

				Friday 1
	<p style="text-align: center;">You're Invited: SAGE DROP IN OPEN HOUSE</p> <p>Enjoy performances, displays, and release of the 2025 Directory of Senior Services!</p> <p>Meet staff and seniors, take a tour, learn about opportunities.</p> <p style="text-align: center;">Light refreshments. Everyone welcome.</p> <p style="text-align: center;">Wednesday, November 13 12:30 pm - 3:00 pm Drop-in.</p>	<p style="text-align: center;">Budget Conversation with Mayor Amarjeet Sohi</p> <p>You are invited to an important conversation about the City of Edmonton's upcoming budget adjustment with Mayor Amarjeet Sohi. This engagement will be focused on the perspectives of seniors and is your opportunity to learn about the financial pressures the City is facing, ask questions, and share your thoughts.</p> <p>Date: Thursday, November 7 Time: 1:15 pm - 2:30 pm Location: Sage, Classroom C Must pre-register on EventBrite</p>		<p>Please note: Sage only offers remote and off-site programming on Fridays.</p> <p>11:00-12:30 Edmonton Virtual Men's Shed (1st & 3rd Fridays monthly) Drop-in on Zoom: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</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 that the Downtown Library offers free, drop-in movies every Friday at 2pm? No library card needed!</p>



Life Enrichment Activity Calendar

November 2024

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
<p>9:30-11 Tai Chi with Master Ken, Drop-in Aud, or on Zoom: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>9:30-11 Western Canada Arts Centre Classroom C (External Group)</p> <p>*New* 10:30-12 Crib Games with Jim -Drop-in, Main</p> <p>11:15-12:45 Fitness & Drumming Group Classroom C, pre-register</p> <p>11:30-1 Line Dance with Nancy Class A Aud, pre-register</p> <p>1:15-2:45 Line Dance with Nancy Class B Aud, pre-register</p> <p>1-2 Aging with Pride Drop-in, Sage Room</p>	<p>9:30-12 Busy Fingers – Drop-in with your own knitting and crochet items and enjoy some company and conversation, Classroom A</p> <p>9:30-11 Senior Social Dance Aud, pre-register</p> <p>10:30-12 Mindful Colouring & Doodling Drop-in, Main</p> <p>11:15-12:45 Ballroom Dance with Melissa Aud, pre-register</p> <p>11:45-1 Uke'n'Sing Classroom C, pre-register</p> <p>1-2:15 Crib Games with Jim and Axcella Drop-in, Main</p> <p>1-2 Zumba Gold with Carina Aud, Drop-in</p> <p>2:20-3:45 QiPao Club Aud (External Group)</p>	<p>9-9:45 Ballroom Dance with Melissa Aud, pre-register</p> <p>10-11:30 Western Canada Arts Aud (External Group)</p> <p>10:15-11 Coffee Group Drop-in, Main</p> <p>10:30-12 Self-Defence for Us Classroom B</p> <p>10:30-12 Mindful Colouring & Doodling Drop-in, Main</p> <p>11:45-1:15 Line Dance with Nancy Class A Aud, pre-register</p> <p>1:30-3 Line Dance with Nancy Class B Aud, pre-register</p> <p>11:30-1 Crib Games with Jim Drop-in, Main</p> <p>12-3 Bridge Group Drop-in, Raye Dolgoy</p> <p>1-2 Gentle Yoga with Sydney Drop-in, Classroom C</p> <p>1-3 Computer Help with Dennis In-person, pre-register</p> <p>1-3 Cultural Men's Shed Drop-in, Main</p> <p>1-3 Wednesday Wellness Classroom A (External Group)</p>	<p>9:15-10:45 Tai Chi Mix (Fan & Sword) Aud, drop-in</p> <p>10-11:30 Mahjong Lessons Pre-register, Sage Main</p> <p>10:30-12 Senior Social Dance Singing Group Classroom C (External Group)</p> <p>11-12 Fun & Fitness with Mykieng Aud, drop-in</p> <p>12:30-2 Tile Rummy – Drop-in, Main</p> <p>1-4 GeriActors Theatre Aud (External Group)</p> <p>1:15 Budget Conversation with Mayor Amarjeet Sohi-pre-register. Details below. Classroom C</p>	<p>Please note: Sage only offers 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 that the Downtown Library offers free, drop-in movies every Friday at 2pm? No library card needed!</p>





