


Sage Activities At-a-Glance

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 780-423-5510 Ext. 3014	Over The Rainbow Support - call or email Jeff Bovee any day of the week for support for a variety of things such as help with making social connections, connecting to resources, and even meeting in the community. Call: 780-474-8240 Email: boveejeff@gmail.com		1 10-1pm Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:15 Line Dance (Aud) Currently Full 1:00 Ludo (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Crib Games (Café) Drop-in Wellness Series J. Wilting (Cancelled until Further Notice) 2:00 Line Dance (Aud) Spots available	2 9:00-10:30 Senior Social Dance (Aud) Drop-in 10:00 Scrabble Time (Café) Drop-in 10:30 Everyday Fitness (Aud) Drop-in 10:30-11:30 Coffee Group (Cafe) Drop-in 11:45-12:45 Ballroom Dance Practice (Aud) 12:30-1:30pm Karaoke (Café) Drop-In 1:00 Ludo (Café) Drop-in 1:45-2:45 Ukelele Jam (Café) Drop-in	3 9-12 Senior Social Dance (Aud) Drop-in 9:00 Senior Choir Fling in Athabasca Trip 9:30-12pm Drop-in Oil Painting (A) Register 10 -11am EAL Chat Group (C) Drop-In 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 11-12 French Chat Group (D) Drop-in 12:00 Gentle Yoga (C) Drop-in 12:15 Line Dance (Aud) Currently Full 1-2:30 Brainfitness (3rd) Register 1-3 Downtown Men's Shed (Café or A) Drop-in 2pm Line Dance (Aud) Spots available	4
5 For more information for all activities at Sage, visit our website at www.mysage.ca or check out our newsletter. Call (780) 423-5510 Ext 3014.	6 9:30 Tai Chi (Aud) Drop-in 11:20 Zumba Gold (Aud) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:30-2:30 Craft Space (Café) Drop-in 12:30-2:30pm Kookum's Tea (A) Drop-in 1:00-2:30 Ludo (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Line Dance (Aud) Currently Full 1-2:30 Brainfitness (3rd) Register	7 9:00 Busy Fingers (A) Drop-in 10:00 Line Dancing (Aud) Currently Full 10-12 Colouring & Doodling Group (Café) Drop-in 10:30-12pm Mahjong Lessons (Café) Reg. Closed 11-11:45 Sun. Sing-A-Long (Aud) Drop-in 12-1pm SING! Interc. Chorus (Aud) Drop-in 2-4pm Ukulele Lessons (Aud) Reg. 1st Class	8 10-1pm Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:15 Line Dance (Aud) Currently Full 1:00 Ludo (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Crib Games (Café) Drop-in 1:00 Pole Walking Info Session & Demo (C) Reg. 2:00 Line Dance (Aud) Spots available	9 9:00-10:30 Senior Social Dance (Aud) Drop-in 10:00 Scrabble Time (Café) Drop-in 10:30 Everyday Fitness (Aud) Drop-in 10:30-11:30 Coffee Group (Cafe) Drop-in 11:45-12:45 Ballroom Dance Practice (Aud) 12:30-1:30pm Karaoke (Café) Drop-In 1:00 Ludo (Café) Drop-in 1-2 Next Page Book Club- Raye Dolgoy Rm 1:45-2:45 Ukelele Jam (Café) Drop-in	10 9-12 Senior Social Dance (Aud) Drop-in 9:30-12pm Drop-in Oil Painting (A) Register 10 -11am EAL Chat Group (C) Drop-In 10 Brainiacs (B) Drop-in 10:30-12 New Spanish Chat Group (Café) Drop-in 11-12 French Chat Group (D) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12-1pm Gentle Yoga (C) Drop-in 12:15 Line Dance (Aud) Currently Full 12:30 Intro to the Arctic Climate (last class) Reg. Clsd 1-3 Downtown Men's Shed (Café or A) Drop-in 1-2:30 Brainfitness (3rd) Register 2pm Line Dance (Aud) Spots available	11
12 MOTHER'S DAY	13 9:30 Tai Chi (Aud) Drop-in 11:20 Zumba Gold (Aud) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:30-2:30 Craft Space (Café) Drop-in 1:00-2:30 Ludo (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Line Dance (Aud) Currently Full 1-2:30 Brainfitness (3rd) Register	14 9:00 Busy Fingers (A) Drop-in 10:00 Line Dancing (Aud) Currently Full 10-12 Colouring & Doodling Group (Café) Drop-in 10:30-12pm Mahjong Lessons (Café) Reg. Closed 11-11:45 Sunshine Sing-A-Long (Aud.) Drop-in 12-1pm SING! Interc. Chorus (Aud) Drop-in 12:30 Let's do Lunch - Northern Chicken 2-4 Ukulele Lessons (Aud.) Register	15 10-1pm Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in 10-11:30am Ballrm Dance (Aud) Reg. Open 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:15 Line Dance (Aud) Currently Full 1:00 Crib Game & Ludo game (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Walk & Talk Group starts (meet main fl. Reception) 2:00 Line Dance (Aud) Spots available 2:30-3:30 Computers for Beginners (3rd) Reg Wellness Series J. Wilting (Cancelled until Further Notice)	16 9:00-10:30 Senior Social Dance (Aud) 10:00 Scrabble Time (Café)-Drop-in 10:00 River Cree Casino