

				Friday
<p>You're Invited!:</p> <p>Uke n' Sing Special Christmas Celebration and Carol Sing (Drop-in) Join our singers and ukulele players for a Special Christmas Celebration and Carol Sing - the more the merrier! Tuesday, Dec.12th 11:45am on Sage Main</p> <p>Aging with Pride Christmas Extravaganza- hosted by Twiggy who will perform some parody holiday songs and lead us in seasonal songs. Also, join us for Christmas goodies. Thursday, Dec. 14th 11-12pm on Main Everyone Welcome!</p>	<p>New Programs:</p> <p>*New* Self Defense for Us (Drop-in)- instructor Katherine Whitbread and other Sage members explore and practice physical self-defence appropriate for our abilities. Also, will review and workshop strategies for non-physical self defense in a complex world and sometimes host special guests. Wednesdays 11-12:30pm Classroom C</p>	<p>*New* Managing Your Mental Health & Wellness (Pre-Register, Zoom only) - join this free, 6 weeks series that is 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. Pre-register to attend by emailing life@mysage.ca or call Rachel at 780-701-9016. Dates: TBA- begins end of January Contact Rachel for information.</p>		<p>¹</p> <p>Please note: Sage will only offer remote and off-site programming on Fridays</p> <p>11-12:30pm Downtown Men's Shed (1st & 3rd Fridays Monthly) Drop-in on Zoom at: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>1-2pm Zumba Gold with Carina (Zoom only). https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>*Did you know the downtown library has free drop-in movies every Friday at 2pm? No library card needed!</p>

Life Enrichment Activity Calendar December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:30-11 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>9:30-11 Western Canada Arts Center Class C (External group)</p> <p>11:15-12:45 Fitness & Drumming Group Classroom C, Preregister</p> <p>11:30-1 Line Dance with Nancy Class A Auditorium, Preregister</p> <p>1:15-2:45 Line Dance with Nancy Class B Auditorium, Preregister</p> <p>2-3 Connecting Through Writing with Adele (on Zoom) Preregister</p> <p>4</p>	<p>9-10 Busy Fingers Drop-in on Zoom only at: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>9:30-11 Senior Social Dance Auditorium, Preregister</p> <p>10:30-12 Mindful Doodling & Colouring- only Wednesdays in December</p> <p>11:15-12:45pm Ballroom Dance with Melissa Auditorium, Preregister</p> <p>11:45-1 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</p> <p>1-2 Zumba Gold with Carina Auditorium, Drop-in</p> <p>1:30-3 Ukulele Multi-level Lessons Class C . Preregister</p> <p>2:20-3:45 QiPao Club Aud (External Group)</p> <p>5</p>	<p>9-11 EAL Classes A & B (External Group)</p> <p>9-9:45 Ballroom Dance with Melissa Auditorium, Preregister</p> <p>10-11:30 Western Canada Arts Aud (External Group)</p> <p>10:15-11Senior Coffee Social Club Drop-in, Main</p> <p>10:30-12 Mindful Doodling & Colouring Main floor, Drop-in</p> <p>11:45-1:15 Line Dance with Nancy Class A Aud, pre-reg</p> <p>*New* 11-12:30 Self Defense for Us (Drop-in) Class C</p> <p>1:30-3 Line Dance with Nancy Class B Auditorium, Preregister</p> <p>1-2:15 Crib Games with Margaret Main floor, Drop-in</p> <p>1-2pm Gentle Yoga with Sydney Class C Preregister</p> <p>1-3 Computer help with Dennis In-person, Preregister</p> <p>1-3 Wednesday Wellness Group Classroom B (External Group)</p> <p>6</p>	<p>9:15-10:45 Tai Chi Mix (Fan & Sword) Aud, Preregister</p> <p>10:30-12 Senior Social Dance Singing Group Class B (External group)</p> <p>11-12 Fun & Fitness with Mykeing Aud, Preregister</p> <p>11-12pm Aging with Pride- Role of Executors Drop-in Class C, Preregister for Zoom link</p> <p>12:30-2 Tile Rummy – on Main, Drop-in</p> <p>1-4 GeriActors & Friends Aud (External Group)</p> <p>1-2 pm Music with Margaret & Friends- cancelled today</p> <p>7</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>*Did you know the downtown library has free drop-in movies every Friday at 2pm? No library card needed!</p> <p>8</p>
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15

