

# sageLINK

Sage Seniors Association

FALL 2025

## A LEGACY OF LEADERSHIP

CELEBRATING 25 YEARS OF BERNICE SEWELL AT SAGE

This November, Sage Seniors Association proudly celebrates a truly remarkable milestone: **Bernice Sewell's 25th work anniversary** with the organization. As our longest-serving team member and current Director of Operations, Bernice has left an indelible mark on Sage, shaping our mission, our programs, and our values over the past quarter-century.

Bernice's journey with Sage began humbly in a temporary, part-time coordinator role at what was then known as the **Society for the Retired and Semi-Retired**. Tasked with launching a new initiative to support seniors experiencing abuse, Bernice laid the groundwork for what would become Canada's second Seniors' Safe House. Starting with just two suites, her pioneering vision and determination helped grow the program to its current 11-suite capacity, providing vital shelter and support for older adults in crisis.

A Registered Social Worker by training, Bernice was soon promoted into management and eventually assumed her current role as Director of Operations. Throughout her career, she has been a driving force behind many of Sage's most innovative and impactful initiatives. From co-developing the Seniors Abuse Helpline and Edmonton's Hoarding Coalition to leading programs like PEGASIS, Dragonfly, HAAI, Truly Yours, Peer to Peer, Life Enrichment, Ageing to Sageing, Legal Systems Navigation, and Social Prescribing—her fingerprints are on nearly every corner of Sage's work.

Bernice also forged a long-standing partnership with the Multicultural Health Brokers Co-op and helped create Sage's holistic model of care. She recognized early on that the challenges seniors face are often deeply interconnected, requiring an integrated and compassionate approach. Under her leadership, Sage's programs have evolved to prioritize not only services, but systemic advocacy, inclusion, and anti-oppressive practice.

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### BUILDING HOURS

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

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

#### Tues Sep 30

National Day for Truth and Reconciliation

#### Mon Oct 13

Thanksgiving Day

#### Tues Nov 11

Remembrance Day

#### Holiday Break

Dec 25 – Jan 4

15 Sir Winston Churchill Sq  
Edmonton, AB T5J 2E5

# MESSAGE FROM THE EXECUTIVE DIRECTOR

KAREN MCDONALD



As we move into fall, I find myself reflecting on what makes Sage such a special place: the people who give their time, energy, and heart to building this community. This season, we also mark a

very special moment in our history—celebrating the anniversary of Bernice Sewell. For 25 years, Bernice has been a guiding light at Sage, helping shape programs, supporting countless members of our community, and reminding us of the power of compassion in action.

I want to take a moment to thank our volunteers. Whether you're welcoming people at the front desk, leading activities, or quietly working behind the scenes, you are the heart of Sage. Your generosity makes it possible for so many to find connection and belonging here.

This summer's Annual General Meeting also gave us the chance to welcome new board members into our circle, and to thank those who completed their terms. Their thoughtful leadership stewarded Sage, and I'm especially grateful to the board for their hard work this year in completing a full rewrite of our bylaws—an important task that will support our future growth.

And now, I'm looking forward to our Open House on October 29. It's one of my favourite events of the year, because it brings us together—old friends and new—to share stories, information, and hopefully some laughter too. I hope you'll join us because it's those moments of connection that make Sage truly shine. Together, we make Sage a community.

- Karen McDonald

## NOVEMBER IS FALLS PREVENTION MONTH

Falls are the leading cause of injury-related hospitalizations among older adults in Canada.

DO **MORE** TO HELP PREVENT FALLS:

**M**ove your body

**O**rganize winter readiness for slippery and icy conditions

**R**emove hazards from your living environment

**E**mphasize the importance of personal health

Visit [findingbalancealberta.ca](https://findingbalancealberta.ca) for resources and information that can help you prevent falls.

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Call: 587-937-1210

Email: [info@beyondcarelivinginc.ca](mailto:info@beyondcarelivinginc.ca)

Visit: [www.beyondcarelivinginc.ca](https://www.beyondcarelivinginc.ca)

# ANNOUNCEMENTS

## VOLUNTEERS

We are currently looking for volunteers to assist with Customer Service Reception, income tax preparation for the 2026 tax season, and various Life Enrichment programs, such as Games lead, Karaoke leader, MOOC/presentation leader, Outings leader, and more. If you are interested in volunteering, please contact Jade at [volunteer@mysage.ca](mailto:volunteer@mysage.ca) or 780-701-9017.