Life Enrichment Activity Calendar

November 2024

Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
<p>**Sage is Closed for Remembrance Day</p>	<p>9:30-12 Busy Fingers – Drop-in with your own knitting and crochet items and enjoy some company and conversation, Classroom A</p> <p>9:30-11 Senior Social Dance Aud, pre-register</p> <p>10:30-12 Mindful Colouring & Doodling Drop-in, Main</p> <p>11:15-12:45 Ballroom Dance with Melissa Aud, pre-register</p> <p>11:45-1 Uke'n'Sing Classroom C, pre-register</p> <p>1-2:15 Crib Games with Jim and Axcella Drop-in, Main</p> <p>1-2 Zumba Gold with Carina Aud, Drop-in</p> <p>2:20-3:45 QiPao Club Aud (External Group)</p>	<p>9-9:45 Ballroom Dance with Melissa Aud, pre-register</p> <p>10:15-11 Coffee Group Drop-in, Main</p> <p>10:30-12 Self-Defence for Us Classroom B</p> <p>11:30-1 Crib Games with Jim Drop-in, Main</p> <p>12:30-3 Sage Open House- Drop-in, tours, meet staff, performances, light refreshments. Everyone welcome!</p> <p>12-3 Bridge Group Drop-in, Raye Dolgoy</p> <p>1-2 Gentle Yoga with Sydney Drop-in, Classroom C</p> <p>1-3 Computer Help with Dennis In-person, pre-register</p> <p>1-3 Wednesday Wellness Classroom A (External Group)</p> <p>*Registration Deadline for Let's Do Lunch</p>	<p>9:15-10:45 Tai Chi Mix (Fan & Sword) Aud, drop-in</p> <p>10-11:30 Mahjong Lessons Pre-register, Sage Main</p> <p>10:30-12 Senior Social Dance Singing Group Classroom C (External Group)</p> <p>11-12 Fun & Fitness with Mykieng Aud, drop-in</p> <p>12:30-2 Tile Rummy – Drop-in, Main</p> <p>1-4 GeriActors Theatre Aud (External Group)</p>	<p>Please note: Sage only offers remote and off-site programming on Fridays.</p> <p>11:00-12:30 Edmonton Virtual Men's Shed (1st & 3rd Fridays monthly) Drop-in on Zoom: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</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 that the Downtown Library offers free, drop-in movies every Friday at 2pm? No library card needed!</p>