Life Enrichment Activity Calendar December 2023

<p>9-11 EAL Classes A & B- resumes in January 9:30-11 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 9:30-11 Western Canada Arts Center Class C (External group) 11:15-12:45 Fitness & Drumming Group Classroom C, Preregister 11:30-1 Line Dance with Nancy Class A Auditorium, Preregister 1:15-2:45 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 9:30-11am Senior Social Dance Auditorium, Preregister 10:30-12pm Mindful Doodling & Colouring only Wednesdays in December 11:15-12:45pm Ballroom Dance with Melissa Auditorium, Preregister 11:45-1pm Uke n' Sing Special Christmas Celebration and Carol Sing (Drop-in) Join our singers and ukulele players for a Special Christmas Celebration and Carol Sing - the more the merrier! Tuesday, Dec.12th 11:45am on Sage Main 1-2pm Zumba Gold with Carina Auditorium, Drop-in 2:20-3:45pm QiPao Club Aud (External Group)</p>	<p>9-11 EAL resumes in January 9-9:45am Ballroom Dance with Melissa Aud, Preregister 10-11:30am Western Canada Arts Aud (External Group) 10:15-11am Senior Coffee Social Club Drop-in, Main 10:30-12pm Mindful Doodling & Colouring Main *New* 11-12:30 Self Defense for Us (Drop-in) Class C 11:45-1:15pm Line Dance with Nancy Class A Auditorium, Preregister 1:30-3pm Line Dance with Nancy Class B Aud, Pre-Reg 1-2:15pm Crib Games with Margaret Main floor, Drop-in 1-2pm Gentle Yoga with Sydney Class C Preregister 1-3pm Computer help with Dennis In-person, Preregister 1-3pm Wednesday Wellness Group Classroom B (External Group) *Registration deadline for Let's Do Lunch Olde Spaghetti Factory. Call Rachel at 780-701-9016 or email life@mysage.ca</p>	<p>9:15-10:45 Tai Chi Mix (Fan & Sword) Aud, Preregister 10:30-12pm Senior Social Dance Singing Group Class B (External group) 11-12 pm Fun & Fitness with Mykeing- Aud, Preregister 11-12pm Aging with Pride Christmas Extravaganza- hosted by Twiggy who will perform some parody holiday songs and lead us in seasonal songs. Also, join us for Christmas goodies. 12:30-2pm Tile Rummy – on Main, Drop-in 1-4 GeriActors & Friends- resumes in January</p>	<p>Please note: Sage will only offer remote and off-site programming on Fridays 11-12:30pm Downtown Men's Shed (1st & 3rd Fridays Monthly) Drop-in on Zoom at: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877 1-2pm Zumba Gold with Carina (Zoom only). https://zoom.us/j/6578782877 Meeting ID: 657 878 2877 *Did you know the downtown library has free drop-in movies every Friday at 2pm? No library card needed!</p>
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Life Enrichment Activity Calendar December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>18</p> <p>9-11 EAL Classes A & B- resumes in January 9:30-11 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 9:30-11 Western Canada Arts Center Class C (External group) 11am Depart Sage for Let's Do Lunch Olde Spaghetti Factory (10220 103St.) Preregister by Dec. 13th 11:15-12:45 Fitness & Drumming Group Classroom C, Preregister 11:30-1 Line Dance with Nancy Class A Auditorium, Preregister 1:15-2:45 Line Dance with Nancy Class B- Auditorium, Preregister</p>	<p>19</p> <p>9-10 Busy Fingers Drop-in on Zoom only at: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877 9:30-11 Senior Social Dance Auditorium, Preregister 10:30-12 Mindful Doodling & Colouring- only Wednesdays in December 11:15-12:45 Ballroom Dance with Melissa Auditorium, Preregister 11:45-1pm Uke n' Sing – finished for the year 1-2 Zumba Gold with Carina Auditorium, Drop-in 1:30-3 Ukulele Multi-level Lessons- finished for the year 2:20-3:45pm QiPao Club Aud (External Group)</p>	<p>20</p> <p>9-11 EAL Classes A & B resumes in January 9-9:45 Ballroom Dance with Melissa Aud, Preregister 10-2:30 River Cree Trip (\$5, Preregister) 10-11:30 Western Canada Arts Aud (External Group) 10:15-11 Senior Coffee Social Club Drop-in, Main 10:30-12 Mindful Doodling & Colouring Main floor, Drop-in *New* 11-12:30 Self Defense for Us (Drop-in) Class C 11:45-1:15 Line Dance with Nancy Class A Aud, pre-reg 1:30-3 Line Dance with Nancy- cancelled today 1-2:15 Crib Games with Margaret Main floor, Drop-in 1-2 Gentle Yoga with Sydney Class C Preregister 1-3 Computer help with Dennis In-person, Preregister 1-3 Wednesday Wellness Group Class B (External Group) Sage closes at 1:30pm today for staff meeting</p>	<p>21</p> <p>9:15-10:45 Tai Chi Mix (Fan & Sword) Aud, Preregister 10:30-12 Senior Social Dance Singing Group Class B (External group) 11-12 Fun & Fitness with Mykeing Aud, Preregister 12:30-2 Tile Rummy – on Main, Drop-in 1-2 pm Music with Margaret & Friends on Main, Drop-in 1-4 GeriActors & Friends- resumes in January</p>	<p>22</p> <p>Please note: Sage will only offer remote and off-site programming on Fridays</p> <p>1-2 Zumba Gold with Carina (Zoom only). https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>*Did you know the downtown library has free drop-in movies every Friday at 2pm? No library card needed!</p> <p>*Sage Main is closed for holiday break December 25- January 1st. We will re-open Tuesday, January 2nd</p>

