



# Life Enrichment Activity Calendar October 2024

Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
<p><b>**Sage is closed for National Day for Truth &amp; Reconciliation</b></p>	<p><b>9:30-12 Busy Fingers with Carol</b> – Drop-in with your own knitting and crochet items and enjoy some company and conversation, Classroom A  <b>9:30-11 Senior Social Dance</b> Aud, pre-register  <b>10:30-12 Mindful Colouring &amp; Doodling</b> Drop-in, Main  <b>11:45-1 Uke'n'Sing</b> Classroom B, pre-register  <b>1-2:15 Crib Games with Jim and Axcella</b> Drop-in, Main  <b>1-2 Zumba Gold with Carina</b> – on Zoom today  <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>            Meeting ID: 657 878 2877  <b>1-2:30 International Day of Older Persons Celebration</b> (Drop-in, Aud) Celebrate with some live music, performances, goodies, and more!</p>	<p><b>9-11 EAL Class</b> Classroom A (External Group)  <b>9-9:45 Ballroom Dance with Melissa</b> Aud, pre-register  <b>10-11:30 Western Canada Arts</b> Aud (External Group)  <b>10:15-11 Coffee Group</b> Drop-in, Main  <b>10:30-12 Self-Defence for Us</b> Classroom B  <b>10:30-12 Mindful Colouring &amp; Doodling</b> Drop-in, Main  <b>11:45-1:15 Line Dance with Nancy Class A</b> Aud, pre-register  <b>1:30-3 Line Dance with Nancy Class B</b> Aud, pre-register  <b>11:30-1 Crib Games with Jim</b> Drop-in, Main  <b>12-3 Bridge Group</b> Drop-in, Raye Dolgoy  <b>1-2 Gentle Yoga with Sydney</b> Drop-in, Classroom C  <b>1-3 Computer Help with Dennis</b> In-person, pre-register  <b>1-3 Cultural Men's Shed</b> Drop-in, Main  <b>1-3 Wednesday Wellness</b> Classroom A (External Group)</p>	<p><b>9:15-10:45 Tai Chi Mix (Fan &amp; Sword)</b> Aud, drop-in  <b>10-11:30 Mahjong Lessons</b> Pre-register, Sage Main  <b>10:30-12 Senior Social Dance Singing Group</b> Classroom C (External Group)  <b>11-12 Fun &amp; Fitness with Mykieng</b> Aud, drop-in  <b>12:30-2 Tile Rummy</b> – Drop-in, Main  <b>1-4 GeriActors Theatre</b> Aud (External Group)</p>	<p><b>Please note: Sage only offers remote and off-site programming on Fridays.</b></p> <p><b>11:00-12:30 Edmonton Virtual Men's Shed (1<sup>st</sup> &amp; 3<sup>rd</sup> Fridays monthly)</b> Drop-in on Zoom:  <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>            Meeting ID: 657 878 2877</p> <p><b>1-2 Zumba Gold with Carina</b> (Zoom only)  <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>            Meeting ID: 657 878 2877</p> <p>*Did you know that the Downtown Library offers free, drop-in movies every Friday at 2pm? No library card needed!</p> <p><b>Smoky Lake Pumpkin Fair tomorrow! Depart Sage at 9am sharp. (Pre-register)</b></p>





