

# Life Enrichment Activity Calendar ~ August 2025

Monday July 28	Tuesday July 29	Wednesday July 30	Thursday July 31	Friday 1
<p><b>9:30-11 Tai Chi with Master Ken-</b> cancelled today, instructor is away</p> <p><b>9:30-11 Western Canada Arts Centre Class C</b>(External Group)</p> <p><b>9:30-1pm Drop-in Mahjong Games,</b> Drop-in, Main</p> <p><b>10:30-12 Domino Games with Jim</b> -Drop-in, Main</p> <p><b>11:15-12:45 Folk Dancing (External Group)</b> Classroom C</p> <p><b>*New*11:15-12:30 Karaoke Corner</b> Drop-in, Main</p> <p><b>11:30-1 Line Dance with Nancy Class A</b> Aud, pre-register</p> <p><b>1:15-2:45 Line Dance with Nancy Class B</b> Aud, 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</p> <p><b>9:30-11 Senior Social Dance-</b> Aud, pre-register</p> <p><b>10-11:30 Mahjong Lessons-</b> Drop-in, Main</p> <p><b>10:30-12 Mindful Colouring &amp; Doodling</b> Drop-in, Main</p> <p><b>11:15-12:45 Drumming &amp; Costume</b> (External Group) Aud</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>1:15-3 Western Canada Arts Class B</b> (External Group)</p> <p><b>2:20-3:45 QiPao Club-</b> (External)- Aud</p> <p><b>*11am-2pm Drop-in Photo session</b> on main floor</p>	<p><b>9-9:45 Ballroom Dance with Melissa</b> Aud, pre-register</p> <p><b>9:30-1pm Drop-in Mahjong Games,</b> Drop-in, Main</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 Mindful Colouring &amp; Doodling</b> Drop-in, Main</p> <p><b>11:45-3 Line Dance with Nancy Class A,</b> then <b>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>12:30-2:30 Computer Lab Drop-in</b> Computer lab, 3<sup>rd</sup> Floor</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> Main</p> <p><b>1-3 Wednesday Wellness</b> Classroom A (External Group)</p>	<p><b>9-10 Western Canada Arts Class C</b> (External Group)</p> <p><b>9:15-10:45 Tai Chi Mix (Fan &amp; Sword)</b> Aud, drop-in</p> <p><b>9:30-1pm Drop-in Mahjong Games,</b> Drop-in, Main</p> <p><b>10-11:30 Mahjong Lessons-</b> moved to Tuesdays (but Mahjong sets are available for play anytime M-Th 10-3pm)</p> <p><b>10-12 QiPao Club Class B</b> (External Group)</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>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>

Programs subject to change. For calendar updates and information, please visit [www.mysage.ca](http://www.mysage.ca) or call 780-423-5510



# Life Enrichment Activity Calendar ~ August 2025

<b>Monday</b> 4	<b>Tuesday</b> 5	<b>Wednesday</b> 6	<b>Thursday</b> 7	<b>Friday</b> 8
	<b>9:30-12 Busy Fingers with Carol</b> – Drop-in with your own knitting and crochet items and	<b>9-9:45 Ballroom Dance with Melissa</b> Aud, pre-register <b>9:30-1pm Drop-in Mahjong Games</b> , Drop-in, Main	<b>9-10 Western Canada Arts Class C</b> (External Group) <b>9:15-10:45 Tai Chi Mix (Fan &amp; Sword)</b> Aud, drop-in	<b>Please note: Sage only offers remote and off-site programming on Fridays.</b>

