



# Life Enrichment February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>KEY:</b></p> <ul style="list-style-type: none"> <li>Anything with a zoom link provided is on Zoom, and drop-in, no registration required (some zoom programs require registration before the Zoom link is provided).</li> <li>Programs with a Sage room only are at Sage Main and may be drop-in or pre-registered (details in write-up).</li> <li>Programs with a Sage room and a zoom link are being livestreamed from Sage in person and can be joined drop-in on Zoom from home too.</li> <li>Any outside groups listed are closed groups and do their own registrations. Details in write-up</li> </ul>	<p><b>New Programs!:</b></p> <p><b>- Managing Your Mental Health &amp; Wellness Sessions</b> (one series online and one series in person at Sage. Choose one or both). Pre-register. Details below.</p> <p><b>- Jam Session &amp; Sing-along</b> Thursdays (the weeks there is no Music with Margaret and Friends). Pre-register. Details below.</p> <p><b>- Gentle Yoga with Sydney</b> new day added on Tuesdays 10-11am. Pre-register. Details below.</p> <p><b>-Fitness &amp; Drumming group</b> on Mondays 11:15-12:45pm. Pre-register. Details below.</p> <p><b>-Zumba Gold</b> (in-person) moved to Tuesdays 1-2pm (Aud)</p> <p>-Please note Sage SING! And Ukulele classes are taking a break until Spring.</p>	<p><b>1</b></p> <p><b>10-11:30am Western Canada Arts Center-</b> (outside group, cannot register through Sage)</p> <p><b>11:45-1:15 pm Line Dance with Nancy Class A</b> (Aud- in person only). Pre-register</p> <p><b>1:30-3 pm Line Dance with Nancy Class B</b> (Aud- in person only). Pre-register</p> <p><b>10-12 pm Dominos</b> (Drop-in-In person only) on Main</p> <p><b>1-2 pm Crib Games with Margaret</b> (Drop-in-In person only) on Main</p> <p><b>1-2pm Gentle Yoga with Sydney</b> (Class C- in person only) Pre-register</p> <p><b>1-3 pm Computer help with Dennis</b> (In person only) Must Pre-register</p>	<p><b>2</b></p> <p><b>9:15-10:45am *New*Tai Chi Mix (includes Fan and Sword)</b> (Aud- in person only). Pre-register.</p> <p><b>10-12pm Downtown Men's Shed</b> (Zoom only). Pre-register. See details below.</p> <p><b>10-10:45 am Coffee Group</b> (Zoom only). 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 Aging with Pride</b> (Class C- Hybrid). Pre-register for in person or Drop-in on Zoom. <b>Weekly Topic Below.</b></p> <p><b>11-12 pm Fun &amp; Fitness with Mykeing</b> (Aud- in person only). Pre-register.</p> <p><b>1-2 pm Music with Margaret &amp; Friends Jam &amp; Sing-along-</b> (Main- in person). Pre-register.</p> <p><b>12:30-2pm Scrabble Game</b> (Drop-in- in person only) on Main</p> <p><b>1-4pm GeriActors- Aud</b> (outside group, cannot register through Sage)</p> <p><b>3-4pm Connecting Through Writing</b> (On Zoom). Registration Now Closed.</p>	<p><b>3</b></p> <p><b>Please note: Sage will only offer remote and off-site programming on Fridays</b></p> <p><b>10-10:45 am Coffee Group</b> (Zoom only)-moved to Thursdays</p> <p><b>1-2pm Zumba Gold with Carina</b> (Zoom only). <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>*Did you know the downtown library has free drop-in movies every Friday at 2pm? No library card needed!</b></p> <p></p>