# Life Enrichment Activity Calendar October 2024

Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
<p><b>9-11 EAL Class</b> Classroom A (External Group)  <b>9:30-11 Tai Chi with Master Ken</b>, Drop-in Aud, or on Zoom: <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  <b>Meeting ID: 657 878 2877</b>  <b>9:30-11 Western Canada Arts Centre</b> Classroom C (External Group)  <b>11:15-12:45 Fitness &amp; Drumming Group</b> Classroom C, pre-register  <b>11:30-1 Line Dance with Nancy Class A</b> Aud, pre-register  <b>1:15-2:45 Line Dance with Nancy Class B</b> Aud, pre-register  <b>2-3 Connecting Through Writing</b> Zoom only, pre-register</p>	<p><b>9:30-12 Busy Fingers with Carol</b> – Drop-in with your own knitting and crochet items and enjoy some company and conversation, Classroom A  <b>9:30-11 Senior Social Dance</b> Aud, pre-register  <b>10:30-12 Mindful Colouring &amp; Doodling</b> Drop-in, Main  <b>11:15-12:45 Ballroom Dance with Melissa</b> Aud, pre-register  <b>11:45-1 Uke'n'Sing</b> Classroom C, pre-register  <b>12:30-2 Conversation Café on Ageism</b> (Pre-Registration preferred by Oct. 3<sup>rd</sup> for catering purposes, drop-ins accepted) Aud  <b>1-2:15 Crib Games with Jim and Axcella</b> Drop-in, Main  <b>1-2 Zumba Gold with Carina</b> on Zoom today  <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  <b>Meeting ID: 657 878 2877</b>  <b>2:20-3:45 QiPao Club</b> Aud (External Group)</p>	<p><b>9-11 EAL Class</b> Classroom A (External Group)  <b>9-9:45 Ballroom Dance with Melissa</b> Aud, pre-register  <b>10-11:30 Western Canada Arts</b> Aud (External Group)  <b>10:15-11 Coffee Group</b> Drop-in, Main  <b>10:30-12 Self-Defence for Us</b> Classroom B  <b>10:30-12 Mindful Colouring &amp; Doodling</b> Drop-in, Main  <b>11:45-1:15 Line Dance with Nancy Class A</b> Aud, pre-register  <b>1:30-3 Line Dance with Nancy Class B</b> Aud, pre-register  <b>11:30-1 Crib Games with Jim</b> Drop-in, Main  <b>12-3 Bridge Group</b> Drop-in, Raye Dolgoy  <b>1-2 Gentle Yoga with Sydney</b> Drop-in, Classroom C  <b>1-3 Computer Help with Dennis</b> In-person, pre-register  <b>1-3 Cultural Men's Shed</b> Drop-in, Main  <b>1-3 Wednesday Wellness</b> Classroom A (External Group)</p>	<p><b>9:15-10:45 Tai Chi Mix (Fan &amp; Sword)</b> Aud, Drop-in  <b>10-11:30 Mahjong Lessons</b> Pre-register, Sage Main  <b>10:30-12 Senior Social Dance Singing Group</b> Classroom C (External Group)  <b>11-12 Fun &amp; Fitness with Mykieng</b> Aud, drop-in  <b>12:30-2 Tile Rummy</b> – Drop-in, Main  <b>1-4 GeriActors Theatre</b> Aud (External Group)</p>	<p><b>Please note: Sage only offers remote and off-site programming on Fridays.</b></p> <p><b>1-2 Zumba Gold with Carina</b> (Zoom only)  <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  <b>Meeting ID: 657 878 2877</b></p> <p>*Did you know that the Downtown Library offers free, drop-in movies every Friday at 2pm? No library card needed!</p>