Outing - Reg. 10:30 Everyday Fitness (Aud) Drop-in 10:30-11:30 Coffee Group (Cafe) Drop-in 11-1 :00 Avon Calling! (Café) 11:45-12:45 Ballroom Dance Practice (Aud) 12:30-1:30pm Karaoke (Café) Drop-In 1:00 Ludo (Café) Drop-in 1:45-2:45 Ukelele Jam (Café) Drop-in	17 9-12 Senior Social Dance (Aud) Drop-in 9:30-12pm Drop-in Oil Painting (A) Register 10 -11am EAL Chat Group (C) Drop-In 11-12 French Chat Group (D) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12-1pm Gentle Yoga (C) Drop-in 12:15 Line Dance (Aud) Currently Full 1-3 Downtown Men's Shed (Café or A) Drop-in 1-2:30 Brainfitness (3rd) Register 2pm Line Dance (Aud) Spots available 2:30-3:30 Computers for Beginners (3rd) Reg	18
19 * Public Computer lab access is unavailable a 1/2 hour before and after classes.	20 VICTORIA DAY SAGE CLOSED	21 9:00 Busy Fingers (A) Drop-in 10:00 Line Dancing (Aud) Currently Full 10-12 Colouring & Doodling Group (Café) Drop-in 10:30-12pm Mahjong Lessons (Café) Reg. Closed 11-11:45 Sunshine Sing-A-Long (Aud.) Drop-in 12-1pm SING! Interc. Chorus (Aud) Drop-in 1:30 J. Wilting Disc. Group (Ray Dolgoy Rm) Drop-in 2-4 Ukulele Lessons (Aud.) Register Last Day to Register for the RCMP Dog Training & Red Deer Tour on May 29th	22 10-1pm Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in 10-11:30am Ballrm Dance (Aud) Reg. Clsd 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:15 Line Dance (Aud) Currently Full 1:00 Crib Game & Ludo game (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1-2:30 Walking Tour of the River Valley (starts in D) Drop-In - As part of Walk & Talk Group 2:00 Line Dance (Aud) Spots available 2:30-3:30 Computers for Beginners (3rd) Reg.	23 9-10:30 Senior Social Dance (Aud) Drop-in 10:00 Scrabble Time (Café) Drop-in 10:30 Everyday Fitness (Aud) Drop-in 10:30-11:30 Coffee Group (Cafe) Drop-in 11:45-12:45 Ballroom Dance Practice (Aud) 12:30-1:30pm Karaoke (Café) Drop-In 1:00 Ludo (Puzzle Rm) Drop-in 1:45-2:45 Ukelele Jam (Café) Drop-in	24 9-12 Senior Social Dance (Aud) Drop-In 9:30-12pm Drop-in Oil Painting (A) Register 10 -11am EAL Chat Group (C) Drop-In 10 Brainiacs (B) Drop-in 10:30-12 New Spanish Chat Group (Café) Drop-in 11-12 French Chat Group (D) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12-1pm Gentle Yoga (C) Drop-in 12:15 Line Dance (Aud) Currently Full 1-2:30 Brainfitness (3rd) Register 1-3 Downtown Men's Shed (Café or A) Drop-in 2pm Line Dance (Aud) Spots available 2:30-3:30 Computers for Beginners (3rd) Register	25
26	27 9:30 Tai Chi (Aud) Drop-in 11:20 Zumba Gold (Aud) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 1:00-2:30 Ludo (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Line Dance Class (Aud) Full 12:30-2:30pm Kookum's Tea (A) Drop-in 12:30-2:30 Craft Space (Café) Drop-in 1-2:30 Brainfitness (3rd) - Reg. Open 2:30-3:30 Computers for Beginners (3rd) Reg	28 9:00 Busy Fingers (A) Drop-in 10:00 Line Dancing (Aud) Currently Full 10-2:00 Greenland Garden Centre Trip 10-12 Colouring & Doodling Group (Café) Drop-in 11-11:45 Sunshine Sing-A-Long (Aud.) Drop-in 12-1pm SING! Interc. Chorus (Aud) Drop-in 1-30 Here's to Your Health - The Importance of Sleep (Ray Dolgoy Rm) Drop-in 2-4 Ukulele Lessons (Aud.) Register	29 9:00 RCMP Dog Training & Red Deer Tour 10-1pm Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in 10-11:30am Ballrm Dance (Aud) Reg. Clsd 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:15 Line Dance (Aud) Currently Full 1:00 Walk & Talk Group (meet main fl. Reception) 1:00 Crib Game & Ludo game (Café) Drop-in 1:00 Mahjong (Café) Drop-in 2:00 Line Dance (Aud) Spots available 1:30-2:30 TED TALKS (A) Drop-in 2:30-3:30 Computers for Beginners (3rd) Reg.	30 9-10:30 Senior Social Dance (Aud) Drop-in 10:00 Scrabble Time (Café) Drop-in 10:30 Everyday Fitness (Aud) Drop-in 10:30-11:30 Coffee Group (Cafe) Drop-in 11:45-12:45 Ballroom Dance Practice (Aud) 12:30 Sage Tour w/ Joan (Main Rec.) Drop-In NO KARAOKE LAST THURSDAY OF MONTH 1:00 Ludo (Puzzle Rm) Drop-in 1-2pm Birthday Party (Café) Drop-In 1:45-2:45 Ukelele Jam (Café) Drop-in	31 9-12 Senior Social Dance (Aud) Drop-In 9:30-12pm Drop-in Oil Painting (A) Register 10 -11am EAL Chat Group (C) Drop-In 11-12 French Chat Group (D) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12-1pm Gentle Yoga (C) Drop-in 12:15 Line Dance (Aud) Currently Full 1-3 Downtown Men's Shed (Café or A) Drop-in 2pm Line Dance (Aud) Spots available 2:30-3:30 Computers for Beginners (3rd) Register	31