From left to right: Judith Knight, Alan Stewart, and Carol Dube at our drop-in photo session.

## CAPTURING WELLNESS & WISDOM: PHOTO SESSIONS AT SAGE

For the second year in a row, Sage hosted drop-in photo sessions celebrating the vibrancy and individuality of older adults in our community. This year's sessions didn't just focus on capturing great images—they also sparked meaningful conversations.

Our Canada Summer Jobs students connected with participants, asking thoughtful questions about what brought them to Sage and what wellness means to them as they age. While each story was unique, common themes emerged: the importance of staying active, building relationships, and trying new things.

"I had so much fun talking with each person - they shared such great stories and advice!" one student shared.

A big thank you to **Alan Stewart**, who returned as volunteer photographer, along with assistants **Walter** and **Carol**, for helping bring these moments to life.

Keep an eye out: the cover of the 2026 Seniors' Services Directory will feature portraits from these sessions - to be revealed at our Open House on October 29!

## BOARD OF DIRECTORS

|                     |                 |
|---------------------|-----------------|
| President           | Anne Smith      |
| Past President      | Michael Solowan |
| President Elect     | Joanne Cave     |
| Secretary/Treasurer | Edwin Ryan      |

## MEMBERS AT LARGE

|                   |                            |
|-------------------|----------------------------|
| Rain Bautista     | Marisa Redmond             |
| Diana Elniski     | Kendrea Sicotte            |
| Danielle Perrault | Paul Taylor                |
| Fayaz Rajabali    | RaeChelle-Faith Ankamreddy |

## PHONE

|                           |              |
|---------------------------|--------------|
| Main Switchboard          | 780.423.5510 |
| Fax                       | 780.426.5175 |
| Life Enrichment           | 780.423.5510 |
| Safe House Intake         | 780.702.1520 |
| Social Work Services      | 587.773.1764 |
| Volunteer Services        | 780.701.9014 |
| Donations and Advertising | 780.701.9006 |

**Email** [info@mysage.ca](mailto:info@mysage.ca)  
**Online** [www.mysage.ca](http://www.mysage.ca)  
**Facebook** Sage Seniors Association



...continued from the cover.



Bernice Sewell

Her unwavering dedication to equity and her deep belief in community collaboration have helped shape Sage into the organization it is today. Bernice has always championed the idea that seniors deserve services rooted in dignity,

respect, and culturally responsive care.

Reflecting on her 25 years, Bernice shared that she feels profoundly grateful to work in a place where her values align so closely with her day-to-day efforts. She considers it a privilege to have journeyed alongside so many passionate colleagues, volunteers, and community members—and to have earned the trust of the seniors who walk through Sage's doors in search of connection and support.

From all of us at Sage:

**Congratulations, Bernice!** Your leadership, passion, and integrity have transformed countless lives—and our organization. We are endlessly thankful for all that you have given over these 25 extraordinary years.

## NOVEMBER IS: **FAMILY VIOLENCE PREVENTION MONTH**

As a community, we can work together to build healthier relationships and increase awareness of warning signs and resources. Help is available for those in need. For more information on shelters, info lines, awareness events, and other supports, please visit [www.alberta.ca/family-violence-prevention-month](http://www.alberta.ca/family-violence-prevention-month)

### **RESOURCES:**

Alberta Council of Women's Shelters  
24-7 hotline 1-866-331-3933

Family Violence Info Line 780-310-1819

Edmonton Seniors Abuse Line 780-454-888

# Welcome Home

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# LIFE ENRICHMENT PROGRAMMING

Life Enrichment programs are free unless a cost is indicated. A Sage membership is **not** required to participate. For more information, visit our website to see the **Monthly Life Enrichment Calendar** or call Rachel at 780-701-9016.

The café is a space where you can sit, visit, play games, relax, and enjoy outside food and beverages. The space is available Monday to Thursday between 10am and 2pm. Please remember to sanitize your hands frequently.

