

Life Enrichment Activity Calendar May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>9-11am EAL Classes with EMCN Classrooms A & B, Preregister with EMCN</p> <p>9:30-11 am Tai Chi with Master Ken Auditorium, Preregister for in person or Drop-in on Zoom at: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>9:30-11am Western Canada Arts Center Class C (External group)</p> <p>11-12pm iPad Class Class D, Preregister</p> <p>11:15-12:45pm Fitness & Drumming Group Classroom C, Preregister</p> <p>12:30-3 pm Painting with Dale Classroom A, Preregister</p> <p>11:30-1 pm Line Dance with Nancy Class A Auditorium, Preregister</p> <p>1:15-2:45 pm Line Dance with Nancy Class B Auditorium, Preregister</p> <p>12:30-3pm Painting With Dale Class A, Preregister</p>	<p>9-10am Busy Fingers Drop-in on Zoom only at: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>9:30-11am Senior Social Dance Auditorium, Preregister</p> <p>10am-11am Gentle Yoga with Sydney Masks optional, Classroom C, Preregister</p> <p>11:15-12:45pm Ballroom Dance with Melissa Auditorium, Preregister</p> <p>1-2pm Zumba Gold with Carina Auditorium, Preregister</p> <p>1:00-3pm Ukulele Multi-level Lessons Class C . Preregister</p> <p>2:20-3:45pm Aud (External Group)</p>	<p>9-9:45am Ballroom Dance with Melissa Auditorium, Preregister</p> <p>9-11am EAL Classes with EMCN Classrooms A & B, Preregister with EMCN</p> <p>10-11:30am Western Canada Arts Centre Aud (External Group)</p> <p>11:45-1:15pm Line Dance with Nancy Class A Auditorium, Preregister</p> <p>1:30-3pm Line Dance with Nancy Class B Auditorium, Preregister</p> <p>1-3pm Crib Games with Margaret Main floor, Drop-in</p> <p>1-2pm Gentle Yoga with Sydney Classroom C Preregister, Masks optional</p> <p>1-3pm Computer help with Dennis In-person, Preregister</p> <p>1-3pm Wednesday Wellness Group Classroom B (External Group)</p>	<p>9:15-10:45 Tai Chi Mix (Includes Fan & Sword) Aud, Preregister</p> <p>10:30-11:15am Coffee Group Class A, Preregister, Masks optional, donations for the coffee</p> <p>11-12pm Aging with Pride (Zoom only). Preregister. See details below.</p> <p>11-12 pm Fun & Fitness with Mykeing Aud, Preregister</p> <p>12:30-2pm Tile Rummy on Main, Drop-in</p> <p>1-2 pm Music with Margaret & Friends on Main, Drop-in</p> <p>1-4pm GeriActors- Aud (External group, cannot register through Sage)</p> <p>*Sage AGM next Thursday at 11am, Class C, be sure to attend on Zoom or in person! Details at the bottom of the calendar</p>	<p>Please note: Sage will only offer remote and off-site programming on Fridays</p> <p>1-2pm Zumba Gold with Carina (Zoom only). https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>2:15-3:15pm Connecting Through Writing (On Zoom). Begins next week. Call Rachel at 780-701-90186 to register or email life@mysage.ca</p> <p>*Did you know the downtown library has free drop-in movies every Friday at 2pm? No library card needed!</p>
8	9	10	11	12