# Life Enrichment Activity Calendar October 2024

Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
<p><b>**Sage is Closed for Thanksgiving</b></p>	<p><b>9:30-12 Busy Fingers with Carol</b> – Drop-in with your own knitting and crochet items and enjoy some company and conversation, Classroom A</p> <p><b>9:30-11 Senior Social Dance</b> Aud, pre-register</p> <p><b>10:30-12 Mindful Colouring &amp; Doodling</b> Drop-in, Main</p> <p><b>11:15-12:45 Ballroom Dance with Melissa</b> Aud, pre-register</p> <p><b>11:45-1 Uke'n'Sing</b> Classroom C, pre-register</p> <p><b>1-2:15 Crib Games with Jim and Axcella</b> Drop-in, Main</p> <p><b>1-2 Zumba Gold with Carina</b> Aud, Drop-in</p> <p><b>2:20-3:45 QiPao Club</b> Aud (External Group)</p>	<p><b>9-11 EAL Class</b> Classroom A (External Group)</p> <p><b>9-9:45 Ballroom Dance with Melissa</b> Aud, pre-register</p> <p><b>9:30-2 River Cree Casino Trip</b> (\$5, pre-register)</p> <p><b>10-11:30 Western Canada Arts</b> Aud (External Group)</p> <p><b>10:15-11 Coffee Group</b> Drop-in, Main</p> <p><b>10:30-12 Self-Defence for Us</b> Classroom B</p> <p><b>10:30-12 Mindful Colouring &amp; Doodling</b> Drop-in, Main</p> <p><b>11:45-1:15 Line Dance with Nancy Class A</b> Aud, pre-register</p> <p><b>1:30-3 Line Dance with Nancy Class B</b> Aud, pre-register</p> <p><b>11:30-1 Crib Games with Jim</b> Drop-in, Main</p> <p><b>12-3 Bridge Group</b> Drop-in, Raye Dolgoy</p> <p><b>1-2 Gentle Yoga with Sydney</b> Drop-in, Classroom C</p> <p><b>1-3 Computer Help with Dennis</b> In-person, pre-register</p> <p><b>1-3 Cultural Men's Shed</b> Drop-in, Main</p> <p><b>1-3 Wednesday Wellness</b> Classroom A (External Group)</p> <p><b>*Registration deadline for Let's Do Lunch</b></p>	<p><b>9:15-10:45 Tai Chi Mix (Fan &amp; Sword)</b> Aud, drop-in</p> <p><b>10-11:30 Mahjong Lessons</b> Pre-register, Sage Main</p> <p><b>10:30-12 Senior Social Dance Singing Group</b> Classroom C (External Group)</p> <p><b>11-12 Fun &amp; Fitness with Mykieng</b> Aud, drop-in</p> <p><b>12:30-2 Tile Rummy</b> – Drop-in, Main</p> <p><b>1-4 GeriActors Theatre</b> Aud (External Group)</p>	<p><b>Please note: Sage only offers remote and off-site programming on Fridays.</b></p> <p><b>11:00-12:30 Edmonton Virtual Men's Shed (1<sup>st</sup> &amp; 3<sup>rd</sup> Fridays monthly)</b> Drop-in on Zoom: <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: 657 878 2877</p> <p><b>1-2 Zumba Gold with Carina</b> (Zoom only) <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a> Meeting ID: 657 878 2877</p> <p>*Did you know that the Downtown Library offers free, drop-in movies every Friday at 2pm? No library card needed!</p>





# Life Enrichment Activity Calendar October 2024

Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
<p><b>9-11 EAL Class</b> Classroom A (External Group)  <b>9:30-11 Tai Chi with Master Ken</b>, Drop-in Aud, or on Zoom: <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  <b>Meeting ID: 657 878 2877</b>  <b>9:30-11 Western Canada Arts Centre</b> Classroom C (External Group)  <b>11:15 Depart Sage for Let's Do Lunch</b> Bistro Praha 10117 101 Street NW (Pre-Register, pay own lunch)  <b>11:15-12:45 Fitness &amp; Drumming Group</b> Classroom C, pre-register  <b>11:30-1 Line Dance with Nancy Class A</b> Aud, pre-register  <b>1:15-2:45 Line Dance with Nancy Class B</b> Aud, pre-register  <b>1-2 Aging with Pride</b> Season opener with remarks from Michael Phair, Drop-in, Sage Room</p>	<p><b>9:30-12 Busy Fingers with Carol</b> – Drop-in with your own knitting and crochet items and enjoy some company and conversation, Classroom A  <b>9:30-11 Senior Social Dance</b> Aud, pre-register  <b>10:30-12 Mindful Colouring &amp; Doodling</b> Drop-in, Main  <b>11:15-12:45 Ballroom Dance with Melissa</b> Aud, pre-register  <b>11:45-1 Uke'n'Sing</b> Classroom C, pre-register  <b>1-2:15 Crib Games with Jim and Axcella</b> Drop-in, Main  <b>1-2 Zumba Gold with Carina</b> Aud, Drop-in  <b>2:20-3:45 QiPao Club</b> Aud (External Group)</p>	<p><b>9-11 EAL Class</b> Classroom A  <b>9-9:45 Ballroom Dance with Melissa</b> Aud, pre-register  <b>10-11:30 Western Canada Arts</b> Aud (External Group)  <b>10:15-11 Coffee Group</b> Drop-in, Sage Room (3<sup>rd</sup> Floor) – Canada Dental Care Plan  <b>10:30-12 Self-Defence for Us</b> Classroom B  <b>10:30-12 Mindful Colouring &amp; Doodling</b> Drop-in, Main  <b>11-12 Wellbeing Wednesday – Canada Dental Care Plan</b> Drop-in, Sage Room (3<sup>rd</sup> Floor)  <b>11:45-1:15 Line Dance with Nancy Class A</b> Aud, pre-register  <b>1:30-3 Line Dance with Nancy Class B</b> Aud, pre-register  <b>11:30-1 Crib Games with Jim</b> Drop-in, Main  <b>12-3 Bridge Group</b> Drop-in, Raye Dolgoy  <b>1-2 Gentle Yoga with Sydney</b> Drop-in, Classroom C  <b>1-3 Computer Help with Dennis</b> In-person, pre-register  <b>1-3 Cultural Men's Shed</b> Drop-in, Main  <b>1-3 Wednesday Wellness</b> Classroom A (External Group)</p>	<p><b>9:15-10:45 Tai Chi Mix (Fan &amp; Sword)</b> Aud, drop-in  <b>10-11:30 Mahjong Lessons</b> Pre-register, Sage Main  <b>10:30-12 Senior Social Dance Singing Group</b> Classroom C (External Group)  <b>11-12 Fun &amp; Fitness with Mykieng</b> Aud, drop-in  <b>12:30-2 Tile Rummy</b> – Drop-in, Main  <b>1-4 GeriActors Theatre</b> Aud (External Group)</p>	<p><b>Please note: Sage only offers remote and off-site programming on Fridays.</b></p> <p><b>1-2 Zumba Gold with Carina</b> (Zoom only)  <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  <b>Meeting ID: 657 878 2877</b></p> <p>*Did you know that the Downtown Library offers free, drop-in movies every Friday at 2pm? No library card needed!</p>