## ZOOM PROGRAMS: DROP-IN

**Zoom Meeting ID:** 657 878 2877  
**Toll-Free Phone-in:** 1.855.703.8985

**Zumba Gold with Carina Fridays**  
Fridays 1pm-2pm

**Virtual Men's Shed**  
1st & 3rd Fridays of the month 11am-12pm

## HYBRID PROGRAMS: DROP-IN

**Zoom Meeting ID:** 657 878 2877  
**Toll-Free Phone-in:** 1.855.703.8985

**Tai Chi with Master Ken**  
Mon 9:30-11:00am  
Sage Auditorium or on Zoom

**Aging Out of AISH** Learn about the changes that happen when a person turns 65 and no longer qualifies for AISH, and the supports available.

**When:** Nov 25 10:30am  
**Where:** Sage Room or Zoom

Sage is partnering with PALS to offer a Computer Basics course, and **we need a volunteer instructor!** Training and teaching materials will be provided.

**Interested?** Contact us at [volunteer@mysage.ca](mailto:volunteer@mysage.ca) or 780-701-9017 for details.

**HOMEFIRST HEALTHCARE**  
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HomeFirst HealthCare's philosophy is to give our clients control over their own health. We aim to improve quality of life by promoting independence, dignity and wellbeing. We provide care services up to and including:



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Serving Edmonton and surrounding  
[info@homefirsthealthcare.ca](mailto:info@homefirsthealthcare.ca)  
[www.homefirsthealthcare.ca](http://www.homefirsthealthcare.ca)



## DID YOU KNOW?

There are four key vaccines for seniors: COVID, flu, pneumonia, and RSV. Here's how to book yours today!

### Booking immunizations at a pharmacy

- Use the Alberta Vaccine Booking System online
- Call Health Link at 811
- Contact your local pharmacy

### Booking immunizations at an AHS clinic

- Use Connect Care online
- Calling Health Link at 811

## ZOOM PROGRAMS: PRE-REGISTER

To register for a program, please call Rachel at 780-701-9016 or email [life@mysage.ca](mailto:life@mysage.ca).

**Zoom Meeting ID:** 657 878 2877  
**Toll-Free Phone-in:** 1.855.703.8985

**Connecting Though Writing Workshops with Adele** Pre-register by the Friday before the series begins.

- Mondays 2:15-3:15pm
- Series 1: Nov 3, 10, 17, 24
- Series 2: Dec 8, 15, 22

### Better Choices, Better Health Workshops

Free six week workshops presented by Alberta Health Services: learn lifelong skills to help manage pain and/or your chronic condition, healthy eating and becoming more active, how to talk to your health care team, and more! Call 825-404-7460 (press 3) to register.

Virtual **Chronic Pain** Workshops

Option 1: Sep 18 & Oct 23 1-3:30pm

Option 2: Oct 19 & Nov 23, 6-8:30pm

**COMPASS for the Caregiver (by Caregivers Alberta)** This four week education program helps caregivers balance their own well-being with the challenges of caregiving, and is facilitated by someone who understands those challenges. Cost is \$55 (can waive fee, income depending). Visit [www.caregiversalberta.ca](http://www.caregiversalberta.ca) or phone: 780.453.5088 to register.

**When:** Sept 5-26 (more dates coming soon)

## HYBRID PROGRAMS: PRE-REGISTER

To register for a program, please call Rachel at 780-701-9016 or email [life@mysage.ca](mailto:life@mysage.ca).

**Zoom Meeting ID:** 657 878 2877  
**Toll-Free Phone-in:** 1.855.703.8985

**Aging with Pride** A group for LGBTQ2S+ seniors and allies. Contact Rachel at [life@mysage.ca](mailto:life@mysage.ca) or 780.701.9016 for details.

**When:** Mondays 1-2:30pm

**Where:** Sage Room or Zoom

**Device and Computer Help with Dennis** Do you have questions about how to use your device or a computer? Our volunteer Dennis can help! Contact Sage reception at 780-423-5510 to request an appointment. He can help over the phone/computer or book an in-person appointment at Sage on Wednesdays between 1:00-3:00pm. Drop-in help is available on Wednesdays 1-3pm in the Sage computer lab.

**Uke n' Sing** If you like strumming on ukeleles, or singing along to familiar tunes, this group is for you. Returning in the Fall!

**When:** Tues 11:45am-1:00pm

## COMING SOON!

2026 Sage

## DIRECTORY OF SENIOR SERVICES

will be available at our Open House on Oct 29



# SAGE DROP IN OPEN HOUSE

Wednesday, October 29, 2025

1:00 PM - 3:30 PM

Sage Seniors Association

15 Sir Winston Churchill Square

Everyone welcome!

