


August 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 1 | 2 | 3 | 4 | 5 |
| <p>August 2022</p>  | <p>*Device & 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.</p> | <p>12-1 pm Gentle Yoga & Mindfulness with Sonia- Online or Phone-in. Drop-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>2-3 pm Zumba Gold with Carina (on Zoom). Drop-in. Online or Phone-in. https://zoom.us/j/782877 Meeting ID: 657 878 2877</p> | <p>10:45-11:45 am Line Dance (on Zoom) Online or Phone-in. Drop-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11-12 pm Fun & Fitness with Mykieng (at Sage). Pre-register.</p> <p>1-2 pm Music with Margaret & Friends Jam Session (Sage Auditorium). Pre-register.</p> | <p>10-11:30 am Senior Fitness Dancing Club (at Sage). Pre-register.</p> <p>10-10:45 pm Coffee Group (on Zoom). Drop-in. Online/Phone https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11:30-12:30 pm Gentle Yoga with Sydney (at Sage) Pre-register.</p> <p>1-2 pm Zumba Gold with Carina (at Sage). Pre-register.</p> |
| 8 | 9 | 10 | 11 | 12 |
| <p>9:30-11 am Chi with Master Ken (at Sage). Pre-register.</p> <p>11:30-12:30 pm Line Dance with Nancy Class A (Sage Auditorium). Pre-register.</p> <p>1-2 pm Line Dance with Nancy Class B Sage Auditorium). Pre-register</p> | <p>9-10 am Busy Fingers (on Zoom). Drop-in. Online/Phone https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> | <p>12-1 pm Gentle Yoga & Mindfulness with Sonia- Online or Phone-in. Drop-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>2-3 pm Zumba Gold with Carina (on Zoom). Drop-in. Online or Phone-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> | <p>10:45-11:45 am Line Dance (on Zoom) Online or Phone-in. Drop-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11-12 pm Fun & Fitness with Mykieng (at Sage). Pre-register.</p> | <p>10-11:30 am Senior Fitness Dancing Club (at Sage). Pre-register.</p> <p>10-10:45 am Coffee Group (on Zoom). Drop-in. Online/Phone https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11:30-12:30 pm Gentle Yoga with Sydney (at Sage) Pre-register.</p> <p>1-2 pm Zumba Gold with Carina (at Sage). Pre-register.</p> |

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| <p style="text-align: right;">15</p> <p>9:30-11 am Tai Chi with Master Ken (at Sage). Pre-register.</p> <p>11:30-12:30 pm Line Dance with Nancy Class A (Sage Auditorium). Pre-register.</p> <p>1-2 pm Line Dance with Nancy Class B (Sage Auditorium). Pre-register</p> | <p style="text-align: right;">16</p> <p>9-10 am Busy Fingers (on Zoom). Drop-in. Online/Phone https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> | <p style="text-align: right;">17</p> <p>12-1 pm Gentle Yoga & Mindfulness with Sonia- Online/Phone https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>2-3 pm Zumba Gold with Carina (on Zoom). Drop-in. Online or Phone-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> | <p style="text-align: right;">18</p> <p>10:45-11:45 am Line Dance (on Zoom) Online/Phone. Drop-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11-12 pm Fun & Fitness with Mykeing (Sage Auditorium). Pre-register.</p> <p>1-2 pm Music with Margaret & Friends Jam Session (Sage Auditorium). Pre-register.</p> | <p style="text-align: right;">19</p> <p>10-11:30 am Senior Fitness Dancing Club (at Sage). Pre-register.</p> <p>10-10:45 am Coffee Group (on Zoom). Drop-in. Online/ Phone https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11:30-12:30 pm Gentle Yoga with Sydney (at Sage) – Pre-register</p> <p>1-2 pm Zumba Gold with Carina (at Sage). Pre-register.</p> |
| <p style="text-align: right;">22</p> <p>9:30-11 am Tai Chi with Master Ken (at Sage). Pre-register.</p> <p>11:30-12:30 pm Line Dance with Nancy Class A (Sage Auditorium). Pre-register.</p> <p>1-2 pm Line Dance with Nancy Class B (Sage Auditorium). Pre-register</p> | <p style="text-align: right;">23</p> <p>9-10 am Busy Fingers (on Zoom). Drop-in. Online/Phone https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> | <p style="text-align: right;">24</p> <p>12-1 pm Gentle Yoga & Mindfulness with Sonia- Online or Phone-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>2-3pm Zumba Gold with Carina (on Zoom). Drop-in. Online or Phone-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> | <p style="text-align: right;">25</p> <p>10:45-11:45 am Line Dance (on Zoom) Online or Phone-in. Drop-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11-12 pm Fun & Fitness with Mykeing (Sage Auditorium). Pre-register.</p> | <p style="text-align: right;">26</p> <p>10-11:30 am Senior Fitness Dancing Club (at Sage). Pre-register.</p> <p>10-10:45 am Coffee Group (on Zoom). Drop-in. Online/Phone https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11:30-12:30 pm Gentle Yoga with Sydney (at Sage) – Pre-register</p> <p>1-2 pm Zumba Gold with Carina (at Sage). Pre-register.</p> |
| <p style="text-align: right;">29</p> <p>9:30-11 am Tai Chi with Master Ken (at Sage). Pre-register.</p> <p>11:30-12:30 pm Line Dance with Nancy Class A (Sage Auditorium). Pre-register.</p> <p>1-2 pm Line Dance with Nancy Class B Sage Auditorium). Pre-register</p> <p>12:20-1:10 pm Meditation & Pranayama (Breathing) - Sage is no longer offering this program</p> | <p style="text-align: right;">30</p> <p>9-10 am Busy Fingers (on Zoom). Drop-in. Online/Phone https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> | <p style="text-align: right;">31</p> <p>12-1 pm Gentle Yoga & Mindfulness with Sonia- Online or Phone-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>2-3 pm Zumba Gold with Carina (on Zoom). Drop-in. Online or Phone-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> | <p style="text-align: right;">Sept 1</p> <p>10:45-11:45 am Line Dance (on Zoom) Online or Phone-in. Drop-in. https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11-12 pm Fun & Fitness with Mykeing (Sage Auditorium). Pre-register.</p> <p>1-2 pm Music with Margaret & Friends Jam Session (Sage Auditorium). Pre-register.</p> | <p style="text-align: right;">Sept 2</p> <p>10-11:30 am Senior Fitness Dancing Club (at Sage). Pre-register.</p> <p>10-10:45 am Coffee Group (on Zoom). Drop-in. Online/Phone https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>11:30-12:30 pm Gentle Yoga with Sydney (at Sage) – Begins mid-June. Pre-register</p> <p>1-2 pm Zumba Gold with Carina (at Sage). Pre-register.</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 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)

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**

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**

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: Wednesdays 12-1pm

***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 - Sage is no longer offering this program.

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 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 **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: 1st & 3rd Thursdays of the month, August 4 & 18th **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 **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), 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
- 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 or call 780-701-9016 for the program invite or see Sage's calendar or newsletter at www.mysage.ca

To Join the in Person Programming:

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