

# sage LINK

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## SAGE'S RESILIENCE FUND

Every day at Sage, we hear from seniors who are in crisis and struggling to find the shrinking resources that are available to them. The continued impact of the pandemic and the rising cost of living has made it even harder for those living in poverty, experiencing housing or food insecurity, without family or community supports, or managing the added barriers of language or mobility issues.

Together, there is much we can do to address the challenges facing many seniors. As the seasons start to change, and you begin planning your end of year giving, we'd like to ask you to consider supporting Sage's Resilience Fund.

Gifts from community members play an essential role in Sage's ability to provide the wide range of

programs and services that we do, and to respond in ways that best meet the needs of seniors. Community donations are the 'glue' that fills gaps and creates a network of support that seniors can count on.

The Resilience Fund helps Sage respond as needed to changing conditions, to plan for the future, and to continue to build a community where all seniors have the ability to live according to their beliefs, abilities, and aspirations. Each year Sage's Resilience Fund helps maintain supports that prevent crisis, and provide connections that improve lives of seniors. Gifts like yours make a big difference in ensuring that support is just a phone call away.

Please call us or visit our website for more information on how you can support Sage.

**Please note that Sage will be closed on the following days:**

**Monday, Oct 9**  
Thanksgiving Day

**Monday, Nov 13**  
Remembrance Day

**Holiday Break**  
Dec 25 - Dec 29

## MESSAGE FROM THE EXECUTIVE DIRECTOR



Wishing you a prolonged autumn season and gentle start to winter this year. I hope that 2023 has been an opportunity for our Sage Community to reconnect with our programs and services, either in-person or virtually, or perhaps get involved in a new way - volunteering, donating, or trying a new program or service.

The year has been one of renewal and change for the staff and volunteers, as we navigate the gradually increasing number of people returning for in-person programming, significant demand for programs and services relative to organizational capacity and funding, the launch or expansion of several new programs and services, the addition of three new Board members at the AGM, and the elevator modernization in the main building, to name a few highlights to-date.

The newly expanded Community Animation Program engages seniors both at Sage and across the City to build community. Whether it's leading the development of a program in their neighbourhood, or a grassroots group with a shared interest, Sage staff are supporting seniors to lead community building efforts.

Support for renewal of programs and services also relies on research to make informed decisions about program development. Sage is

currently leading two research projects that support informed development of our programs: one investigating the intersection between hoarding disorder and homelessness, and one looking at safety planning for elder abuse shelters.

I hope you share my excitement and pride in all the good work happening in our Sage Community, and my appreciation for the hard work of the volunteers and staff! I also hope this season will see you taking advantage of the services and programs in our community!

**Karen McDonald**

### BUILDING HOURS

Mon -Thurs 9:00 am - 4:00 pm  
Staff work off-site on Fridays



The Sage building is open for pre-registered group programming, social services appointments, and some drop-in classes.

This is subject to change, and we strongly encourage you to check our access and hours before you arrive at the Sage building.

We will keep our main phone line and website updated.

**Just call or click to confirm!**

## DIRECTORY

### Board of Directors

President	Michael Solowan
President Elect	Arielle Whitham
Past President	Kathleen Thurber
Secretary/Treasurer	Anne Smith

### Members at Large

Favaz Rajabali	Isha Katal
Paul Taylor	Joanna Cave
Cathy Giblin	

15 Sir Winston Churchill Square  
Edmonton, AB T5J 2E5

### Phone

Main Switchboard	780.423.5510
Fax	780.426.5175
Life Enrichment	780.423.5510
Safe House Intake	780.702.1520
Social Work Services	587.773.1764
Volunteer Services	780.701.9014

**Email** [info@mysage.ca](mailto:info@mysage.ca)

**Online** [www.mysage.ca](http://www.mysage.ca)

**Facebook** Sage Seniors Association

**Twitter** @sageyeg

# ANNOUNCEMENTS

## STAFF UPDATE

Sage has welcomed Chelsea Morgan and Yasmin Farah onto our Social Work team as Seniors Outreach Coordinators. We are also happy to welcome back Social Worker Theresa Goba in the position of Seniors Outreach Coordinator.

Sage is pleased to have Katherine Hoy joining the team temporarily to work on the Seniors Directory project and Jonathan Lai joining us temporarily to work on a research project.