780.423.5510

  
Sage Seniors Association

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



# IN-PERSON PROGRAMS AT SAGE

## PRE-REGISTER

To register for a program, please call Rachel at 780-701-9016 or email [life@mysage.ca](mailto:life@mysage.ca).

**Let's do Lunch** Pre-register by the Wednesday before. Must be able to walk to the restaurant from Sage or meet at the restaurant. Meet at 11am at Sage (or 11:30am at restaurant). Pay for your lunch + ETS.

### When:

- Oct 20 O'Byrnes Irish Pub 10235-101st
- Nov 17 Buco 10423-101st
- Dec 15 Old Spaghetti Factory 10220-103st

**River Cree Casino Outing** Includes voucher for lunch and a \$5 gambling voucher. The bus can hold some walkers but no wheelchairs. Cost is \$5. Depart Sage at 9:30am and 2:00pm departure from River Cree. Must stay for the entire four hours to get deal.

**When:** Oct 15, Nov 19, Dec 17

### Ballroom Dance with Melissa

Tues 11:15-12:45pm

Practice is Wed 9:00am-9:45am

### Modern Line Dance with Nancy

Class A: Mon 11:30am-1:00pm

Wed 11:45am-1:15pm

Class B: Mon 1:15pm-2:45 pm

Wed 1:30-3:00pm

### Fun & Fitness with Mykieng

Thurs 11am-12:00pm

**Book Club** A great opportunity to meet new people and share your love of reading. Group will meet each month to discuss that month's book and get the book for the following month. Will be using book club kits from Stanley Milner Library.

**When:** Last Mon of the month  
10-11:00am

**Introductory Computer Classes** In these free 15 weeks of classes, learn how to use the mouse and keyboard, navigate websites using the internet, recognize scams and stay safe online, and connect with loved ones through social media and video calls.

**When:** TBA

**Where:** Sage Computer Lab

**Indigenous Canada** is a 12 lesson Massive Open Online Course (MOOC) from the Faculty of Native Studies at the UofA that explores the different histories and contemporary perspectives of Indigenous peoples living in Canada. Cost is \$5 to cover course handouts. Registration deadline is Sept 24.

**When:** Thurs 10-12pm, Oct 2-Dec 18

### Ernest's at NAIT - Student Showcase

**Buffet Lunch** Choose from an impressive array of delectable dishes prepared by Culinary Arts students for a great price. The meal features fantastic creations that the students have learned in class. Cost is \$40.00 per person (includes tax and gratuity). Must pre-pay cash at Sage to register. Space is limited. Theme is 'Winter Holiday'.

**When:** Dec 12

Meet at restaurant at 11am

# DROP-IN PROGRAMS

## Karaoke Korner

Mon 11:15-12:30pm on Sage Main

## Mindful Colouring & Doodling

Tues and Wed

## Crib Games with Jim and Axcella

Tues 1pm & Wed 11:30-1pm

## Dominoes

Mon 10:30am-12pm

## Raye Dolgoy Bridge Club

Wed 12pm-3pm

## Mahjong Lessons

Thurs 10am-11:30am

## Zumba Gold with Carina Tuesdays

Tues 1-2:00pm

## Gentle Yoga with Sydney

Wed 1-2:00pm

## Busy Fingers & Crafts with Carol

Tues 9:30am-12:00pm

## Coffee Group

Wed 10:15am-11:30am

## Join us for a Christmas Party! sponsored by Aging with Pride

Enjoy some festive fun with live music from Northern Heart, cake, and refreshments. Everyone welcome!

**Date:** Monday, December 15  
1:00-2:30pm



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|------------------|--------------|
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| Edmonton South   | 780-468-2222 |
| St. Albert       | 780-458-2222 |
| Preplanning      | 780-590-0626 |

[www.Connelly-McKinley.com](http://www.Connelly-McKinley.com)



# IN THE COMMUNITY

Community Animators from Sage offer support to community-driven activities around the city. Join us for events, activities, and gatherings such as *Seniors' Drop-ins* where you can join other seniors for coffee, conversation and activities. Contact the Community Animator in your area to find out what is happening, or to let us know what you want to see in your community!