# Life Enrichment Activity Calendar October 2024

Monday 28	Tuesday 29	Wednesday 30	Thursday 31
<p><b>9-11 EAL Class</b> Classroom A (External Group)  <b>9:30-11 Tai Chi with Master Ken</b>, Drop-in Aud, or on Zoom: <a href="https://zoom.us/j/6578782877">https://zoom.us/j/6578782877</a>  <b>Meeting ID: 657 878 2877</b>  <b>9:30-11 Western Canada Arts Centre</b> Classroom C (External Group)  <b>11:15-12:45 Fitness &amp; Drumming Group</b> Classroom C, pre-register  <b>11:30-1 Line Dance with Nancy Class A</b> Aud, pre-register  <b>1:15-2:45 Line Dance with Nancy Class B</b> Aud, pre-register  <b>1-2 Aging with Pride</b> Drop-in, Sage Room</p>	<p><b>9:30-12 Busy Fingers with Carol</b> – Drop-in with your own knitting and crochet items and enjoy some company and conversation, Classroom A  <b>9:30-11 Senior Social Dance</b> Aud, pre-register  <b>10:30-12 Death Café</b> Drop-in, Main  <b>10:30-12 Mindful Colouring &amp; Doodling</b> Drop-in, Main  <b>11:15-12:45 Ballroom Dance with Melissa</b> Aud, pre-register  <b>1-2:15 Crib Games with Jim and Axcella</b> Drop-in, Main  <b>1-2 Zumba Gold with Carina</b> Aud, Drop-in  <b>2:20-3:45 QiPao Club</b> Aud (External Group)</p>	<p><b>9-11 EAL Class</b> Classroom A (External Group)  <b>9-9:45 Ballroom Dance with Melissa</b> Aud, pre-register  <b>10-11:30 Western Canada Arts</b> Aud (External Group)  <b>10:15-11 Coffee Group</b> Drop-in, Main  <b>10:30-12 Self-Defence for Us</b> Classroom B  <b>10:30-12 Mindful Colouring &amp; Doodling</b> Drop-in, Main  <b>11:45-1:15 Line Dance with Nancy Class A</b> Aud, pre-register  <b>1:30-3 Line Dance with Nancy Class B</b> Aud, pre-register  <b>11:30-1 Crib Games with Jim</b> Drop-in, Main  <b>12-3 Bridge Group</b> Drop-in, Raye Dolgoy  <b>1-2 Gentle Yoga with Sydney</b> Drop-in, Classroom C  <b>1-3 Computer Help with Dennis</b> In-person, pre-register  <b>1-3 Cultural Men’s Shed</b> Drop-in, Main  <b>1-3 Wednesday Wellness</b> Classroom A (External Group)</p>	<p><b>9:15-10:45 Tai Chi Mix (Fan &amp; Sword)</b> Aud, drop-in  <b>10-11:30 Mahjong Lessons</b> Pre-register, Sage Main  <b>10:30-12 Senior Social Dance Singing Group</b> Classroom C (External Group)  <b>11-12 Fun &amp; Fitness with Mykieng</b> Aud, drop-in  <b>12:30-2 Tile Rummy</b> – Drop-in, Main  <b>1-4 GeriActors Theatre</b> Aud (External Group)</p>





