

## **Sage Activities – May 2019**

Open to everyone, no Sage membership required  
~see monthly calendar for complete activity listing~

### **New Programs and Program Updates:**

#### **Trips:**

**Let's do Lunch** is a group that comes together on the second Tuesday of each month and ventures out to new dining experiences. Must pre-register. Call **Sage** to register. **Time:** leaving 12:30pm from Sage via ETS or meet at the restaurant at 1pm. **Date/Location:** Tuesday, May 14<sup>th</sup> - Northern Chicken 10704-124St. Southern Comfort Food  
**Cost:** must pay own lunch at restaurant & + ETS cost

- **River Cree Casino Outing** - hop on the River Cree bus the 3<sup>rd</sup> Thursday every month for a fun day at the casino. You must stay for four hours. You get a voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. You must pre-register. 24 people maximum. **Date:** Thursdays, May 16<sup>th</sup> **Time:** Depart Sage at 10:00am return 2:30pm. Must stay for the entire 4 hours to get deal. **Cost:** \$5.00 (includes bus to and from casino, lunch and \$5 gambling voucher).
- **Senior Choir Fling in Athabasca**- back by popular demand! Every year senior's choirs from across small town Alberta get together for a concert. This year's theme is music of the 50's. Trip includes lunch in Athabasca. End the day with the choir performance or wander the town even if you don't watch the choir! **Must pre-register by April 26<sup>th</sup> to ensure a spot.** **Date:** Friday, May 3<sup>rd</sup> **Time:** depart Sage at 9:00am **Cost:** \$48.00 includes lunch and bus
- **RCMP Dog Training and Red Deer Tour**- enjoy a tour of Red Deer's Fort Normandeau, lunch at The Golden Circle Senior Center and end the day with an amazing show from the RCMP dogs! **Must pre-register by May 21<sup>st</sup> to ensure a spot.** **Date:** Wednesday, May 29<sup>th</sup> **Time:** depart Sage at 9:00am

#### **Information Sessions:**

- **Mind Your Money- Monthly Financial Presentations with Wei Woo:** Usually held the 2<sup>nd</sup> Wednesday monthly at 1pm. **THERE IS NO SESSION IN MAY**
- **Here's to Your Health Presentations**- join Sage for presentations on different health related topics including diet, exercise, wellbeing & more. Offered 4<sup>th</sup> Tuesday monthly at 1:30-2:30pm on the 3<sup>rd</sup> floor in the Ray Dolgoy Room (3<sup>rd</sup> floor). **May Date: May 28<sup>th</sup> - The Importance of Sleep & How it Impacts Your Health**  
**Cost:** FREE

**Pole Walking Information Session & Demo**- learn all of the amazing health benefits of Pole Walking. Get a chance to try out the techniques yourself in this informative session! **Date:** Wednesday, May 8<sup>th</sup> **Time:** 1pm  
**Location:** Classroom C **Cost:** Free

#### **Classes/Workshops:**

- **Ballroom Dancing Lessons**- Experience the magic, the elegance, the fun of ballroom dance! Two weeks of wonderful waltz, joyful jitterbug Foxtrot, Cha Cha, etc. Never danced before? Well let's get started! No partner required. Pre-register, limited spaces available. **Date:** May 15, May 22, May 29, June 5 **Time:** 10-11:30am  
**Location:** Sage Auditorium **Cost:** \$2 total - for both classes
- **Mahjong (Tile Game) Lessons**- learn the world's most popular tile game from Aaron and his helpers. Mahjong is very similar to gin rummy. Must pre-register. **Next Class:** Tuesdays, April 9,16, 23, May 7,14,21 **Time:** 10:30-12pm  
**Location:** Sage Café **Cost:** \$5.00 for 6 weeks (6 weeks) **Time:** 10:30-12pm **Location:** Sage Café **Cost:** \$5.00 for 6 weeks
- **Computers for Beginners**- an introduction to computer basics including learning how to use the mouse and working up to using internet and e-mail. Classes will be offered in small groups. You must pre-register. **Next Dates:** May 15, 17, 22, 24, 27, 29, & 31 **Time:** 2:30pm-3:30pm **Cost:** \$5 (for each set of 7 classes). Thanks to ECALA grants!
- **Ukulele Lessons**- The ukulele is a small instrument with BIG possibilities – especially when you play with friends! This multi-level class is for beginners and beyond. Participants need to know a few chords. There will be chording, strumming and picking styles for every level. **Please note: This class is not suitable for Absolute Beginners.** Please call Rachel at 780-701-9016 if you are looking for an absolute beginner class. Pre-register for classes. Classes are held on Tuesdays. **Dates:** May 7 - June 11<sup>th</sup> (6 weeks). **Cost:** \$20.00 **Time:** 2-4pm
- **BrainFitness Classes** - keep your brain in shape with these computer games designed to help you remember more, think faster and have better recall! No previous computer experience necessary. Also includes brain health discussions, tips & snacks. Pre-register. **Time:** 1-2:30pm (includes time on computers followed by snack & discussion). **Dates:** Mondays & Fridays (for 4 weeks); April 29 ending May 27 (no class Victoria Day - holiday)  
**Cost:** \$29.00 each 4 week session