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9-11am EAL Classes with EMCN Classrooms A & B, Preregister with EMCN</p> <p>9:30-11 am Tai Chi with Master Ken Auditorium, Preregister for in person or Drop-in on Zoom at: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>9:30-11am Western Canada Arts Center Class C (External group)</p> <p>11-12pm iPad Class Class D, Preregister</p> <p>11:15-12:45pm Fitness & Drumming Group Classroom C, Preregister</p> <p>11:30-1 pm Line Dance with Nancy Class A Auditorium, Preregister</p> <p>1:15-2:45 pm Line Dance with Nancy Class B Auditorium, Preregister</p>	<p>9-10am Busy Fingers Drop-in on Zoom only at: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>9:30-11am Senior Social Dance Auditorium, Preregister</p> <p>10am-11am Gentle Yoga with Sydney Masks optional, Classroom C, Preregister</p> <p>11:15-12:45pm Ballroom Dance with Melissa Auditorium, Preregister</p> <p>1-2pm Zumba Gold with Carina Auditorium, Preregister</p> <p>1:00-2:30pm Ukulele Multi-level Lessons Class C . Preregister</p> <p>2:20-3:45pm Aud (External Group)</p>	<p>9-9:45am Ballroom Dance with Melissa Auditorium, Preregister</p> <p>9-11am EAL Classes with EMCN Classrooms A & B, Preregister with EMCN</p> <p>10-11:30am Western Canada Arts Centre Aud (External Group)</p> <p>11:45-1:15pm Line Dance with Nancy Class A Auditorium, Preregister</p> <p>1:30-3pm Line Dance with Nancy Class B Auditorium, Preregister</p> <p>1-3pm Crib Games with Margaret Main floor, Drop-in</p> <p>1-2pm Gentle Yoga with Sydney Classroom C Preregister, Masks optional</p> <p>1-3pm Computer help with Dennis In-person, Preregister</p> <p>1-3pm Wednesday Wellness Group Classroom B (External Group)</p>	<p>9:15-10:45 Tai Chi Mix (Includes Fan & Sword) Aud, Preregister</p> <p>10:30-11:15am Coffee Group Class A, Preregister, Masks optional, donations for the coffee</p> <p>11-12pm Aging with Pride (Zoom only). Preregister. See details below.</p> <p>11-12 pm Fun & Fitness with Mykeing Aud, Preregister</p> <p>12:30-2pm Tile Rummy on Main, Drop-in</p> <p>1-4pm GeriActors- Aud (External group, cannot register through Sage)</p> <p>*11:30am Sage AGM Class C- everyone welcome! Please see below for details.</p>	<p>Please note: Sage will only offer remote and off-site programming on Fridays</p> <p>1-2pm Zumba Gold with Carina (Zoom only). https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>2:15-3:15pm Connecting Through Writing On Zoom, Preregister</p> <p>*Did you know the downtown library has free drop-in movies every Friday at 2pm? No library card needed!</p>
<p>9-11am EAL Classes with EMCN Classrooms A & B, Preregister with EMCN</p> <p>9:30-11 am Tai Chi with Master Ken Auditorium, Preregister for in person or Drop-in on Zoom at:</p> <p style="text-align: right;">15</p>	<p>9-10am Busy Fingers Drop-in on Zoom only at: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>9:30-11am Senior Social Dance Auditorium, Preregister</p> <p style="text-align: right;">16</p>	<p>9-9:45am Ballroom Dance with Melissa Auditorium, Preregister</p> <p>9-11am EAL Classes with EMCN Classrooms A & B, Preregister with EMCN</p> <p style="text-align: right;">17</p>	<p>9:15-10:45 Tai Chi Mix (Includes Fan & Sword) Aud, Preregister</p> <p>10:30-11:15am Coffee Group Class A, Preregister, Masks optional, donations for the coffee</p> <p style="text-align: right;">18</p>	<p>Please note: Sage will only offer remote and off-site programming on Fridays</p> <p>1-2pm Zumba Gold with Carina (Zoom only).</p> <p style="text-align: right;">19</p>

Sage Seniors Association Life Enrichment Activity Calendar **May 2023**: Programs are subject to change.

For calendar and building updates, Sage's newsletter, and other Sage program information, please visit www.mysage.ca or call 780-423-5510.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>https://zoom.us/j/6578782877 Meeting ID: 657 878 2877 9:30-11am Western Canada Arts Center Class C (External group) 11-12pm iPad Class Class D, Preregister 11:15-12:45pm Fitness & Drumming Group Classroom C, Preregister 11:30-1 pm Line Dance with Nancy Class A Auditorium, Preregister 1:15-2:45 pm Line Dance with Nancy Class B Auditorium, Preregister</p>	<p>10am-11am Gentle Yoga with Sydney Masks optional, Classroom C, Preregister 11:15-12:45pm Ballroom Dance with Melissa Auditorium, Preregister 1-2pm Zumba Gold with Carina Auditorium, Preregister 1:00-3pm Ukulele Multi-level Lessons Class C . Preregister 2:20-3:45pm Aud (External Group)</p>	<p>10-11:30am Western Canada Arts Centre Aud (External Group) 11:45-1:15pm Line Dance with Nancy Class A Auditorium, Preregister 1:30-3pm Line Dance with Nancy Class B Auditorium, Preregister 1-3pm Crib Games with Margaret Main floor, Drop-in 1-2pm Gentle Yoga with Sydney Classroom C Preregister, Masks optional 1-3pm Computer help with Dennis In-person, Preregister 1-3pm Wednesday Wellness Group Classroom B (External Group)</p>	<p>11-12pm Aging with Pride (Zoom only). Preregister. See details below. 11-12 pm Fun & Fitness with Mykeing Aud, Preregister 12:30-2pm Tile Rummy on Main, Drop-in 1-2 pm Music with Margaret & Friends on Main, Drop-in 1-4pm GeriActors- Aud (External group, cannot register through Sage)</p>	<p>https://zoom.us/j/6578782877 Meeting ID: 657 878 2877 2:15-3:15pm Connecting Through Writing On Zoom, Preregister *Did you know the downtown library has free drop-in movies every Friday at 2pm? No library card needed!</p>
22	23	24	25	26
Sage Closed	<p>9-10am Busy Fingers Drop-in on Zoom only at: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877 9:30-11am Senior Social Dance Auditorium, Preregister 10am-11am Gentle Yoga with Sydney Masks optional, Classroom C, Preregister 11:30-12:15pm Uke n' Sing Class C, Preregister for in person and to join on Zoom at:</p>	<p>9-9:45am Ballroom Dance with Melissa Auditorium, Preregister 9-11am EAL Classes with EMCN Classrooms A & B, Preregister with EMCN 10-11:30am Western Canada Arts Centre Aud (External Group) 11:45-1:15pm Line Dance with Nancy Class A Auditorium, Preregister</p>	<p>9:15-10:45 Tai Chi Mix (Includes Fan & Sword) Aud, Preregister 10:30-11:15am Coffee Group Class A, Preregister, Masks optional, donations for the coffee 11-12pm Aging with Pride (Zoom only). Preregister. See details below. 11-12 pm Fun & Fitness with Mykeing Aud, Preregister</p>	<p>Please note: Sage will only offer remote and off-site programming on Fridays 1-2pm Zumba Gold with Carina (Zoom only). https://zoom.us/j/6578782877 Meeting ID: 657 878 2877 2:15-3:15pm Connecting Through Writing On Zoom, Preregister</p>

Monday	Tuesday	Wednesday	Thursday	Friday
	https://zoom.us/j/6578782877 Meeting ID: 657 878 2877 11:15-12:45pm Ballroom Dance with Melissa Auditorium, Preregister 1-2pm Zumba Gold with Carina Auditorium, Preregister 1:00-3pm Ukulele Multi-level Lessons Class C . Preregister 2:20-3:45pm Aud (External Group)	1:30-3pm Line Dance with Nancy Class B Auditorium, Preregister 1-3pm Crib Games with Margaret Main floor, Drop-in 1-2pm Gentle Yoga with Sydney Classroom C Preregister, Masks optional 1-3pm Computer help with Dennis In-person, Preregister 1-3pm Wednesday Wellness Group Classroom B (External Group)	12:30-2pm Tile Rummy on Main, Drop-in 1-4pm GeriActors- Aud (External group, cannot register through Sage)	*Did you know the downtown library has free drop-in movies every Friday at 2pm? No library card needed!
29 9-11am EAL Classes with EMCN Classrooms A & B, Preregister with EMCN 9:30-11 am Tai Chi with Master Ken Auditorium, Preregister for in person or Drop-in on Zoom at: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877 9:30-11am Western Canada Arts Center Class C (External group) 11-12pm iPad Class Class D, Preregister 11:15-12:45pm Fitness & Drumming Group Classroom C, Preregister	30 9-10am Busy Fingers Drop-in on Zoom only at: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877 9:30-11am Senior Social Dance Auditorium, Preregister 10am-11am Gentle Yoga with Sydney Masks optional, Classroom C, Preregister 10:45am Depart Sage for Stanley Milner Library Tour (Pre-register) 11:30-12:15pm Uke n' Sing Class C, Preregister for in person and to join on Zoom at: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877	31 9-9:45am Ballroom Dance with Melissa Auditorium, Preregister 9-11am EAL Classes with EMCN Classrooms A & B, Preregister with EMCN 10-11:30am Western Canada Arts Centre Aud (External Group) 11:45-1:15pm Line Dance with Nancy Class A Auditorium, Preregister 1:30-3pm Line Dance with Nancy Class B Auditorium, Preregister 1-3pm Crib Games with Margaret Main floor, Drop-in		ANNUAL GENERAL MEETING Sage will be holding its Annual General Meeting in-person at Sage in Classroom C and online/virtually on Thursday, May 11 at 11:30am. A meeting package will be made available for review by members at both reception and electronically. If you plan to attend, please RSVP by calling our general phone line 780.423.5510 or email info@mysage.ca by April 20, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>11:30-1 pm Line Dance with Nancy Class A Auditorium, Preregister</p> <p>1:15-2:45 pm Line Dance with Nancy Class B Auditorium, Preregister</p> <p>*Deadline to register for the May 30th Stanley Milner Library Tour</p>	<p>11:15-12:45pm Ballroom Dance with Melissa Auditorium, Preregister</p> <p>1-2pm Zumba Gold with Carina Auditorium, Preregister</p> <p>1:00-3pm Ukulele Multi-level Lessons Class C . Preregister</p> <p>2:20-3:45pm Aud (External Group)</p>	<p>1-2pm Gentle Yoga with Sydney Classroom C Preregister, Masks optional</p> <p>1-3pm Computer help with Dennis In-person, Preregister</p> <p>1-3pm Wednesday Wellness Group Classroom B (External Group)</p>		