## Opportunities in Northwest Edmonton

For more info, contact Jan at  
jtwarek@mysage.ca or 780-809-9404

### Seniors' Drop-ins

#### Woodcroft Public Library

13420 114 Ave  
4th Tuesday of the month 10:30am

#### Castle Downs Public Library

15379 Castle Downs Road  
2nd Tuesday of the month 1:30pm

#### Ahtlone Community League

13010-129 Street  
1st Friday of the month 10:30am

#### Dovercourt Community League

13510 Dovercourt Avenue  
(back entrance)  
Various Tuesdays 10:30am  
Contact Jan for more information

## Opportunities in northeast Edmonton

Contact Marian at menow@mysage.ca or  
780-701-9014.

### Seniors' Drop-ins

#### Evergreen Community Centre

31 Evergreen Park NW  
1st & 3rd Thursday of the month  
10:30am-12:00pm

#### Clareview Rec Centre

3804 139 Ave  
Every Wednesday 10:00am-12:00pm  
In the room next to the C5 office

**Amity House** 9213 146 Ave NW  
Every Wednesday 1:00pm-3:00pm

## Kilkenny Community League

14910 72 St NW  
1st and 4th Tuesday of the month  
10:00am-12:00pm

Community crafts 6:00pm-8:00pm  
2nd Friday of the month

## Delton Community League

12325 88 St NW  
1st and 3rd Monday of the month 1-3:00pm

## Opportunities in Southwest Edmonton

For more info, call Theresa 780-809-9405

### Golden Years Cinema

Relive the magic of Hollywood's golden era with free screenings of classic films at the Whitemud Crossing EPL branch. Connect with fellow seniors over popcorn and learn about Sage and other community resources.

Roman Holiday (Rated PG)  
Fri Sept 12, 2:00pm

Rear Window (Rated PG)  
Fri Oct 10, 2:00pm

12 Angry Men (Rated PG)  
Fri Nov 14, 2:00pm

Christmas in Connecticut (Rated G)  
Fri Dec 12, 2:00pm

### Seniors Community Resource Fair

Join Sage Seniors Association and Edmonton Public Library for a Seniors Community Resource Fair.  
Fri Oct 3, 10:00 - 2:00 p.m.  
Whitemud Crossing Branch (4211-106 St)

## Beyond the Rental Agreement

Focus Groups

Are you thinking about getting a renter?

Tues Oct 28 10:00-12:00 pm

Lois Hole EPL Callingwood

17650-69 Ave Edmonton

Refreshments Available

## Opportunities in Southeast Edmonton

For more info, contact Chris at

cbullough@mysage.ca or 780-701-9010

## Cultural Men's Shed

Join a group of men from various cultures coming together for friendship and to increase their understanding of Canadian culture while sharing their traditions.

Meet Wednesdays 12:00pm at Sage.

## Amazing Elders Drop-In

This group shares interests and go on field trips to enhance their learning. Everyone is welcome. September start.

Fridays 1:00pm-3:00pm

C5 Northeast Community Hub

14017 Victoria Trail

## Seniors' Drop-in

Every 2nd Friday 2:00pm-3:00pm

Edmonton Public Library Capilano Branch

9915-67 St NW

## Senior ACTRA Group

If performing and writing are your passion, this group is for you! Meets monthly.

## International Day of the Older Person

Join us at Sage as we celebrate seniors with some live entertainment, goodies, and refreshments!

Wed, Oct 1 at 1:00pm

## SENIORS SESSIONS with Sage



Sage Seniors Association is offering two **free** presentations in one afternoon.



### NUTRITION FOR OLDER ADULTS & DOWNSIZING AND DECLUTTERING

Two dates and locations:



#### OCTOBER 21

1:00pm-3:30pm

Kirk Centre

13535 122 Ave

#### OCTOBER 30

1:00pm-3:30pm

Glenwood Community Hall

16430 97 Ave

Pre-registration requested, but drop-ins welcome.