<p><b>9:30-11 am Tai Chi with Master 6 Ken</b> (Aud- Hybrid). Pre-register for in person or Drop-in on <b>Zoom</b> at: <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>9:30-11am Western Canada Arts Center-</b> (outside group, cannot register through Sage)</p> <p><b>11:15-12:45pm Fitness &amp; Drumming Group</b> (Class C- in person only). Pre-register.</p> <p><b>11:30-1 pm Line Dance with Nancy Class A</b> (Aud- in person only). Pre-register/<b>1:15-2:45 pm Line Dance with Nancy Class B</b></p> <p><b>12:30-3 pm Painting with Dale- 4 weeks.</b> Registration now closed.</p>	<p><b>7</b></p> <p><b>9-10 am Busy Fingers</b> (Zoom only). <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>9:30-11 am Senior Social Dance</b> (Aud- in person only). Pre-register.</p> <p><b>*New* 10-11am Gentle Yoga with Sydney</b> (Class C- in person only) Pre-register</p> <p><b>1-2 pm Zumba Gold with Carina</b> (Aud- in person only). Pre-register.</p>	<p><b>8</b></p> <p><b>10-11:30am Western Canada Arts Center (Aud)</b> (outside group)</p> <p><b>11:45-1:15 pm Line Dance with Nancy Class A</b> (Aud- in person only). Pre-register/<b>1:30-3 pm Line Dance Class B</b> (Aud)</p> <p><b>10-12 pm Dominos</b> (Drop-in-In person only) on Main</p> <p><b>1-2 pm Crib Games with Margaret</b> (Drop-In person only) on Main</p> <p><b>1-2pm Gentle Yoga with Sydney</b> (Class C- in person only) Pre-register</p> <p><b>1-3 pm Computer help with Dennis</b> (In person only) Must Pre-register</p> <p><b>1:00 Wednesday Wellness Group-</b> Class B (outside group)</p>	<p><b>9</b></p> <p><b>9:15-10:45 Tai Chi Mix (Includes Fan &amp; Sword)</b> (Aud- in person only). Pre-register.</p> <p><b>10-12pm Downtown Men's Shed</b> (Zoom only). Pre-register. See details below.</p> <p><b>10-10:45 am Coffee Group</b> (Zoom only). 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 Aging with Pride</b> (Class C- Hybrid). Pre-register for in person or Drop-in on Zoom. <b>Weekly Topic Below.</b></p> <p><b>11-12 pm Fun &amp; Fitness with Mykeing</b> (Aud- in person only). Pre-register.</p> <p><b>12:30-2pm Scrabble Game</b> (Drop-in) on Main <b>*New* 1-2 pm Jam Session &amp; sing-along-</b> (Main- in person only). Pre-register <b>1-4pm GeriActors-</b> Aud (outside group)</p>	<p><b>10</b></p> <p><b>Please note: Sage will only offer remote and off-site programming on Fridays</b></p> <p><b>10-10:45 am Coffee Group</b> (Zoom only)-moved to Thursdays</p> <p><b>1-2pm Zumba Gold with Carina</b> (Zoom only). <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>2-3pm Connecting Through Writing</b> (On Zoom). Registration Now Closed.</p> <p><b>*Did you know the downtown library has free drop-in movies every Friday at 2pm? No library card needed!</b></p>
<p><b>9:30-11 am Tai Chi with Master 13 Ken</b> (Aud- Hybrid). Pre-register for in person or Drop-in on <b>Zoom</b> at: <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>9:30-11am Western Canada Arts Center (Class C)</b> (outside group)</p> <p><b>*New* 11:15-12:45pm Fitness &amp; Drumming Group</b> (Class C- in person only). Pre-register.</p> <p><b>12:30-3 pm Painting with Dale- 4 weeks.</b> Registration now closed.</p> <p><b>11:30-1 pm Line Dance with Nancy Class A</b> (Aud- in person only). Pre-register/<b>1:15-2:45 pm Line Dance with Nancy Class B</b></p>	<p><b>14</b></p> <p><b>9-10 am Busy Fingers</b> (Zoom only). <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>9:30-11 am Senior Social Dance</b> (Aud- in person only). Pre-register.</p> <p><b>*New* 10-11am Gentle Yoga with Sydney</b> (Class C- in person only) Pre-register</p> <p><b>1-2 pm Zumba Gold with Carina</b> (Aud- in person only). Pre-register.</p>	<p><b>15</b></p> <p><b>10-11:30am Western Canada Arts Center (Aud)</b> (outside group)</p> <p><b>11:45-1:15 pm Line Dance with Nancy Class A</b> (Aud- in person only). Pre-register/<b>1:30-3 pm Line Dance Class B</b> (Aud)</p> <p><b>10-12 pm Dominos</b> (Drop-in-In person)</p> <p><b>*New* 1-2pm Managing Your Mental Health &amp; Wellness Series</b> (Class A- in person only) Pre-register.</p> <p><b>1-2pm Gentle Yoga with Sydney</b> (Class C- in person only) Pre-register <b>1-2 pm Crib Games with Margaret</b> (Drop-In person only) on Main <b>1-3 pm Computer help with Dennis</b> (In person only) Must Pre-register <b>1:00 AHS Wednesday Wellness Group-</b> Class B (outside group)</p>	<p><b>16</b></p> <p><b>9:15-10:45 Tai Chi Mix (Includes Fan &amp; Sword)</b> (Aud- in person only). Pre-register.</p> <p><b>10-12pm Downtown Men's Shed</b> (Zoom only). Pre-register. See details below.</p> <p><b>10-10:45 am Coffee Group</b> (Zoom only). 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 Aging with Pride</b> (Class C- Hybrid). Pre-register for in person or Drop-in on <b>Zoom</b>. See details below.</p> <p><b>11-12 pm Fun &amp; Fitness with Mykeing</b> (Aud- in person only). Pre-register.</p> <p><b>12:30-2pm Scrabble Game</b> (Drop-in) on Main <b>1-2 pm Music with Margaret &amp; Friends Jam &amp; Sing-along-</b> (Main- in person). Pre-register. <b>1-4pm GeriActors-</b> Aud (outside group)</p>	<p><b>17</b></p> <p><b>Please note: Sage will only offer remote and off-site programming on Fridays</b></p> <p><b>10-10:45 am Coffee Group</b> (Zoom only)-now Thursdays</p> <p><b>1-2pm Zumba Gold with Carina</b> (Zoom only). <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>2-3pm Connecting Through Writing</b> (On Zoom). Registration Now Closed. <b>*Did you know the downtown library has free drop-in movies every Friday at 2pm? No library card needed!</b></p>