Life Enrichment Programming at Sage

In-person Life Enrichment programs are pre-registered only, except for anything listed as **Drop-in** on the calendar (Crib, Scrabble, etc). Other programs remain **online/phone-in via Zoom** only, or are **hybrid** (in-person program with accessible livestream on Zoom). If registration is required for a program, please call Rachel at 780-701-9016 or email life@mysage.ca

Circumstances are subject to change. For calendar and building updates, Sage's newsletter, and other Sage program updates, please visit www.mysage.ca or call 780-423-5510.

Details of how to register and more below.

Please Note:

- Sage recommends masking and physical distancing to best prevent the spread of infection.
- Masks are required in Sage's public spaces, masks are only optional in specified classes
- Classroom A is now a space in which participants can remove their masks for the purpose of consuming outside food or beverages at Sage. The space is available Monday-Thursday 10am - 1pm. 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. Please wipe the arms of the chair and space at the table that you occupied with Lysol wipes that are available.

New or Newly Returning Programs:

ANNUAL GENERAL MEETING Sage will be holding its Annual General Meeting in-person at Sage in Classroom C and online/virtually on Thursday, May 11 at 11:30am. A meeting package will be made available for review by members at both reception and electronically. If you plan to attend, please RSVP by calling our general phone line 780.423.5510 or email info@mysage.ca by April 20, 2023

***New* Role of Executor, Estate Planning, and Planned Giving sponsored by Aging with Pride** (On Zoom, Pre-Register) Presented by lawyer Erin Lafuente. Before you make your will, learn about the role of executor, important details for estate planning, and planned giving. Call 780.701.9016 or email life@mysage.ca to pre-register and receive Zoom information. Register by May 24. When: Thursday, May 25, 11-12pm

***New* Uke n' Sing** (in Person Class C and on Zoom, Pre-Register) All the warmth of singing around a campfire without the smoke or mosquitos. All voices and harmonies welcome. Masks optional for in-person. Tuesdays 11:30am-12:15pm. Will begin May 23rd. Preregister for in person and to join on Zoom at: <https://zoom.us/j/6578782877> Meeting ID: **657 878 2877**

***New* Coffee Group** (Class A, Preregister, Masks optional) A weekly get-together to have discussions and see some friendly faces. When: Thursdays, 10:30am-11:15am. Donations for coffee. *We are looking for a volunteer to lead the coffee group. Please contact Jade or Rachel if you are interested.

EPL Library Tour (Pre-Register) See the beautiful new Stanley Milner Library and learn some of the amazing things it has to offer beyond books, including a recording studio, kitchen with cooking classes, a movie theater, seed catalogue you can borrow from, and more! Please register by May 29. When: Tuesday, May 30, meet at Sage for 10:45am (tour is 11-12pm)

***New* Love to Learn Series** (Pre-Register) Presented by EPL community librarians, featuring a variety of educational and fun topics including some armchair travel. First Tuesday of the month from 11-12pm. Pre-registration accepted up to the day before. **When:** May 2 - Armchair travel to see and learn about Japan (Cancelled); Jun 6 - Celebrate Senior's Week by learning about celebrated senior, Dolly Parton. Where: Sage Classroom B

Gentle Yoga with Sydney -(Masks Optional, 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. **When:** now also on Tuesdays **Time:** 10-11am **Where:** Sage Classroom C ***Please see the Physical**

Activity Waiver before joining this activity. There is also a masked yoga class offered at Sage on Wednesdays at 1pm. Details in In-person classes.

***New* iPad Class (Pre-Register)** Learn iPad basics and the many things you can do on this device in this 5 week course presented by EPL. iPads provided for the course. **When:** 1pm-12pm Mondays: May 1, 8, 15, 29, June 5 **Where:** Sage Classroom B

* Due to popular demand another course has been added beginning June 19th, call 780-701-9016 or email life@mysage.ca to register

Tile Rummy (Drop-in- in-person only) Join in some tile rummy games in this weekly drop-in group. **When:** Thursdays 12:30am-2pm **Where:** Main Floor at Sage.