Life Enrichment Activity Calendar

November 2024

Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
<p>9:30-11 Tai Chi with Master Ken, Drop-in Aud, or on Zoom: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>9:30-11 Western Canada Arts Centre Classroom C (External Group)</p> <p>*New* 10:30-12 Crib Games with Jim -Drop-in, Main</p> <p>11:15 Depart Sage for Let's Do Lunch (Pre-register) OEB Breakfast Co. 10174 100A Street NW</p> <p>11:15-12:45 Fitness & Drumming Group Classroom C, pre-register</p> <p>11:30-1 Line Dance with Nancy Class A Aud, pre-register</p> <p>1:15-2:45 Line Dance with Nancy Class B Aud, pre-register</p> <p>1-2 Aging with Pride Drop-in, Sage Room</p> <p>2-3 Connecting Through Writing Zoom only, pre-register</p>	<p>9:30-12 Busy Fingers – Drop-in with your own knitting and crochet items and enjoy some company and conversation, Classroom A</p> <p>9:30-11 Senior Social Dance Aud, pre-register</p> <p>10:30-12 Mindful Colouring & Doodling Drop-in, Main</p> <p>11:15-12:45 Ballroom Dance with Melissa Aud, pre-register</p> <p>11:45-1 Uke'n'Sing Classroom C, pre-register</p> <p>1-2:15 Crib Games with Jim and Axcella Drop-in, Main</p> <p>1-2 Zumba Gold with Carina Aud, Drop-in</p> <p>2:20-3:45 QiPao Club Aud (External Group)</p>	<p>9-9:45 Ballroom Dance with Melissa Aud, pre-register</p> <p>9:30-2 River Cree Casino Trip (\$5, pre-register)</p> <p>10-11:30 Western Canada Arts Aud (External Group)</p> <p>10:15-11 Coffee Group Drop-in, Main</p> <p>10:30-12 Self-Defence for Us Classroom B</p> <p>10:30-12 Mindful Colouring & Doodling Drop-in, Main</p> <p>11:45-1:15 Line Dance with Nancy Class A Aud, pre-register</p> <p>1:30-3 Line Dance with Nancy Class B Aud, pre-register</p> <p>11:30-1 Crib Games with Jim Drop-in, Main</p> <p>12-3 Bridge Group Drop-in, Raye Dolgoy</p> <p>1-2 Gentle Yoga with Sydney Drop-in, Classroom C</p> <p>1-3 Computer Help with Dennis In-person, pre-register</p> <p>1-3 Cultural Men's Shed Drop-in, Main</p> <p>1-3 Wednesday Wellness Classroom A (External Group)</p>	<p>9:15-10:45 Tai Chi Mix (Fan & Sword) Aud, drop-in</p> <p>10-11:30 Mahjong Lessons Pre-register, Sage Main</p> <p>10:30-12 Senior Social Dance Singing Group Classroom C (External Group)</p> <p>11-12 Fun & Fitness with Mykieng Aud, drop-in</p> <p>12:30-2 Tile Rummy – Drop-in, Main</p> <p>1-4 GeriActors Theatre Aud (External Group)</p>	<p>Please note: Sage only offers 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 that the Downtown Library offers free, drop-in movies every Friday at 2pm? No library card needed!</p>





Life Enrichment Activity Calendar

November 2024

Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
<p>9:30-11 Tai Chi with Master Ken, Drop-in Aud, or on Zoom: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>9:30-11 Western Canada Arts Centre Classroom C (External Group)</p> <p>*New* 10:30-12 Crib Games with Jim -Drop-in, Main</p> <p>11:15-12:45 Fitness & Drumming Group Classroom C, pre-register</p> <p>11:30-1 Line Dance with Nancy Class A Aud, pre-register</p> <p>1:15-2:45 Line Dance with Nancy Class B Aud, pre-register</p> <p>1-2 Aging with Pride Drop-in, Sage Room</p> <p>2-3 Connecting Through Writing Zoom only, pre-register</p>	<p>9:30-12 Busy Fingers – Drop-in with your own knitting and crochet items and enjoy some company and conversation, Classroom A</p> <p>9:30-11 Senior Social Dance Aud, pre-register</p> <p>10:30-12 Death Café Drop-in, Sage Main</p> <p>10:30-12 Mindful Colouring & Doodling Drop-in, Main</p> <p>11:15-12:45 Ballroom Dance with Melissa Aud, pre-register</p> <p>11:45-1 Uke'n'Sing Classroom C, pre-register</p> <p>1-2:15 Crib Games with Jim and Axcella Drop-in, Main</p> <p>1-2 Zumba Gold with Carina Aud, Drop-in</p> <p>2:20-3:45 QiPao Club Aud (External Group)</p>	<p>9-9:45 Ballroom Dance with Melissa Aud, pre-register</p> <p>10-11:30 Western Canada Arts Aud (External Group)</p> <p>10:15-11 Coffee Group Drop-in, Sage Room – Legal Documents You Should Have</p> <p>10:30-12 Self-Defence for Us Classroom B</p> <p>10:30-12 Mindful Colouring & Doodling Drop-in, Main</p> <p>11:45-1:15 Line Dance with Nancy Class A Aud, pre-register</p> <p>1:30-3 Line Dance with Nancy Class B Aud, pre-register</p> <p>11:30-1 Crib Games with Jim Drop-in, Main</p> <p>12-3 Bridge Group Drop-in, Raye Dolgoy</p> <p>1-2 Gentle Yoga with Sydney Drop-in, Classroom C</p> <p>1-3 Computer Help with Dennis In-person, pre-register</p> <p>1-3 Cultural Men's Shed Drop-in, Main</p> <p>1-3 Wednesday Wellness Classroom A (External Group)</p>	<p>9:15-10:45 Tai Chi Mix (Fan & Sword) Aud, drop-in</p> <p>10-11:30 Mahjong Lessons Pre-register, Sage Main</p> <p>10:30-12 Senior Social Dance Singing Group Classroom C (External Group)</p> <p>11-12 Fun & Fitness with Mykieng Aud, drop-in</p> <p>12:30-2 Tile Rummy – Drop-in, Main</p> <p>1-4 GeriActors Theatre Aud (External Group)</p>	<p>Please note: Sage only offers 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 that the Downtown Library offers free, drop-in movies every Friday at 2pm? No library card needed!</p>