# Life Enrichment Activity Calendar October 2024

## Life Enrichment Programming at Sage

- 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.
- **Please** stay home if you are sick.
- Wear a mask if you've had COVID symptoms in the previous ten days.
- If you're COVID positive, isolate for a minimum of 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 of 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 number:

- 1) Call 1-855-703-8985
- 2) It will ask you to enter your Meeting ID (657 878 2877) then press the pound (#) key. If it says the meeting is unavailable, then you have entered the wrong Meeting ID.
- 3) It says enter Participant ID number or press pound key: press the pound (#) key.
- 4) Say your name and press # again.
- 5) Enjoy! You can still hear the program and they can hear you if you are unmuted, there is just no video component.





## Life Enrichment Activity Calendar October 2024

### To join Sage's Zoom programming online:

(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](http://www.zoom.us)
- Click on "Join a Meeting" (might be located in the upper right-hand corner)
- Enter the Personal Meeting ID: 657 878 2877
- Or, where there is a blue Internet link on the email, listed above as <https://zoom.us/j/6578782877>, click on your right mouse button and select "open hyperlink" 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:

Download the 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 a 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).



# Life Enrichment Activity Calendar October 2024

## Virtual (Online-only) Programming

**Edmonton's Virtual Men's Shed (formerly 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:** 1<sup>st</sup> & 3<sup>rd</sup> Fridays of the month **Time:** 11:00am-12:30pm <https://zoom.us/j/6578782877> **Zoom Meeting ID:** 657 878 2877 **Toll-Free Phone-in:** 1-855-703-8985 For more information, please email Brian Christenson [bchristianson7003@gmail.com](mailto:bchristianson7003@gmail.com)

**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! Thank you to Women in Motion for sponsoring the Zumba Gold classes! **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.

**Connecting Through Writing Workshops with Adele** (Zoom only, 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 series begin. **When:** Mondays 2-3pm. **Series 1:** September 16 – October 7- canceled, instructor away **Series 2:** November 18- December 9.

**Better Choices, Better Health Workshops** (Pre-register, Zoom only) – in these free, 6 week workshops presented by Alberta Health Services learn lifelong skills to help manage pain and/or your chronic condition. As well as tips for healthy eating and becoming more active, how to talk to your healthcare team, and tips for living a better quality of life. Register by calling 825-404-7460 or online at <https://redcap.link/chronicpain> or Website: [www.ahs.ca/bcbh](http://www.ahs.ca/bcbh)

### Chronic Conditions Workshops:

Option 1: Fridays, Nov. 1– Dec. 6, 10-12:30pm Option 2: Tuesdays, Nov, 5– Dec. 10, 1:30–4pm

Option 3: Thursdays, Nov. 7- Dec.12, 6-8:30pm

### Chronic Pain Workshops:

Option 1: Fridays, Nov. 1– Dec. 6, 10-12:30pm Option 2: Tuesdays, Nov, 5– Dec. 10, 1:30–4pm

Option 3: Thursdays, Nov. 7- Dec.12, 6-8:30pm





## Life Enrichment Activity Calendar October 2024

### Hybrid (In-person and Online) Programming

**Tai Chi with Master Ken** (Drop-in on Zoom, pre-registered in-person at Sage) Good for the mind and body, these Tai Chi classes are great for all skill levels and help to build balance and strength through gentle movements. **When:** Mondays **Time:** 9:30-11:00am **Location:** 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.