## Other:

**GeriActors and Friends Performance** an exciting inter-generational theater experience! A student ensemble from the U of A is joined with senior's stories to tell and the passion for performing in front of audiences. Coffee and cookies will be served. Please pre-register. **Date:** Thursday, May 16<sup>th</sup> **Time:** 1:30pm **Cost:** \$5.00 **Location:** Sage Auditorium.

**Walk & Talk Group-** meet new people, get fresh air and even get some exercise with this group that takes a weekly stroll. Open to all skill levels. Walking poles may be provided. Group has a volunteer instructor. **Date:** Walking group resumes May 15<sup>th</sup>. Walks are Wednesdays- depart Sage at 1pm **except on May 22<sup>nd</sup> as the Walking Tour of the River Valley will take the place of the Walk & Talk Group that week.**

**Walking Tour of the River Valley** Enjoy a presentation describing the RVA (River Valley Alliance) followed by a walk to the River Valley. Please pre-register but drop-ins are also welcome. **Date:** Wednesday, May 22<sup>nd</sup> **Time:** 1-2:30pm (walk is approx. 60 minutes) **Location:** Classroom D (basement)  
**Cost:** Free

- **Pen-Pal Program-** with elementary students. Exchange one letter monthly followed by a get together in Spring. Interested? See or call reception to sign up! **Seniors meet at Sage 1<sup>st</sup> Friday of the month at 12:30pm in the Café to pick up their letters. You have until the 2<sup>nd</sup> Friday of the month (1 week) to write back and hand your letter in to reception on the main floor. FREE to participate!**
- **Kookum's Tea Time** A group for senior women to get together, share stories, connect and enjoy a cup of tea. Kookum is the Cree word for grandmother. This group is open to anyone to join drop-in and is led by Sophie Laboucan from Bent Arrow Healing Society. **Next Dates:** Mondays, May 6<sup>th</sup> & 27<sup>th</sup> **Time:** 12:30pm-2:30pm (including clean-up) **Location:** Classroom A **Cost:** Free
- **\*New\* Spanish Chat Group-Starts This Month!** - a chance to practice your Spanish conversational skills, learn vocabulary, and meet some great people in this new, free group with a volunteer lead! **Date:** 2<sup>nd</sup> & 4<sup>th</sup> Fridays May to August **Time:** 10:30-12pm **Location:** Café **Cost:** FREE
- **Over the Rainbow Support** is confidential, external support for Lesbian, Gay, Bi-Sexual, and transgendered seniors, and/or seniors who would like to understand their LGBTQ+ family members and friends. This can include phone or email support for a variety of things such as help with making social connections, connecting to resources, and even meeting in the community. Call Jeff Bovee at 780-474-8240 or email him at [boveejeff@gmail.com](mailto:boveejeff@gmail.com)

## Regularly Occurring Programs by days of the week:

### Mondays:

**Tai Chi Introduction with Master Ken-** introduction to Tai Chi, which includes 10 simple Tai Chi movements, warm up exercises, sitting & walking Tai Chi movements. Health benefits include improving balance, coordination and range of movement! **Date:** Mondays **Time:** 9:30am **Location:** Auditorium **Cost:** Free

**Zumba Gold-** a fun dance party with Latin-inspired dance styles. Zumba Gold simplifies the steps and makes them adaptable to all abilities. This is a great workout for everyone. **Date:** Mondays **Time:** 11:20am  
**Location:** Auditorium **Cost:** Free!

**Raye Dolgoy Bridge Club** - an opportunity to learn to play the game of bridge or freshen up your skills. Offered by Raye Dolgoy Bridge Club's game director Henry Chung. You MUST pre-register for lessons. **Cost: \$50.00 for 20 Comprehensive lessons or \$5.00 for specific/refresher lesson or \$1.50 per play**  
**Time:** 11:30 am-4pm **Date:** Every Monday, Wednesday, Friday **Location:** Raye Dolgoy Room on 3<sup>rd</sup> floor

**Craft Space** –Come and do a “Craft of the Week” or just drop-in to create your own using supplies available. Bring your creativity or just an openness to being crafty. No supplies needed. **Date/Time:** Mondays; 12:30-2:30pm  
**Location:** Sage Café **Cost:** Free

**Ludo** - a fun board game that is a great chance to meet people and is easy for all skill levels to learn. Drop in. Ludo - Learn how to play Ludo or join in a game if you know how to play. **Date:** Mondays, Wednesdays, & Thursdays  
**Time:** 1-2:30 pm **Location:** Café

**Mahjong (Tile Game) Drop-in-** a great chance to play the world's most popular tile game. Mahjong is very similar to gin rummy. Caution: highly addictive! Open to everyone. **Date:** Mondays and Wednesdays. Tiles are available for play anytime Sage is open. **Time:** 1pm **Location:** Café **Cost:** Free

**Seniors Line Dancing Classes-** a great opportunity to learn some line dances, have some fun and meet new people! Workout your body while you work-out you brain learning new steps. Limited spaces are available.  
**Location:** Auditorium **Cost:** \$2.00 a month

#### **Classes:**

- A) 1pm- Mondays & 10am- Tuesdays (currently full)
- B) 12:15pm- Wednesday & Friday (currently full)
- C) 2:00pm- Wednesday & Friday (space available)

## Tuesdays:

**Busy Fingers** is a year round crafting group. They are currently focusing on knitting and crocheting. Come and join these amazing people as they create beautiful pieces. Guidance and instruction is available.

**Date:** Tuesday **Time:** 9:00 am **Location:** Classroom A **Cost:** Free

**Colouring Your Conversation (Colouring & Doodling Group)** - Colouring and doodling is not just for kids! This is a great chance to express your creativity, de-stress and meet new people. **Date:** Tuesdays **Time:** 10-12 pm  
**Location:** Sage café **Cost:** Free

**SING! Seniors Intercultural & Newcomers Gathering-** enjoy sharing music while practicing English and meeting new friends. **Date:** Tuesdays **Time:** 12-1pm **Location:** Auditorium **Cost:** Free

**Sunshine Sing-a-long-** If you love music, singing and being among friends then join our weekly gathering of singalong favourites with Elaine. Everyone welcome! **Date:** Tuesdays **Time:** 11-11:45am **Location:** Auditorium  
**Cost:** Free

**Ukulele Lessons-** The ukulele is a small instrument with BIG possibilities – especially when you play with friends! This multi-level class is for beginners and beyond. Participants need to know a few chords. There will be chording, strumming and picking styles for every level. **Please note: This class is not suitable for Absolute Beginners.** Please call Rachel at 780-701-9016 if you are looking for an absolute beginner class. Please pre-register.  
**Location:** Auditorium **Next set of Classes:** Tuesdays, May 7<sup>th</sup> - June 11<sup>th</sup> (7 weeks) **Cost:** \$20.00 **Time:** 2-4pm

**Jennie Wilting Discussion Group** - a discussion group featuring interesting, controversial, and thought-provoking topics. Jennie will not lecture, only facilitate this group. Meets at 1:30 pm on the 3<sup>rd</sup> Tuesday of every month. Drop-in. **Next Date:** Tuesday, May 21<sup>st</sup> **Time:** 1:30- 2:30 pm **Location:** Raye Dolgoy Room on 3<sup>rd</sup> floor  
**Cost:** Free

## Wednesdays:

**WEDNESDAY – GAMES DAY IN CAFÉ (Free to Participate) - Including but not limited to:**

- **Dominos with Udo & Jeff-** drop-in each week and enjoy the fun of dominos. Instruction or a game- open for everyone to join in! **Time:** 10am-1pm
- **Cribbage:** Play some crib and have fun each Wednesday at 1:00 pm. Open to everyone.
- **Ludo** - a fun board game that is a great chance to meet people and is easy for all skill levels to learn. Drop in.  
**Date:** Mondays, Wednesdays & Thursdays **Time:** 1-2:30pm **Location:** Café **Cost:** Free
- **Mahjong (Tile Game) Drop-in-** a great chance to play the world's most popular tile game. Mahjong is very similar to gin rummy. Caution: highly addictive! Open to everyone. Lessons will be available in January 2019. **Date:** Mondays and Wednesdays. Tiles are available for play anytime Sage is open. **Time:** 1pm **Location:** Café **Cost:** Free

**Device and Computer help-** drop-in for some 1-1 volunteer help- whether it is a help with your device, a computer question, Microsoft Word, emails, internet, laptops, iPads, cell phones, uploading photos, etc. **Date:** Wednesdays  
**Time:** 10-12pm **Location:** Computer lab on 3<sup>rd</sup> floor **Cost:** Free

**Raye Dolgoy Bridge Club** - an opportunity to learn to play the game of bridge or freshen up your skills. Offered by Raye Dolgoy Bridge Club's game director Henry Chung. to register. You MUST pre-register for lessons. **Cost: \$50.00 for 20 Comprehensive lessons (learn to play bridge) or \$5.00 for specific/refresher lesson or \$1.50 per play**  
**Time:** 11:30 am-4pm **Date:** Every Monday, Wednesday, & Friday **Location:** Raye Dolgoy Room on 3<sup>rd</sup> floor

**Seniors Line Dancing Classes-** a great opportunity to learn some line dances, have some fun and meet new people! Workout your body while you work-out you brain learning new steps. Limited spaces are available.  
**Location:** Auditorium **Cost:** \$2.00 a month

**Classes:** A) 1pm- Mondays & 10am- Tuesdays (currently full)  
B) 12:15pm- Wednesday & Friday (currently full)  
C) 2:00pm- Wednesday & Friday (space available)

**Wellness Series with Jennie Wilting-** Join Jennie, a retired nurse with a great sense of humour, as she discusses various topics relating to overall wellbeing. Usually 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays of each month.

**NOTE: CANCELLED UNTIL FURTHER NOTICE!**

**TED Talks Discussion group-** TED talks are influential videos from expert speakers on science, tech, creativity and more. In this free, monthly group, we will watch and then discuss a thought-provoking video. At the start of the group, participants are given a choice of 3-5 videos to watch and then they vote on which one to watch (and then discuss) that day. Last Wednesday of each month. **Next Date:** Wednesday, May 29<sup>th</sup> **Time:** 1:30-2:30pm  
**Location:** Classroom A **Cost:** Free

## Thursday:

**Karaoke Korner** Ever wanted to sing Karaoke but didn't know everywhere else seemed to intimidating? Drop-in to sing your favorite song in a welcoming atmosphere. **Date:** Every Thursday (except the last Thursday of the month)  
**Time:** 12:30-1:30pm **Location:** Café **Cost:** FREE

**The Next Page Book Club** The 2<sup>nd</sup> Thursday of the month. **Time:** 1-2 pm. **Location:** Raye Dolgoy Room on 3<sup>rd</sup> floor

**Coffee Group** - want to meet new people or visit and don't know where to start? Join us weekly for a warm cup of coffee (or tea), some friendly faces, a chance to connect with others, and learn what Sage has to offer. **Date:** Thursdays  
**Time:** 10:30-11:30am **Location:** Sage Café **Cost:** Free + one coffee or tea coupon provided

**Ukulele Jam Sessions** Grab your Ukulele and join the fun in this drop-in group! All Skill levels welcome – open to all!  
**Dates:** Thursdays **Time:** 1:45-2:45pm **Location:** Café **Cost:** Free

**Everyday Fitness** - stay active with this easy and fun exercise series lead by a volunteer instructor. All skill levels welcome. **Date:** Thursdays **Time:** 10:30am **Location:** Auditorium **Cost:** Free

**Senior Social Dance**- a drop-in, multicultural opportunity for people who love social dance to come together and have some fun! **Date:** Thursdays and Fridays **Time:** Thursdays: 9-10:30am & Fridays: 9–12pm **Location:** Auditorium  
**Cost:** Free

**Scrabble Time** - join in a fun game of scrabble and spend time with some great people. If you've never played, this is a great time to start! **Date:** Thursday **Cost:** Free **Time:** 10:00 am **Location:** Café

**Sage Tours** - new to Sage? Want to meet new people? Enjoy a tour of Sage lead by one of our friendly volunteers. Stay after the tour and enjoy live music at our monthly birthday party. Tours are the last Thursday of the month.  
**Time:** Meet at main floor reception. **Next Date:** Thursday, May 30<sup>th</sup> **Time:** 12:30pm

**Avon Calling!** A chance to look at the latest Avon products, and to place or pick-up orders. The 3<sup>rd</sup> Thursday of each month. **Next Date:** Thursday, May 16<sup>th</sup> **Time:** 11-1pm **Location:** Café

**Ludo** - a fun board game that is a great chance to meet people and is easy for all skill levels to learn. Drop in.  
**Date:** Monday, Wednesday, & Thursdays **Time:** 1:00-2:30pm **Location:** Café

**Sage Monthly Birthday Party:** Sage celebrates birthdays every month with free birthday cake and live entertainment. This party is for everyone, so join in the fun, even if it isn't your birthday month! **Sponsored by Dignity Memorial. (Hainstock's Funeral Home 9810-34 Ave & Memories Funeral Home 13403 St. Albert)**  
**Next Date:** Thursday, May 30<sup>th</sup> **Time:** 1-2pm **Location:** Sage Café **Cost:** Free!!

## Friday:

**French Chat Group** - For intermediate to fluent French speakers. This will be a fun and laid back way to practice your French and meet other French speakers. Dates: Group meets every Friday – (participant lead group) **Time:** 11-12pm  
**Location:** **Cost:** FREE **Location:** B or D (basement)

**Senior Social Dance**- a drop-in, multicultural opportunity for people who love social dance to come together and have some fun! **Date/Time:** Thursdays: 9-10:30am & Fridays: 9–12pm **Location:** Auditorium **Cost:** Free

**Gentle Yoga** - gentle, senior-friendly yoga that is adapted to a chair. Open to everyone. **Date:** Fridays **Time:** 12-1pm  
**Location:** Classroom C **Cost:** Free

**'Brainiacs' Drop-in Activity group** - challenge your brain with games and new tips & tools on how to maintain an active, healthy brain. New leader is Sage's volunteer, Lorraine. **Date:** The 2<sup>nd</sup> & 4<sup>th</sup> Friday of the month **Time:** 10-11am  
**Location:** Classroom B

**Drop-In Oil Painting:** classes will focus on creating small oil paintings. Topics such as use of colour, composition, and contrast will be taught. Drawing experience is not necessary and all skill levels are welcome. **Date:** Fridays  
**Time:** 9:30-12pm **Location:** Classroom A **Cost:** Supply costs only (Approx \$8/canvas and \$10 for paint and brushes as needed)

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**Cost:** \$50.00 for 20 Comprehensive lessons (learn to play bridge) or \$5.00 for specific/refresher lesson or \$1.50 per play. **Time:** 11:30 am-4pm **Date:** Every Monday, Wednesday, Friday **Location:** Raye Dolgoy Room on 3<sup>rd</sup> floor

**EAL Chat Group** - a chance to practice speaking English while meeting new people. Must pre-register. **Date:** Fridays  
**Time:** 10:00 - 11:00 am **Location:** Classroom C **Cost:** Free

**Men's Shed** - the Downtown Shed is in independent free group that meets twice a week including once at Sage. This is a group for men, by men. Drop-ins are welcome. A Shed is a space for men of all ages, abilities, and backgrounds to get together to share skills and knowledge and to communicate shoulder to shoulder; thereby building friendships, enhancing resilience, and providing emotional support.

**Days/Times/Locations:** - Thursdays 7-9pm at The Churchill (10015-103<sup>rd</sup> ave) in the Coffee Room  
• Use buzzer to enter main building

- Fridays 1-3 pm at Sage Seniors Association in Café or Classroom A

This is not a Sage program- for more information please contact Lawrence 780-905-4307 or Amanda 780-809-9404 ext. 366.