<p style="text-align: center;"><b>Closed for Family Day</b></p>	<p style="text-align: right;"><b>20</b></p> <p><b>9-10 am Busy Fingers</b> (Zoom only). <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>9:30-11 am Senior Social Dance</b> (Aud- in person only). Pre-register.</p> <p><b>*New* 10-11am Gentle Yoga with Sydney</b> (Class C- in person only) Pre-register</p> <p><b>1-2 pm Zumba Gold with Carina</b> (Aud- in person only). Pre-register.</p>	<p style="text-align: right;"><b>21</b></p> <p><b>10-11:30am Western Canada Arts Center (Aud)</b> (outside group) <span style="float: right;"><b>22</b></span></p> <p><b>11:45-1:15 pm Line Dance with Nancy Class A</b> (Aud- in person only). Pre-register</p> <p><b>1:30-3 pm Line Dance with Nancy Class B</b> (Aud- in person only). Pre-register</p> <p><b>10-12 pm Dominos</b> (Drop-in-In person only) on Main</p> <p><b>*New* 1-2pm Managing Your Mental Health &amp; Wellness Series</b> (Class A- in person only) Pre-register.</p> <p><b>1-2pm Gentle Yoga with Sydney</b> (Class C- in person only) Pre-register</p> <p><b>1-2 pm Crib Games with Margaret</b> (Drop-in- In person only) on Main</p> <p><b>1-3 pm Computer help with Dennis</b> (In person only). Must Pre-register</p> <p><b>1:00 AHS Wednesday Wellness Group- Class B</b> (outside group, no Sage registration)</p>	<p style="text-align: right;"><b>23</b></p> <p><b>9:15-10:45 Tai Chi Mix (Includes Fan &amp; Sword)</b> (Aud- in person only). Pre-register.</p> <p>10-12pm <b>Downtown Men's Shed</b> (Zoom only). Pre-register. See details below.</p> <p><b>10-10:45 am Coffee Group</b> (Zoom only). 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 Aging with Pride</b> (Class C- Hybrid). Pre-register for in person or Drop-in on <b>Zoom</b>. See details below.</p> <p><b>11-12 pm Fun &amp; Fitness with Mykeing</b> (Aud- in person only). Pre-register.</p> <p><b>12:30-2pm Scrabble Game</b> (Drop-in- in person only) on Main</p> <p><b>*New* 1-2 pm Jam Session &amp; sing-along-</b> (Main- in person only). Pre-register</p> <p><b>1-4pm GeriActors- Aud</b> (outside group, cannot register through Sage)</p>	<p style="text-align: right;"><b>24</b></p> <p><b>Please note: Sage will only offer remote and off-site programming on Fridays</b></p> <p><b>10-10:45 am Coffee Group</b> (Zoom only)-moved to Thursdays</p> <p><b>1-2pm Zumba Gold with Carina</b> (Zoom only). <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>*New* 1-2pm Managing Your Mental Health &amp; Wellness Series</b> (Zoom only. Phone-in/Online). Pre-register.</p> <p><b>*Did you know the downtown library has free drop-in movies every Friday at 2pm? No library card needed!</b></p>
<p><b>9:30-11 am Tai Chi with Master 27 Ken</b> (Aud- Hybrid). Pre-register for in person or Drop-in on <b>Zoom</b> at: <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>9:30-11am Western Canada Arts Center (Class C)</b> (outside group, cannot register through Sage)</p> <p><b>*New* 11:15-12:45pm Fitness &amp; Drumming Group</b> (Class C- in person only). Pre-register.</p> <p><b>11:30-1 pm Line Dance with Nancy Class A</b> (Aud- in person only). Pre-register/<b>1:15-2:45 pm Line Dance with Nancy Class B</b></p>	<p style="text-align: right;"><b>28</b></p> <p><b>9-10 am Busy Fingers</b> (Zoom only). <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: <b>657 878 2877</b></p> <p><b>9:30-11 am Senior Social Dance</b> (Aud- in person only). Pre-register.</p> <p><b>*New* 10-11am Gentle Yoga with Sydney</b> (Class C- in person only) Pre-register</p> <p><b>1-2 pm Zumba Gold with Carina</b> (Aud- in person only). Pre-register.</p>		<p><b>*Did you know there's Device &amp; Computer Help with Dennis</b> (online/phone-in, &amp; in person on Wednesdays 1-3pm)? Available by appointment only. Call Rachel at 780-701-9016 or email <a href="mailto:life@mysage.ca">life@mysage.ca</a> and request to set up some help from Dennis.</p>	<p style="text-align: center; color: purple; font-size: 24px;"><b>February 2023</b></p> <div style="text-align: center;">  </div>

**Life Enrichment Programming** — The in-person Life Enrichment programs are pre-registered only, except for anything listed as Drop-in on the calendar (Dominos, Crib, Scrabble, etc). Other programs will remain online/phone-in on Zoom only, or others will be a Hybrid (livestream on zoom of the in-person program). See details below on how to register and more. As always, circumstances may change. For calendar and building updates, restriction updates, our newsletter, and other Sage program updates please visit [www.mysage.ca](http://www.mysage.ca) or call 780.423-5510.

Classroom A will be a space provided for participants where they can remove their masks for the purpose of consuming outside food or beverages. The space is available M-Th 11:00-1 pm. Please remember to sanitize your hands directly after removing your mask. After eating, put your mask back on and sanitize your hands before leaving Classroom A. In addition, please wipe the arms of the chair and space at the table that you occupied with Lysol wipes that are available.

Please note that Sage recommends masking and social distancing to best prevent the spread of infection.

If registration is required for a program please call Rachel at 780-701-9016 or email [life@mysage.ca](mailto:life@mysage.ca)

## **New or newly returning:**

**\*New\* Managing Your Health & Wellness Series-** these free, 6 weeks series are a great opportunity to learn, share, and connect in a welcoming and friendly small group facilitated by practicum students. Topics for the group include Managing Mental Wellness, Understanding Anxiety and How to Manage It, Loneliness, Depression and Social Isolation, Personal Relationships and Healthy Boundaries, and Healthy Aging. One group will be in-person at Sage and one group will be on Zoom (on-line or phone in). You are welcome to register for one or both if you would like, topics for both groups will be the same, but the experience will be different. **Please note while masks are mandatory in Sage's public areas, mask wearing for the in-person group while in Classroom A is up to each participant's comfort level.** Pre-register to attend by emailing [life@mysage.ca](mailto:life@mysage.ca) or call Rachel at 780-701-9016. **Dates: In-person Series-** Wednesdays, February 15-March 22 (register by February 13th), **Time:** 1-2pm **Location:** In-person- Sage Classroom A (bring your own mug for tea) **\* Please note while masks are mandatory in Sage's public areas, mask wearing for the in-person group while in Classroom A is up to each participant's comfort level.** **On-line/Phone-in Series-** Fridays, February 24-March 31st (register by February 22nd) **Time:** 1-2pm **Location:** On-line- held on Zoom

**\*Another class added\* Gentle Yoga with Sydney (Pre-Register, in person only)** 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:** now also on Tuesdays **Time:** 10-11am **Location:** Sage Classroom C **\*Please see the waiver for Physical Activity listed below before joining this activity.**

**\*New Day\* Coffee Group (Drop-in, Zoom only)** A weekly get-together to have discussions, chat, visit, and even see some friendly faces over the computer or over the phone. **When:** Thursdays, 10-10:45 am Zoom **Meeting ID:** 657 878 2877 **Toll-Free Phone-in:** 1.855.703.8985

**\*New Day\* Zumba Gold with Carina (Pre-Register, in person only)** Music, fun, and dancing! Zumba Gold takes the Latin dance-inspired workout of Zumba and makes it accessible for seniors, beginners, or others needing modifications in their exercise routine. **When:** Tuesdays **Time:** 1-2 pm **Location:** Sage Auditorium **\*Please see the waiver for Physical Activity listed below before joining this activity.**

**\*New\* Jam Session & Sing-along (Pre-Register, in person only)-** Enjoy listening or singing along or bring your own instrument. If you have a song you'd like to share, we would love for you to come and share it. **When:** Thursdays (except the 1<sup>st</sup> & 3<sup>rd</sup> Thursdays of the month when there is Live Music with Margaret & Friends, but you are welcome those weeks too!) **Time:** 1-2pm **Location:** Main

**Scrabble Games (Drop-in- in person only)-** join in some scrabble games in this weekly drop-in group. **Date:** Thursdays **Time:** 12:30-2 pm **Location:** Main



**\*New\* Fitness & Drumming group-** gentle exercise and movements while also enjoying some drumming. Drums provided. Pre-register by calling Rachel at 780-701-9016 or email [life@mysage.ca](mailto:life@mysage.ca). **Date:** Mondays **Time:** 11:15-12:45pm **Location:** Sage Classroom C *\*Please see the waiver for Physical Activity listed below before joining this*

## Zoom Programming Online/Phone-in:

**Connecting Though Writing Workshops with Adele (Pre-Register, Zoom only)-** This is a free, four-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! Maximum 8-12 participants. Call 780-701-9016 or email [life @mysage.ca](mailto:life@mysage.ca) to pre-register and receive Zoom information.

**When:** Thursdays 3-4pm (moved to Fridays 2-3pm after Feb. 2<sup>nd</sup> class) **Series 1-** Jan. 26- Feb. 16 (Registration now closed) **Series 2-** March 10-31<sup>st</sup> (Register by March 8<sup>th</sup>)

**Tai Chi with Master Ken (Hybrid- Drop-in on Zoom, Pre-Registered in person)** 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:** 9:30-11:00 am **Location:** Sage Auditorium (In Person) or

**Zoom Meeting ID:** 657 878 2877 **Toll-Free Phone-in:** 1.855.703. *\*Please see the waiver for Physical Activity listed below before joining this activity.*

**Busy Fingers & Crafts (Drop-in, Zoom Only)** 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, 9-10 am **Zoom Meeting ID:** 657 878 2877 **Toll-Free Phone-in:** 1.855.703.8985

**SING at Sage (Hybrid- Drop-in on Zoom, Pre-Registered in person)** Join Elaine and friends for music and a chance to enjoy all of your sing-along favorites. **When:** returning in the spring

**Ukulele Classes with Elaine (Hybrid- Drop-in on Zoom, Pre-Registered in person)** A great chance for ukulele enthusiasts of varying skill levels to come together and learn. A multi-level group is currently offered and 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. **When:** will be returning in the spring

**Zumba Gold with Carina (Drop-in, Zoom only)** 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:** Fridays **Time:** 1-2pm **Zoom Meeting ID:** 657 878 2877 **Toll-Free Phone-in:** 1.855.703.

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

**Aging with Pride (Pre-Register, Hybrid of in-person at Sage or on Zoom)** A group for LGBTQ2S+ seniors and allies that meets weekly to learn, have discussions, connect, and socialize. See the meeting schedule on Sage's 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. **Date:** Thursdays, 11-12 pm. Pre-registration is **required** each week to get Zoom information or to attend in person. Please email [agingwithprideveg@gmail.com](mailto:agingwithprideveg@gmail.com) or call Rachel 780.701.9016. **Topics:** Feb. 9- Canada Revenue Agency presenting on Tax benefits for Seniors, Feb. 16- Edmonton Seniors Coordinating Council's Outreach program, Feb. 23- Guy Milner and Petra Duncan on the Standardized Patient Program, March 2- Hilary Fabrizio presents on Philanthropy, March 9- MacEwan's Intergenerational Program, March 16- Roger Helfrick performs Celtic Music

**Downtown Men's Shed** (Zoom only). Pre-register. Join the "Shedders" group for some discussion, learning opportunities, friendly chat, and a chance to meet new people. To get the zoom link email Amanda at [ahgojtan@mysage.ca](mailto:ahgojtan@mysage.ca) or call 780-446-3964 **Date:** Thursdays **Time:** 10-12 pm **Location:** Zoom

**Device and Computer Help with Dennis (Pre-Register, in person at Sage or can be over the phone/computer)** -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. He can help over the phone/computer or book an in-person appointment at Sage Wednesdays 1-3pm. Must pre-register.

## In-Person Programs at Sage (Pre-Registered & some Drop-in):

To attend the in-person classes you must:

- For programs requiring pre-registration in advance (space permitting) email [life@mysage.ca](mailto:life@mysage.ca) or call 780-701-9016.
- Note that Sage's doors are locked but there are staff or volunteers there to let you in or a buzzer to ring for admittance. The puzzle and games area will be open for drop-in Monday-Thursday from 10-2 pm (Sage's café remains closed)
- 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 in public areas (and in classes unless otherwise stated in the class description)
- Social Distancing is recommended where possible

**Tai Chi with Master Ken (Hybrid- Drop-in on Zoom, Pre-Registered in person)** 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 (\*also available on Zoom as well) **Time:** 9:30-11:00am **Location:** Sage Auditorium

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

**Line Dance with Nancy Mondays Class A & Class B (Pre-Register, in person only)** 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:** Sage Auditorium **Date:** Mondays, 11:30-1 pm (Class A), 1:15-2:45 pm (Class B), Wednesdays, 11:45-1:15pm (Class A), 1:30-3 pm (Class B) *\*Please see the waiver for Physical Activity listed below before joining this activity.*

**\*New\* Tai Chi Mix (includes Fan & Sword) (Pre-Registered, in person only)-** 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. Includes Tai Chi with a Fan and Tai Chi with a sword. **When:** Thursdays starting Dec. 8<sup>th</sup> **Time:** 9:15-10:45 am

**Location:** Sage Auditorium *\*Please see the waiver for Physical Activity listed below before joining this activity.*

**Live Music with Margaret & Friends Jam Session (Pre-Register, in person only)** 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 too! **When:** 1<sup>st</sup> & 3<sup>rd</sup> Thursdays of the month

**Time:** 1-2pm **Location:** Main

**Fun & Fitness with Mykieng (Pre-Register, in person only)** 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:** classes will be 11-12pm in the Auditorium *\*Please see the waiver for Physical Activity listed below before joining this activity.*

**Gentle Yoga with Sydney (Pre-Register, in person only)** 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:** Wednesdays **Time:** 12-1pm **Location:** Sage Classroom C *\*Please see the waiver for Physical Activity listed below before joining this activity.*

**Painting with Dale (Pre-Registered, in person only)-** join Dale in free this 4-week course as you learn to paint a picture. Supplies provided. Only 10 spots available. Registration now closed. **Date:** Mondays, January 23- February 13th **Time:** 12:30-3 pm **Location:** Class A

**Computer Classes for Beginners (Pre-Register, in person only)-** if you are interested in learning computer basics from typing to emailing to using the internet these are the classes for you! These are also a great class if you already know how to use a computer but want to refresh your skills. Classes are instructed by a volunteer and are free. If you are interested in a class please email [life@mysage.ca](mailto:life@mysage.ca) or call 780-701-9016. Classes will begin once there is enough interest/a volunteer available to teach.

**Device and Computer Help with Dennis (Pre-Register, in person at Sage or can be over the phone/computer)** -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. He can help over the phone/computer or book an in-person appointment at Sage Wednesdays 1-3pm. Must pre-register

**Dominos (Drop-in, in person only)**- If you love to play dominos or want to learn how, our dominos drop-in will resume Wednesdays, 10-12 pm at the tables on the main floor.

**Crib Games with Margaret (Drop-in, in person only)**- join our volunteer Margaret for a game of crib or crib lessons if you want to learn this fun and easy game. Wednesdays, 1-2pm at the tables on the main floor.

**Mahjong, Puzzle room, Scrabble** will be available again Monday-Thursday from 10-2pm

**Outside Groups-** to join the outside groups help at Sage you must contact the groups themselves; you cannot register through Sage.

**AHS Wednesday Wellness Group-** David Lillico- Main Switchboard- 780-427-2736

**GeriActors and Friends-**780-248-1556 [geriactors.friends@gmail.com](mailto:geriactors.friends@gmail.com) Website: [www.geriactors.ca](http://www.geriactors.ca)

### **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 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)