**\*NEW Date and Time\* Aging with Pride** (in-person Sage Room 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:** Mondays at 1:00pm, starting October 21<sup>st</sup> **Where:** Sage Room. Please email [agingwithprideveg@gmail.com](mailto:agingwithprideveg@gmail.com) or call Rachel at 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 from 1-3pm. Must pre-register.

**Uke 'n' Sing** (In-person at Sage Classroom C and on Zoom, pre-register) Some people are strumming on ukuleles and others are singing along to a great mix of familiar tunes ... all the warmth of singing around a campfire without the smoke or mosquitos! All voices and harmonies welcome. Tuesdays 11:45am-1:00pm. Contact Rachel at [life@mysage.ca](mailto:life@mysage.ca) or call 780-701-9016 for details. **When:** Tuesdays 11:45am-1:00pm September 17 - October 22 & November 5 – December 10 **Where:** Classroom C

## Life Enrichment Activity Calendar October 2024

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

To attend in-person classes:

- Email [life@mysage.ca](mailto:life@mysage.ca) or call 780-423-5510 ext. 326 and leave a message for programs requiring pre-registration (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-2pm (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.

**Conversation Café on Ageism** (Pre-Registration preferred by Oct. 3<sup>rd</sup> for catering purposes, drop-ins accepted) Aud. **Date:** Tuesday, Oct. 8<sup>th</sup>. Small group discussions and sharing and learning about Ageism, what it is, and how it impacts all of us. Register at Sage main or email [rtassone@mysage.ca](mailto:rtassone@mysage.ca)

**Smoky Lake Pumpkin Fair** (Pre-register) Join Sage as we venture to the small town of Smoky Lake for a day of touring the mid-way, food booths, Farmer's Market, and car show. You can wander the stores in town and pay for a wristband to watch the giant pumpkins and gourds weigh-off. Spots are limited and first come, first served, so register early! **Cost:** \$40.00 (includes coach bus only.) Bring cash for a wristband if you want to see the weighing and bring your own food/drinks or spending money. Preferred payment at Sage for trip is cash or cheque. Register at Sage Main in person only. **When:** Saturday October 5 **Time:** Depart Sage at 9:00am.

**International Day of Older Persons Celebration** (Drop-in) Celebrate International Day of Older Persons with some live music, performances, goodies, display booths, and more! **When:** Tuesday October 1 at 1:00pm in the Auditorium.

**Busy Fingers** Drop-in with your knitting and crochet projects and enjoy some company and conversation. **When:** Tuesdays **Time:** 9:30am-12pm **Location:** Classroom A.

**Self-Defence for Us** (Drop-in) Instructor Katherine Whitbread and participants explore and practice self-defence appropriate for our abilities and together workshop self-defence scenarios of concern to participants. Class starts at 11:00am but beginners are invited to start at 10:30 for an easy introduction. Let's discover what we can do to protect ourselves and others! Everyone welcome anytime. **When:** Wednesdays **Time:** 10:30am-12pm **Location:** Classroom B. \*Please see the Physical Activity Waiver before joining this activity.



## Life Enrichment Activity Calendar October 2024

**Let's Do Lunch** (Pre-register) This group comes together on the third Monday of each month at 11am at Sage (or 11:30 at restaurant) and ventures out to new dining experiences. Must pre-register by the Wednesday before. Spaces are limited. **Cost:** Pay for own lunch + ETS transportation. October 21 (register by October 16) Bistro Praha 10117 101 Street NW.

**River Cree Casino Trip** (Pre-register) Hop on the River Cree bus on the third Wednesday of each 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:** Wednesday October 16 **Time:** Depart Sage at 9:30am and depart River Cree at 2:00pm. Must stay for the entire four hours to get deal.

**Cultural Men's Shed** (Drop-in) Formed by a group of Gujarati Indian Men who met each other here in Edmonton, the Cultural Men's Shed is particularly interested in having cultural exchanges, navigating systems as a new Canadian, and playing games. **When:** Wednesdays **Time:** 1-3pm **Location:** Sage Café.