Life Enrichment Activity Calendar

November 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.

Programs subject to change. For calendar updates and information, please visit www.mysage.ca or call 780-423-5510 Proudly supported by:





Life Enrichment Activity Calendar

November 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
- 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 or call 780-701-9016 for the program invite or see Sage's calendar or newsletter at www.mysage.ca.



Life Enrichment Activity Calendar November 2024

New at Sage (In-person):

Sage Open House- Enjoy performances, displays, and release of the 2025 Directory of Senior Services release! Meet staff and seniors, take a tour, learn about opportunities. Light refreshments. Everyone welcome!

Budget Conversation with Mayor Amarjeet Sohi- You are invited to an important conversation about the City of Edmonton's upcoming budget adjustment with Mayor Amarjeet Sohi. This engagement will be focused on the perspectives of seniors and is your opportunity to learn about the financial pressures the City is facing, ask questions, and share your thoughts. **Date:** November 7th, 2024 **Time:** 1:15 pm - 2:30 pm **Location:** SAGE, Classroom C
Space is limited and registration is required. Pre-register on Event Brite

This event is co-hosted by ESCC and SAGE and will include on-site captioning, also known as CART (Communication Access Realtime Translation), for hearing accessibility.

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:** 1st & 3rd 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

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 **Series 2:** November 18-December 9.





Life Enrichment Activity Calendar November 2024

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 health care 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

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

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 21st **Where:** Sage Room. Please email 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 or call 780-701-9016 for details. **When:** Tuesdays 11:45am-1:00pm September 17 - October 22 & November 5 – December 10 **Where:** Classroom C



In-Person Programs at Sage (Pre-Registered and 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 (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.

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:** 10:30-12pm **Location:** Classroom B. *Please see the Physical Activity Waiver before joining this activity.

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. November 18 (register by November 13) OEB Breakfast Co. 10174 100A 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 November 20 **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.



Life Enrichment Activity Calendar November 2024

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. **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** to talk about **Legal Documents You Should Have November 27th** at **10:30am** in the **Sage Room** (3rd Floor).

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:** 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





Life Enrichment Activity Calendar November 2024

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 for more details or to register.

***NEW* Death Café** – currently not offered at Sage.

***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 (3rd 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.

Christmas Party Join the festivities with some live music, goodies, and more! Presented in partnership with Aging with Pride. **When:** Monday, December 16 at 1pm on Sage Main.

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.



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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.

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.





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InMotion Network
Promoting Physical Activity For Girls And Women

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

Programs subject to change. For calendar updates and information, please visit www.mysage.ca or call 780-423-5510 Proudly supported by:

