm **Location:** Auditorium

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

**Gentle Yoga with Sydney (Pre-Register)** Sydney, will guide the group through gentle and simple yoga movements, exercises and stretches. It is seated or standing with the support of a chair.

**Date:** Fridays, 11:30-12:30pm – Beginning mid-June as instructor is away **Location:** Classroom C

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

**Senior Fitness Dancing Club (Pre-Register)** Formerly Senior Social Dance but now exercise classes to allow for Social Distancing. Join in for some fun and easy exercises. **Location:** Auditorium

**Time:** 10-11:30am

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

\*Please note that Dominos, Crib Games, Ballroom Dancing, Senior Social Dance as well as other Life Enrichment programs are not returning to in person at this time in this phase of our re-opening plan and with the current restrictions and safety precautions that are in place. Watch the website ([www.mysage.ca](http://www.mysage.ca)), monthly calendars and newsletters for future updates.

### **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.

## **Online/Phone-in and in Person Program Participation Waiver:**

By registering and participating in any 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 to join in the activity, or by joining online, or by attending in person, 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. Some programs use 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

## **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.

## **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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- 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](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) or call 780-701-9016 for the program invite or see Sage's calendar or newsletter at [www.mysage.ca](http://www.mysage.ca)

**To Join the in Person Programming:**

You must pre-register in advance (space permitting). To register email [life@mysage.ca](mailto:life@mysage.ca) or call 780-701-9016.