Life Enrichment Activity Calendar December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>January 1st</p> <p>Sage is Closed for New Year's Day</p>	<p>January 2</p> <p>9-10 Busy Fingers Drop-in on Zoom only at: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>9:30-11 Senior Social Dance Auditorium, Preregister</p> <p>10:30-12 Mindful Doodling & Colouring- cancelled today</p> <p>11:15-12:45 Ballroom Dance with Melissa Auditorium, Preregister</p> <p>1-2 Zumba Gold with Carina- cancelled today, will resume next week</p>	<p>January 3</p> <p>9-11 EAL- resumes next week</p> <p>9-9:45 Ballroom Dance with Melissa Auditorium, Preregister</p> <p>10-11:30 Western Canada Arts Aud (External Group)</p> <p>10:15-11 Senior Coffee Social Club Drop-in, Main</p> <p>10:30-12 Mindful Doodling & Colouring- next week</p> <p>*New* 11-12:30 Self Defense for Us (Drop-in) Class C</p> <p>11:45-1:15 Line Dance with Nancy Class A Auditorium, Preregister</p> <p>1:30-3 Line Dance with Nancy Class B Auditorium, Preregister</p> <p>1-2:15 Crib Games with Margaret Main floor, Drop-in</p> <p>1-2 Gentle Yoga with Sydney Class C Preregister</p> <p>1-3 Computer help with Dennis In-person, Drop-in</p> <p>1-3 Wednesday Wellness Group Classroom B (External Group)</p>	<p>January 4</p> <p>9:15-10:45 Tai Chi Mix (Fan & Sword) Aud, Preregister</p> <p>10:30-12 Senior Social Dance Singing Group Class B (External group)</p> <p>11-12 Fun & Fitness with Mykeing – resumes Jan. 11</p> <p>11-12pm Aging with Pride- resumes January 11th</p> <p>12:30-2 Tile Rummy – on Main, Drop-in</p> <p>1-4 GeriActors & Friends Aud (External Group)- resumes next week</p>	<p>January 5</p> <p>Please note: Sage will only offer remote and off-site programming on Fridays</p> <p>11-12:30pm Downtown Men's Shed (1st & 3rd Fridays Monthly) Drop-in on Zoom at: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>1-2 Zumba Gold with Carina (Zoom only)- cancelled today, will resume next week</p> <p><small>*Did you know the downtown library has free drop-in movies every Friday at 2pm? No library card needed!</small></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, Music with Margaret, Tile Rummy, 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 780-423-5510 ext 326 and leave a message 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.

Most Life Enrichment programs are free of charge (unless otherwise notes) and you do not need to be a Sage member to attend.

Please Note:

SAFETY MEASURES AT SAGE

- Throughout the pandemic, Sage has taken a proactive approach to public health measures that are meant to keep program participants, volunteers, and staff safe. We have resumed on-site programming, while continuing to offer virtual services. We have been asking that anyone entering the Sage building wear a mask in most spaces.

- As part of our efforts to maintain a safe and secure environment, we have also chosen to keep our exterior doors locked and have installed a new buzzer system to make access to the building easier.
- Stay home if you're sick
- Wear a mask if you've had COVID symptoms in the previous ten days
- If you're COVID positive, isolate for five days
- Wear a mask based on your personal risk assessment and context
- Sanitize hands and hard surfaces regularly
- We ask that you stay home if you are sick and/or are displaying new symptoms
- Masks are strongly encouraged but optional (masks and sanitizer will continue to be available)
- We will continue to screen people for symptoms before appointments, and reschedule if they are symptomatic
- Staff, volunteers, and/or program participants may continue to ask one another to use a mask when meeting in a one-on-one situation/enclosed space.
- Everyone is encouraged to be respectful of the needs others
- The Sunshine Café will remain closed at this time, but the Café area is available for the consumption of outside food and drink.
- We will also continue to keep our outer doors locked and ask that you use the buzzer when arriving at Sage.

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/UAa3MADuvsq>

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 **Time:** 9:30-11:00 am **Location:** Sage Auditorium (In Person) or <https://zoom.us/j/6578782877> **Zoom Meeting ID:** 657 878 2877 **Toll-Free Phone-in:** 1.855.703.8985 **Please see the Physical Activity Waiver before joining this activity.*

Downtown Men's Shed (Drop-in, Zoom only) Join the "Shedders" group for some discussion, learning opportunities, friendly chat, and a chance to meet new people. **Location:** Zoom **When:** 1st & 3rd Fridays of the month **Time:** 11-12:30pm **Zoom Meeting ID:** 657 878 2877 **Toll-Free Phone-in:** 1.855.703.8985 To get more information email Brian Christianson bchristianson7003@gmail.com

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 Fridays (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. In-person Zumba Gold is at Sage on Tuesdays. Everyone welcome!
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.*

Aging with Pride (in Person Class C and on Zoom, Pre-Register for Zoom link). 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.

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.

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 11:45am-1pm. **Location:** Sage Classroom C (In Person) or <https://zoom.us/j/6578782877> **Zoom Meeting ID:** 657 878 2877 **Toll-Free Phone-in:** 1.855.703.8985 ***Ends** December 12th

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

To attend in-person classes

- Email life@mysage.ca or call 780-423-5510 ext 326 and leave a message 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.

Uke n' Sing Special Christmas Celebration and Carol Sing (Drop-in) Join our singers and ukulele players for a Special Christmas Celebration and Carol Sing - the more the merrier! Tuesday, Dec. 12th 11:45am on Sage Main

Aging with Pride Christmas Extravaganza (Drop-in) hosted by Twiggy who will perform some parody holiday songs and lead us in seasonal songs. Also, join us for Christmas goodies. Thursday, Dec. 14th 11-12pm on Sage Main

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

-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 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: 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.

***New* Self Defense for Us** (Drop-in)- instructor Katherine Whitbread and other Sage members explore and practice physical self-defence appropriate for our abilities. Also will review and workshop strategies for non-physical self defense in a complex world and sometimes host special guests. Wednesdays 11-12:30pm Classroom C ***Please see the waiver for Physical Activity before joining this activity.**

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 - cancelled in December

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. Tuesdays 11:45am-12:45pm. Ends December 12th

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

<https://zoom.us/j/6578782877> Meeting ID: **657 878 2877** *Please see the waiver for Physical Activity before joining this activity.

Line Dance with Nancy Classes 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. Class B is for Beginners and Class A is for more Advanced dancers that have already learned the steps in Beginners. **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 **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) -

Tuesday afternoons- 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. Contact Rachel at life@mysage.ca or 780-701-9016. Ends December 12th

Zumba Gold with Carina (Drop-in, 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 **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:** 1-2pm **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

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

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

AMAZING ELDERS (in-person at the C5 Hub, not Sage main building, pre-register) Amazing Elders is a group of like-minded seniors from different communities across Edmonton who come together each week to learn new things, socialize and share inspiring experiences. Email cbullough@mysage.ca for more details or to register.

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.

Crib Games with Margaret (Drop-in, in person only) join 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, Tile Rummy will be available again Monday-Thursday from 10am-2pm

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.