**Line Dance with Nancy** Class A & Class B (pre-register, in-person only) Not your typical line dancing! Join instructor Nancy in this unique line dancing class that combines 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. **When:** Mondays 11:30am-1pm (Class A) and 1:15-2:45pm (Class B) and Wednesdays 11:45am-1:15pm (Class A) and 1:30-3pm (Class B) **Location:** Auditorium \*Please see the Physical Activity Waiver before joining this activity.

**Tai Chi Mix** (includes Fan & Sword) (Drop-in, 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:** 9:15-10:45am **Location:** Auditorium \*Please see the Physical Activity Waiver before joining this activity.

**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. Thank you to Women in Motion for sponsoring the Zumba Gold classes. **When:** Tuesdays **Time:** 1-2pm **Location:** Auditorium \*Please see the Physical Activity Waiver before joining this activity.

**Ballroom Dance 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](mailto:life@mysage.ca). **When:** Tuesdays **Time:** 11:15-12:45pm **Location:** Auditorium (Practice is Wednesdays 9-9:45am) \*Please see the Physical Activity Waiver before joining this activity.

**Seniors Social Coffee Group:** Join us each week for coffee and conversation. All are welcome. **When:** Wednesdays **Time:** 10:15-11:00am **Location:** Sage Main Floor \* This month, we are having a **speaker** regarding the **Canada Dental Care Plan** – Join us **October 23<sup>rd</sup>** at **10:30am** in the **Sage Room** for this wonderful presentation!



## Life Enrichment Activity Calendar October 2024

**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). **When:** Mondays **Time:** 11:15am-12:45pm **Location:** Classroom C. \*Please see the Physical Activity Waiver before joining this activity.

**Fun & Fitness with Mykieng** (Drop-in, 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:** 11am-12pm **Location:** Auditorium \*Please see the Physical Activity Waiver before joining this activity.

**Gentle Yoga with Sydney** (Drop-in, 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:** Classroom C \*Please see the Physical Activity Waiver before joining this activity.

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

**Mindful Colouring & Doodling** (Drop-in, in-person only) Enjoy colouring and doodling. Pictures and pencil crayons provided. A great chance to express creativity, meet new people, or to let your mind relax. **When:** Tuesdays & Wednesdays **Time:** 10:30am-12:00pm **Location:** Main Floor

**Crib Games with Jim and Axcella** Join volunteers Jim and Axcella and others for a game of crib or crib lessons if you want to learn how to play this fun and easy game. **When:** Tuesdays & Wednesdays **Time:** 1-2:15pm on Tuesdays & 11:30am-1pm on Wednesdays **Location:** Main Floor

**Mahjong, Puzzle Room, Tile Rummy** will be available Monday-Thursday from 10am-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. Resumes in September. Email [cbulloug@mysage.ca](mailto:cbulloug@mysage.ca) for more details or to register.

**\*NEW\* Death Café** (In-person) New to Sage this month is our Death Café. Death Café is a not-for-profit organization that holds events worldwide to create a space where people can freely discuss their thoughts, opinions, and experiences around the subject of death/dying. This cafe will be facilitated by Keshia Coursaux, an end-of-life transition carer who is interested in helping you share your thoughts and stories. Death cafes are open minded, thought provoking, and stimulating! Program will run the last Tuesday of every month. **When:** Tuesday October 29 **Time:** 10:30am-12pm **Location:** Main Floor.

**\*NEW\* Bridge Group** (In-person, Raye Dolgoy Room) Sage is pleased to announce the return of the Bridge Group. **When:** Wednesdays **Time:** 12:00-3:00pm **Location:** Raye Dolgoy Room (3<sup>rd</sup> Floor)

**\*NEW\* Mahjong Lessons** (Pre-register) Learn this fun and popular tile game that is similar to rummy. Join the lessons or drop by for a refresher if you already know how to play. Free thanks to our partners at ASSIST. **When:** Thursdays, starting September 19, 10-11:30am **Where:** Sage Main Floor.



# Life Enrichment Activity Calendar October 2024

## 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.

## Physical Activity Waiver

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 doing 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 or a medical professional before beginning any exercise routine.

## 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, 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 activity.



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Some programs use video and audio technologies for their sessions rather than asking for participants to come into the Sage 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.



**Thank you to Women in Motion for their ongoing support of our Zumba Gold Classes!**