#### TO REGISTER:

Call: 780.446.3964 or

Email: jtworek@mysage.ca

www.mysage.ca

**sage**  
Sage Seniors Association

## Save the Date

Edmonton Public Library and Sage Seniors Association invite you to attend our second  
**Seniors Community Resource Fair.**

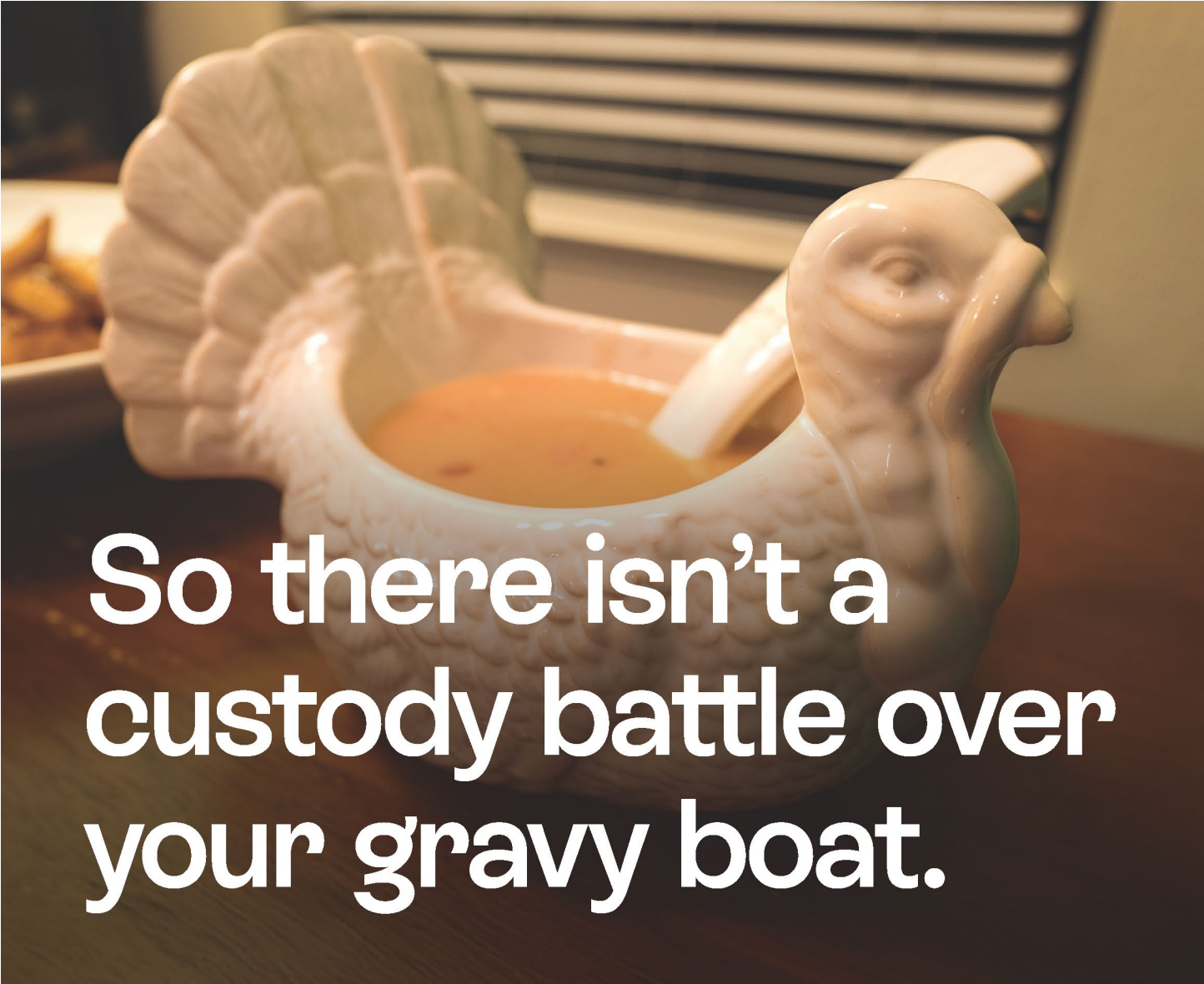
FRIDAY, OCTOBER 3

10:00 AM - 2:00 PM

Whitemud Crossing Branch  
145 Whitemud Crossing Shopping  
Centre, 4211-106 St

 epl.ca

**sage**



So there isn't a  
custody battle over  
your gravy boat.

## Wills Week. October 6–10.



Free expert advice on wills and estates.  
Online and in-person sessions.

Details at [ecf.ca/wills-week](https://ecf.ca/wills-week).





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