Mindful Colouring & Doodling (Main, Drop-In) Enjoy colouring and doodling with pictures and pencil crayons provided. A great chance to express creativity, meet new people, or to let your mind relax. **When:** Monday-Thursday, 10-2pm

Zoom Programming Online/Phone-in:

To Join the Online/Phone-in Programming:

To join Zoom programming using Sage's toll-free phone 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 (in an email or calendar), you should not need to download Zoom or create your own Zoom account (some Apple products require you 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 (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

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. In-person only on March 27 **Time:** 9:30-11:00 am **Location:** Sage Auditorium (In Person) or

Zoom Meeting ID: 657 878 2877 **Toll-Free Phone-in:** 1.855.703.8985 ***Please see the Physical Activity Waiver 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

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:** 1.855.703.8985

***Please see the Physical Activity Waiver before joining this activity.**

Agging with Pride (Pre-Register, on Zoom until May)

A group for LGBTQ2S+ seniors and allies that meets weekly to learn, have discussions, connect, and socialize. Topics vary each week.

Aging with Pride is a partnership between The Pride Centre of Edmonton, Edmonton Pride Seniors Group (EPSG), and Sage. **When:** Thursdays, 11-12 pm. Pre-registration is **required** each week to get Zoom information. Please email agingwithprideyeg@gmail.com or call Rachel 780.701.9016.

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 or call 780-446-3964 **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.

Connecting Through Writing Workshops with Adele (Pre-Register, Zoom only) A free, four-week workshop: 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 to pre-register and receive Zoom information.

When: Fridays 2:15pm-3:15pm **Dates:** Series 1: May 12, Series 2: Jun 2 - 23 (Register by Jun 1)

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

To attend in-person classes

- Email life@mysage.ca or call 780-701-9016 for programs requiring pre-registration in advance (space permitting).
- 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 10am-2 pm (Sage's café remains closed).
- Do NOT attend programming if you have any new signs or symptoms of illness, COVID or otherwise.
- Masks must be worn at all times in public areas and in classes unless otherwise stated in the class description.
- Physical 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) **Time:** 9:30-11:00am **Location:** Sage Auditorium

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

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 **Time:** 9:15-10:45 am

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

Ukulele Lessons (Multi-Level) (Pre-Register, Hybrid: In-person and Zoom, Masks optional)

A great chance for ukulele enthusiasts of varying skill levels to come together and learn. A multi-level group will explore a variety of strumming and picking patterns to accompany singing. Not suitable for absolute beginners. **When:** Tuesdays 1-2:30pm. Contact Rachel at life@mysage.ca or 780-701-9016.

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.

Ballroom Dancing with Melissa* A partnered, ballroom dance group for people with some dance ability and fairly high mobility. Come and try practice and learn with the class. Those with higher skill levels may be chosen to join in when the group is performing. Dancers are responsible for their own costumes and performance costs. Pre-register by calling Rachel at 780-701-9016 or email life@mysage.ca. **When:** Tuesdays 11:15-12:45pm **Location:** Sage Auditorium (Practice is Wednesdays 9-9:45am) *Please see the waiver for Physical Activity before joining this activity.



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. **When:** Mondays **Time:** 11:15am-12:45pm **Location:** Sage Classroom C **Please see the waiver for Physical Activity 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:** 1st & 3rd Thursdays of the month **Time:** 1-2pm **Location:** Main

Fun & Fitness with Mykieng (Pre-Register, in person only, masks optional) These classes are great for all skill levels and help to build balance and strength through having fun and doing easy movements. **When:** Thursdays- class is cancelled for April as instructor is away **Time:** classes will be 11am-12pm in the Auditorium **Please see the waiver for Physical Activity 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. **When:** Wednesdays **Time:** 12-1pm **Location:** Sage Classroom C **Please see the waiver for Physical Activity before joining this activity.*

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

Crib Games with Margaret (Drop-in, in person only) Join 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 10am-2pm.

Mahjong lessons coming in April! Call 780-701-9016 or life@mysage.ca for details or to register

Life Enrichment Activities

Code of Conduct

Sage offers an inclusive environment. This means that we value and support diversity and individuals from all walks of life.

Sage asks each participant to adhere to the following guidelines:

Allow every participant to contribute; Let 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; Do not interrupt when others are speaking; Treat each other with dignity and respect; Try not to give advice unless asked for it.

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.