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<p><b>Sage Closed</b></p>	<p>enjoy some company and conversation, Classroom A  <b>9:30-11 Senior Social Dance-</b> Aud, pre-register  <b>10-11:30 Mahjong Lessons-</b> Drop-in, Main  <b>10:30-12 Mindful Colouring &amp; Doodling</b> Drop-in, Main  <b>11:15-12:45 Drumming &amp; Costume</b> (External Group) Aud  <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>1:15-3 Western Canada Arts</b> Class B (External Group)  <b>2:20-3:45 QiPao Club-</b> (External)- Aud</p>	<p><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 Mindful Colouring &amp; Doodling</b> Drop-in, Main  <b>11:45-3 Line Dance with Nancy Class A, then 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>12:30-2:30 Computer Lab</b> Drop-in Computer lab, 3<sup>rd</sup> Floor  <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>* 10am-1pm Drop-in Photo Sessions</b> on Main Flr</p>	<p><b>9:30-1pm Drop-in Mahjong Games,</b> Drop-in, Main  <b>10-12 QiPao Club</b> Class B (External Group)  <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</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><b>Monday</b> <b>11</b></p>	<p><b>Tuesday</b> <b>12</b></p>	<p><b>Wednesday</b> <b>13</b></p>	<p><b>Thursday</b> <b>14</b></p>	<p><b>Friday</b> <b>15</b></p>

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# Life Enrichment Activity Calendar ~ August 2025

Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
<p><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> Meeting ID: 657 878 2877</p> <p><b>9:30-11 Western Canada Arts Centre Class C</b> (External Group)</p> <p><b>10-11 Book Club</b> Classroom B, pre-register</p> <p><b>10am *New Emergency Preparedness Workshop (Pre-Register)</b> Meet in Sage Room.</p> <p><b>10:30-12 Domino Games with Jim</b> -Drop-in, Main</p> <p><b>11:15-12:45 Folk Dancing (External Group)</b> Classroom C</p> <p><b>11:15-12:30 Karaoke Corner</b> Drop-in, Main</p> <p><b>11:15 Depart for Let's Do Lunch</b> (11am at Sage or meet at the restaurant for 11:30) Pre-register. Craft (10013-101A Ave)</p> <p><b>11:30-1 Line Dance with Nancy Class A</b> Aud, pre-register</p> <p><b>1:15-2:45 Line Dance with Nancy Class B</b> Aud, 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</p> <p><b>9:30-11 Senior Social Dance</b> Aud, pre-register</p> <p><b>10-11:30 Mahjong Lessons</b>- Drop-in, Main</p> <p><b>10:30-12 Mindful Colouring &amp; Doodling</b> Drop-in, Main</p> <p><b>11:15-12:45 Drumming &amp; Costume</b> (External Group) Aud</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>1:15-3 Western Canada Arts Class B</b> (External Group)</p> <p><b>2:20-3:45 QiPao Club</b> Aud (External Group)</p>	<p><b>9-9:45 Ballroom Dance with Melissa</b> Aud, pre-register</p> <p><b>9:30am-2:00pm River Cree Casino Pre-register</b> includes lunch voucher and \$5 gambling voucher. Depart from Sage at 9:30.</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 Mindful Colouring &amp; Doodling</b> Drop-in, Main</p> <p><b>11:45-1:15 Line Dance with Nancy Class A</b> Aud, pre-reg</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>12:30-2:30 Computer Lab</b> Drop-in Computer lab, 3<sup>rd</sup> Floor</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>9-10 Western Canada Arts Class C</b> (External Group)</p> <p><b>9:15-10:45 Tai Chi Mix (Fan &amp; Sword)</b> Aud, drop-in</p> <p><b>9:30-1pm Drop-in Mahjong Games</b>, Drop-in, Main</p> <p><b>10-12 QiPao Club Class B</b> (External Group)</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>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> 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>

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## Life Enrichment Activity Calendar ~ August 2025

Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
<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> Meeting ID: 657 878 2877 <b>9:30-11 Western Canada Arts Centre ClassC</b> (External Group) <b>9:30-1pm Drop-in Mahjong Games</b> , Drop-in, Main <b>10:30-12 Domino Games with Jim</b> -Drop-in, Main <b>11:15-12:45 Folk Dancing (External Group)</b> Classroom C <b>11:15-12:30 Karaoke Corner</b> Drop-in, Main <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>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>10-11:30 Mahjong Lessons</b> - Drop-in, Main <b>10:30-12 Mindful Colouring &amp; Doodling</b> Drop-in, Main <b>11:15-12:45 Drumming &amp; Costume</b> (External Group) Aud <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>1:15-3 Western Canada Arts Class B</b> (External Group) <b>2:20-3:45 QiPao Club</b> Aud (External Group)	<b>9-9:45 Ballroom Dance with Melissa</b> Aud, pre-register <b>9:30-1pm Drop-in Mahjong Games</b> , Drop-in, Main <b>10-11:30 Western Canada Arts Aud</b> (External Group) <b>10:15-11 Coffee Group</b> Drop-in <b>10:30-12 Mindful Colouring &amp; Doodling</b> Drop-in, Main <b>11:30-1 Crib Games with Jim</b> Drop-in, Main <b>11:45-3 Line Dance with Nancy Class A &amp; B</b> Aud, pre-register <b>12-3 Bridge Group</b> Drop-in, Raye Dolgoy <b>12:30-2:30 Computer Lab</b> Drop-in Computer lab, 3 <sup>rd</sup> Floor <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> Main <b>1-3 Wednesday Wellness</b> Classroom A (External Group)	<b>9-10 Western Canada Arts Class C</b> (External Group) <b>9:15-10:45 Tai Chi Mix (Fan &amp; Sword)</b> Aud, drop-in <b>9:30-1pm Drop-in Mahjong Games</b> , Drop-in, Main <b>10-12 QiPao Club Class B</b> (External Group) <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>Please note: Sage only offers remote and off-site programming on Fridays.</b>  <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  *Did you know that the Downtown Library offers free, drop-in movies every Friday at 2pm? No library card needed!



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## LIFE ENRICHMENT PROGRAMMING AT SAGE

- **Please stay home if you are sick and/or are displaying new symptoms**
- Wear a mask based on your personal risk assessment and context. Masks are strongly encouraged but optional (masks and sanitizer will continue to be available).
- Sanitize hands and hard surfaces regularly.
- 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 remains closed at this time, but the Café space is available for the consumption of outside food and drink.
- We also continue to keep our main entrance doors locked and ask that you use the buzzer when arriving at Sage.

## Zoom Programming Online/Phone-in:

### 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.

### 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).

# Life Enrichment Activity Calendar ~ August 2025

- 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 other Meeting ID if one is listed)
- 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

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).

## 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 [rtassone@mysage.ca](mailto:rtassone@mysage.ca)

**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 emailing [life@mysage.ca](mailto:life@mysage.ca) . **When:** Mondays 2:15-3:15pm Resumes in the Fall

## 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.





## Life Enrichment Activity Calendar ~ August 2025

**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- ended for the Summer. Resumes in the Fall **Where:** Classroom C <https://zoom.us/j/6578782877> **Zoom Meeting ID:** 657 878 2877 **Toll-Free Phone-in:** 1-855-703-8985

### 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).

The puzzle and games area will be open for drop-in Monday-Thursday from 10am-2pm (Sage's café remains closed but outside food and drink are permitted).

**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. **Date:** **August 18-** Craft (10013-101A Ave)

**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, August 20 Time: Depart Sage at 9:30am and depart River Cree at 2:00pm. Must stay for the entire four hours to get deal.

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

**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

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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.

**\*NEW\* Emergency Preparedness Workshop** (Pre-Register) An interactive and educational workshop that helps you create your own emergency or disaster preparedness plan, begin to prepare a personalized emergency kit and plan, discuss social connections or agencies that can help. **When:** Monday, August 18. **Time:** 10am. **Location:** Sage Room.

**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

**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

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# Life Enrichment Activity Calendar ~ August 2025

**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.

**Raye Dolgoy Bridge Club** (In-person, Raye Dolgoy Room) Sage is pleased to announce the return of the Raye Dolgoy Bridge Club. **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:** Moved to Tuesdays 10-11:30am **Where:** Sage Main Floor.

**Mahjong Games-** Mahjong tables are also available for play Monday-Thursday 9:30-2pm at the back of the cafe



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

## 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.

Programs subject to change. For calendar updates and information, please visit [www.mysage.ca](http://www.mysage.ca) or call 780-423-5510



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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.

## 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.

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