Congratulations to Social Worker Desiree Roberts for joining the Healthy Aging Project. We are also thankful for the assistance of our Social work summer students, Hunter Volk and Sophia Muller and wish them well as they return to their studies in the fall.

Sage has regrettably said farewell to long-time Community Animator Kristine Nutting and to Social Worker Kim Punko. We thank them for their service to Sage and wish them well in their future careers.

We also want to send a shout out to former Employees Laura McCann and Shelah Kwok for working part-time on the Social Work team this summer and wish them well as they return to their studies this fall. Sage is also thankful for the dedication of Case Management Coordinator Navreet Grewal, who will be leaving Sage at the end of the summer to return to her studies.

## DIRECTORY OF SENIOR SERVICES

After a long wait, a new edition of the Directory of Senior Services is in production to be released in October!

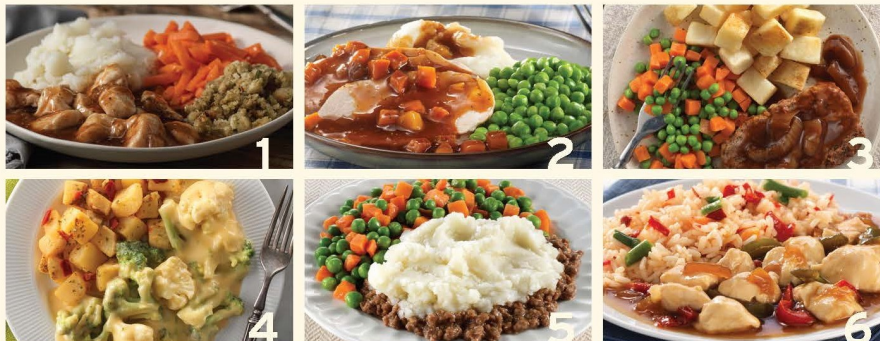
### How do I get a Directory?

Directories will be distributed widely through libraries, seniors centres, the AMA, and various locations throughout Edmonton and surrounding areas - and of course, at Sage! Watch the website for updates and announcements.

Until then, you can still access a digital version of the 2020-2021 Directory our website. You can also call 211 for resources, or search [informalberta.ca](http://informalberta.ca).

## Try 6 of our favourites...

*No time to browse today?  
We've assembled 6 customer favourites for you to try and enjoy.*



1. Country Chicken (pg. 20)
2. Pork Pot Roast with Root Vegetables (pg. 25)
3. Meatloaf with Rich Onion Gravy (pg. 11)
4. Cauliflower and Broccoli Cheese Casserole (pg. 33)
5. Shepherd's Pie (pg. 9)
6. Chicken Teriyaki (pg. 17)

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## LIFE ENRICHMENT PROGRAMMING

Life Enrichment programs are free unless there is a cost indicated. No Sage membership is required to participate.

In-person Life Enrichment programs require pre-registration unless they are listed as Drop-In. If registration is required for a program please call 780.701.9016 or email [life@mysage.ca](mailto:life@mysage.ca).

Please note that while masking is not mandatory, Sage recommends masking and social distancing to prevent the spread of infection. Please stay home if you are not feeling well or have tested positive for COVID.

**No computer? No problem!** Most programs offer a call-in option. Here's how to join by phone:

1. Find the program you want to join
2. Call the toll-free number (1.855.703.8985)
3. Enter the meeting ID and press the # key
4. Press the # key again when asked for participant ID
5. Say your name and press the # key again



### PHYSICAL ACTIVITY DISCLAIMER

This symbol indicates that the activity requires some physical exertion. It is your responsibility to be aware of the risks associated with the activity and to safely guard yourself by ensuring that you are physically able, exercise safely, and do not participate beyond your capabilities.

## ZOOM PROGRAMMING: ONLINE OR PHONE-IN

### 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:** Tues 9:00am-10:00am

**Zoom Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.8985



### Zumba Gold with Carina (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:** Fri 1:00pm-2:00pm

**Zoom Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703. 8985

WILLS, ESTATES & NOTARY.

**MARRAZZO  
LAW OFFICE**

Lina Marrazzo B.A, LL.B

*Call us today at (780) 756-5500*

### THIS FULL HOUSE

Some people save things to the point that they become overwhelmed. They collect so much stuff that they don't know where to start with cleaning out and clearing out. Sage's This Full House program provides support to individuals aged 55 and over who struggle with compulsive hoarding behaviour, including two peer support groups:

#### This Full House Drop In Group

Virtual group by Zoom or phone for people aged 55+ living with Hoarding Behaviours. These meetings are for persons at any stage of their journey. Meetings are from 11:30-1:00pm the last Thursday of the month from September to June.

#### This Full House Therapeutic Group

Ten sessions that meet bi-weekly beginning October 31 from 1-3pm (on Zoom). These groups are cofacilitated by the Family Centre and are based on the Buried in Treasures workbooks, so require pre-registration. 10 participant limit.

There are no fees for either group and interested participants can contact Colleen Derksen at 780-701-9005 or by email at [cderksen@mysage.ca](mailto:cderksen@mysage.ca).

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780-444-4545  
thewaterford.ca



## IN-PERSON AND HYBRID LIFE ENRICHMENT PROGRAMMING

In-person Life Enrichment programs are pre-registered only unless listed as drop-in. To register, please call Rachel at 780.701.9016 or email [life@mysage.ca](mailto:life@mysage.ca).

### Sunshine Café

The Café is a space where you can sit, visit, play games, relax, and consume outside food and beverages. The space is available Monday to Thursday from 10am-2pm. Please remember to sanitize frequently.

**Mahjong, Puzzle Room, Scrabble & More** are available Monday-Thursday from 10-2pm.

### International Day of Older Persons (Drop-in)

Sage celebrates the International Day of Older Persons with goodies and **live entertainment**. This party is for everyone, so join in the fun!

**When:** Mon, Oct 2 starting at 1pm

**Where:** Sage Café

### LitFest at Lunch: Myrna Kostash

LitFest, Canada's only nonfiction literary festival, is thrilled to partner with Sage to present a reading and conversation with award winning Edmonton author Myrna Kostash. In her latest book, *Ghosts in a Photograph*, Myrna Kostash delves into the lives of her grandparents, all of whom moved from Galicia, now present-day Ukraine, to Alberta at the turn of the 20th century. Discovering a packet of family mementos, Kostash begins questioning what she knows about her extended families' pasts and whose narrative is allowed to prevail in Canada. **Pre-register** at [www.litfestalberta.org](http://www.litfestalberta.org).

**When:** Thurs, Oct 19 12:00pm

**Where:** Sage Auditorium

### Painting Group (Pre-Register)

Sage has a new painting group coming in the Fall! If you are interested in joining or would like more information contact Rachel at [life@mysage.ca](mailto:life@mysage.ca) or 780-701-9016.

### Downtown Men's Shed (Pre-register)

Join the "Shedders" for some discussion, learning opportunities, friendly chat, and a chance to meet new people. Contact Amanda at [ahgoitan@mysage.ca](mailto:ahgoitan@mysage.ca) or 780-446-3964 for more information or to join!

**Special Christmas Celebration and Carol Sing (Pre-Register)** Join our singers and ukulele players for a Special Christmas Celebration and Carol Sing - the more the merrier!

**When:** Tues, Dec 12 11:45am

**Where:** Sage Café

### Let's do Lunch (Pre-Register)

This group comes together on the third Monday of each month at 11am at Sage (or 11:30am at restaurant) and ventures out to new dining experiences. **Must pre-register by the Friday before. Spaces are limited. Cost:** Pay for your own lunch + ETS

- **Oct 16** Riverside Bistro (Courtyard Marriott - 1Thorton Court)
- **Nov 20** Buco Pizzeria (Epcor Tower 10423 101 St.)
- **Dec 18** The Olde Spaghetti Factory - several stairs in/out of restaurant (10220 103St.)


### River Cree Casino Outing (Pre-Register)

Hop on the River Cree bus the third Wednesday of the month (November will be the fourth Wednesday) for a fun day at the casino. You get a voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. Minimum of 15 people required (the bus can hold up to 24 passengers, including some walkers but no wheelchairs). Registration cut-off is the Monday before the trip or when the trip is sold out.

**Cost:** \$5.00 (includes bus to and from casino, lunch and \$5 free play voucher).

**When:** Oct 18, Nov 22, and Dec 20

**Time:** Depart Sage at 10:00am and 2:30pm departure from River Cree. Must stay for the entire four hours to get deal.

 **Tai Chi with Master Ken (Hybrid: In-person or Zoom)** 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:** Mon 9:30am-11:00am

**Where:** Sage Auditorium (pre-register) or

**Zoom Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.8985

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**780-340-4663**

SCHEDULE A  
CONSULTATION TODAY





*presents*

# WILLS WEEK

Oct. 2-6, 2023

Join Edmonton Community Foundation for FREE seminars from Alberta Wills and Estates lawyers on how and why to maintain your will.

## FREE SEMINARS

### WILLS & ESTATES 101

**MONDAY, OCTOBER 2 | 10:00 - 11:30 AM**

West End Seniors Association (Games Room)  
9629 176 Street NW

**MONDAY, OCTOBER 2 | 2:00 - 3:30 PM**

Central Lions Seniors Association  
(Small Auditorium, Room 8)  
11113 113 Street NW

**TUESDAY, OCTOBER 3 | 10:00 - 11:30 AM**

Southeast Edmonton Seniors Association  
9350 82 Street NW

**WEDNESDAY, OCTOBER 4 | 10:00 - 11:30 AM**

Online webinar. Registration is required at  
[ecfoundation.org/initiatives/wills-week](https://ecfoundation.org/initiatives/wills-week)

**WEDNESDAY, OCTOBER 4 | 6:30 - 8:00 PM**

Millwoods Seniors and Multicultural Centre  
(Multipurpose Gym)  
2610 Hewes Way NW

**THURSDAY, OCTOBER 5 | 10:00 - 11:30 AM**

ACT Aquatic and Recreation Centre  
2909 113 Avenue NW

### WILLS & ESTATES 101 (FRENCH)

**TUESDAY, OCTOBER 3 | 2:00 - 3:30 PM**

Online webinar. Registration is required at  
[ecfoundation.org/initiatives/wills-week](https://ecfoundation.org/initiatives/wills-week)

**TUESDAY, OCTOBER 3 | 6:30 - 8:00 PM**

La Cité Francophone (Jean-Louis-Dentiger Room)  
8627 Rue Marie-Anne-Gaboury

### FAMILY MAINTENANCE AND SUPPORT CLAIMS

**MONDAY, OCTOBER 2 | 6:30 - 8:00 PM**

Online webinar. Registration is required at  
[ecfoundation.org/initiatives/wills-week](https://ecfoundation.org/initiatives/wills-week)

### TAX CONSIDERATIONS WHEN PLANNING YOUR ESTATE

**THURSDAY, OCTOBER 5 | 6:30 - 8:00 PM**

Online webinar. Registration is required at  
[ecfoundation.org/initiatives/wills-week](https://ecfoundation.org/initiatives/wills-week)

### FIGHTING TERMS OF THE WILL

**FRIDAY, OCTOBER 6 | 10:00 - 11:30 AM**

Online webinar. Registration is required at  
[ecfoundation.org/initiatives/wills-week](https://ecfoundation.org/initiatives/wills-week)

### FAMILY FEUD

**FRIDAY, OCTOBER 6 | 2:00 - 3:30 PM**

Online webinar. Registration is required at  
[ecfoundation.org/initiatives/wills-week](https://ecfoundation.org/initiatives/wills-week)

\*Session times and details subject to change. Visit  
[ecfoundation.org](https://ecfoundation.org) for the most current schedule.

Missed an online session? Webinar recordings will  
be available online after the seminar date.  
Visit [www.ecfoundation.org/initiatives/wills-week](https://www.ecfoundation.org/initiatives/wills-week)  
to watch them.

Edmonton Community Foundation  
9910 - 103 Street NW, Edmonton AB T5K 2V7 | [ecfoundation.org](https://ecfoundation.org)





### **Uke n' Sing (Hybrid: In-person and Zoom)**

If you like to sing, join the ukulele players for some good tunes...like singing around a campfire without the campfire! Enjoy singalong favorites with instrumental accompaniment like guitars and ukulele. All voices and harmonies welcome! Starts Sept 12.

**When:** Tuesdays 11:45-12:45pm

**Where:** Classroom C (pre-register) or

**Zoom Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.8985

### **Ukulele Lessons - Multi-Level (Pre-Register)**

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. Starts Sept 12.

**When:** Tues 1:30-3:00pm

**Where:** Classroom C

### **Connecting Though Writing Workshops with Adele (Pre-register)**

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. Must pre-register by the Friday before.

**When:** Mondays 2:00-3:00pm

Series 1 Sept 18 & 25

Series 2 Oct 23 & 30

### **Coffee Group (Pre-Register)**

A weekly get-together to have discussions and see some friendly faces. Donations for coffee are welcomed. **We are looking for a volunteer to lead the coffee group.** Please contact Jade or Rachel if you are interested. Starts Sept 20.

**When:** Wed 10:15am-11:00am

**Where:** Sage Café

### **Crib Games with Margaret (Drop-in)**

Join our volunteer Margaret for a game of crib or crib lessons if you want to learn this fun and easy game.

**When:** Wed 1:00pm-2:30pm

**Where:** Sage Café

### **Mindful Colouring & Doodling (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. Join volunteer Axcella at the table Tuesdays and Wednesdays.

**When:** Available Mon-Thurs 10:00am-2:00pm

**Where:** Sage Café

### **Aging with Pride (Hybrid: In-person and 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 weekly topics. Aging with Pride is a partnership between The Pride Centre of Edmonton, Edmonton Pride Seniors Group (EPSG), and Sage Seniors Association. Resumes in October. Pre-registration is **required** each week to get Zoom information or to attend in-person. Please email [agingwithprideyeg@gmail.com](mailto:agingwithprideyeg@gmail.com) or call Rachel 780.701.9016 to register.

**When:** Thurs 11:00am-12:00pm

**Where:** Classroom C or online/by phone

### **Rummikub (Tile Rummy) (Drop-in)**

Join our volunteer Jim for some easy and fun games in this weekly drop-in group. If you don't know how to play, he will gladly teach you!

**When:** Thurs 12:30pm-2:00pm

**Where:** Sage Café

### **Funeral Pre-Planning and Important Conversations (Pre-Register)**

Nothing is certain but death and taxes, isn't that what they say? And yet dying, last wishes, funerals, and important documents are hard conversations to have. Join **Dignity Memorial** for these free presentations.

### **Your Life, Your Legacy**

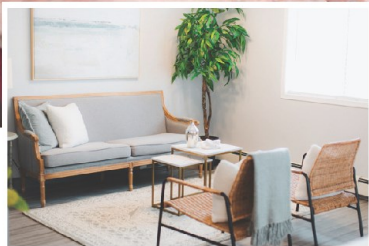
**When:** Thurs, Nov 23 11:00am-12:00pm

**Where:** Classroom D

### **Executors and their Role in Funerals**

**When:** Thurs, Dec 7 11:00am-12:00pm

**Where:** Classroom D



## Calling all Capital Region seniors!

The Independent Living communities, Country Cottage and Wild Rose, are ready to welcome you home.

**Come to our Open House events  
on September 24th,**

**Country Cottage: 1 - 3 PM**

**Wild Rose: 1 - 4 PM**

**Country Cottage**

An OPTIMA LIVING Community



780-417-0757  
countrycottageseniors.ca

75 Cranford Way  
Sherwood Park, AB

**Wild Rose**

An OPTIMA LIVING Community



780-443-1234  
wildroseseniors.ca

9612 - 172nd Street NW,  
Edmonton, AB

People | Place | Community

**Device and Computer Help with Dennis (Pre-Register, In-person at Sage or over the phone/computer)** Do you have questions about how to use your device or computer? Our volunteer Dennis can help over the phone/computer or in-person at Sage each Wed from 1:00-3:00pm. Call Sage to set up an appointment.

**⚠ 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.

**When:** Wed 1:00-2:00pm  
**Where:** Classroom C

**Live Music with Margaret & Friends Jam Session (Drop-in)** Join Sage's volunteer Margaret each month as she shares her love of music by singing & 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 Thurs 1-2:00pm  
**Where:** Sage Café

**TED Talks Discussion Group** Back by popular demand! TED Talks are influential videos from expert speakers on science, technology, creativity, and more. In this monthly group, we watch and then discuss a thought-provoking video.

**When:** Last Monday of the month 11:30-12:30pm

### **VOLUNTEERS NEEDED!**

We are looking for Customer Service Receptionists who can commit to 4 hours/week at Sage. If you are interested, contact Jade at volunteer@mysage.ca or 780-701-9017.

**⚠️ Line Dance with Nancy (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.

**When:** Class A: Mondays 11:30-1:00pm and Wednesdays 11:45-1:15pm

Class B: Mondays 1:15-2:45 pm and Wednesdays 1:30-3:00pm

**Where:** Auditorium

**⚠️ Fitness & Drumming group (Pre-register)**

Gentle exercise and movements while also enjoying some drumming. Drums provided.

**When:** Mon 11:15-12:45pm

**Where:** Sage Classroom C

**⚠️ 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:** Thurs 11:00-12:00pm

**Where:** Auditorium

**⚠️ Zumba Gold with Carina Tuesdays (Pre-Register)** 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:** Tues 1:00-2:00pm

**Where:** Auditorium

**Computer Classes at Stanley Milner Library (In-person, Pre-register)** Computer class (on Sundays 2:00-4:00pm or Tuesdays 6:30-8:30pm) covering topics like Microsoft windows, typing, email, searching the internet, etc. Call/visit the library for help registering or more Information.

**⚠️ Ballroom Dance with Melissa (Pre-register)** A partnered, ballroom dance group. For people with some dance ability and fairly high mobility. Can 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.

**When:** Tues 11:15-12:45pm  
Practice is Wed 9:00-9:45am

**Where:** Auditorium



**SHADOW THEATRE**

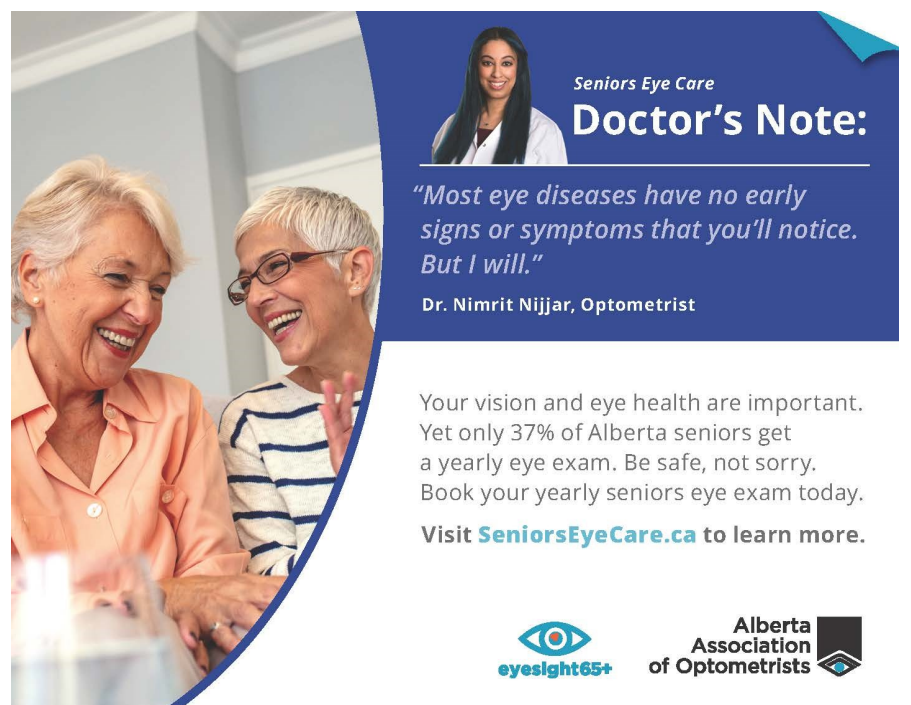
# Crescendo!

Oct 18 - Nov 5, 2023

A play inspired by true stories that take us into the lives of women in a community choir.

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[www.shadowtheatre.org](http://www.shadowtheatre.org)



**Seniors Eye Care**

## Doctor's Note:

*"Most eye diseases have no early signs or symptoms that you'll notice. But I will."*

Dr. Nimrit Nijjar, Optometrist

Your vision and eye health are important. Yet only 37% of Alberta seniors get a yearly eye exam. Be safe, not sorry. Book your yearly seniors eye exam today. Visit [SeniorsEyeCare.ca](http://SeniorsEyeCare.ca) to learn more.

**eyesight65+** Alberta Association of Optometrists

[www.mysage.ca](http://www.mysage.ca)



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---

  
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