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Seniors' Week at Sage

Help us celebrate seniors and the contributions they make to our community!

- June 3: Healthy Aging Made Possible with Dr. Adrian Wagg
- June 4: Celebration of Seniors
- June 5: Seniors Tea at the Federal Building & Legislature Tour
- June 6: Sage Awards
- June 13: Pride Week Seniors Strawberry Toonie Tea

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

- July 1
- August 5

sage LINK

Heritage Program



Society "pioneer" with students who have "dressed the part" for their guest (October, 1992)

The "Pioneers" of Sage

Val Chymko

The Heritage Program of the Society for the Retired & Semi-retired (as we were known at that time) started in the Spring of 1972, shortly after we were incorporated. It involved seniors going out into schools to share their memories of "what life was like around here when I was your age" and it was seen as an excellent opportunity to bring together generations too often separated. There was also great interest on the part of local schools to enrich their history

programs by having these prairie pioneers give the students first-hand accounts of homestead life and early Edmonton.

Society members also began collecting and cataloguing old pictures into what became a collection of over a dozen albums that could be viewed at the Society, or used during school visits with the children.

...continued on page 14

MESSAGE FROM THE EXECUTIVE DIRECTOR

Over the past few months, our team has had the opportunity to showcase Sage and the contributions of seniors in our community to a range of stakeholders and elected officials.

With all of the changes and growth over the past few years, we wanted to highlight the innovative programs and services that we're providing. Mayor Iveson was able to tour Sage and learn more about how our health services program relates to the objectives of the City's Health City initiative. We also welcomed the Federal Minister of Seniors, Filomena Tassi, and Edmonton-Centre MP Randy Boissonnault to discuss initiatives related to social isolation and issues regarding residency requirements for newcomer seniors.

Each time that we have the opportunity to tour someone through Sage and explain our various programs and services, people are always amazed by all that we are able to do with and for the community.

We're so fortunate that our work here at Sage is supported by a diverse group of volunteers who contribute to building a community where everyone is valued. Thank you to each of you for the gift of your time and talents.

In celebration of seniors' week and the annual Sage Awards celebration, we're pleased to be able to showcase the Sage community and the contributions of seniors. It's an important time to reflect on the contributions that seniors make to building and growing our community!

Karen McDonald

DIRECTORY

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Main Switchboard	780-423-5510
Food Services	780-701-9022
Guardianship/Trusteeship	780-701-9013
Health Services	780-809-9402
Life Enrichment	780-701-9023
Safe House Intake	780-702-1520
Social Work Services	587-773-1764
Volunteer Services	780-701-9014

15 Sir Winston Churchill Square
Edmonton, AB T5J 2E5
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email: info@mysage.ca www.mysage.ca

SAGE TOURS



Director of Health Services, Anne Summach, Alberta Health Minister, Sarah Hoffman, and patients who have benefited from the integration of social and health services.



Minister of Seniors, Filomena Tassi, Executive Director, Karen McDonald, Director of Operations, Bernice Sewell, and Edmonton-Centre MP, Randy Boissonnault.



Executive Director, Karen McDonald and Mayor Don Iveson.

“Each time that we have the opportunity to tour someone through Sage and explain our various programs and services, people are always amazed by all that we are able to do with and for the community.”

- Karen McDonald

Follow us!



@sageyeg



Sage Seniors Association

VOLUNTEER SERVICES



Barb Carroll
Volunteer Coordinator

THANK YOU SAGE VOLUNTEERS



On December 18, 2018, Volunteers were treated to a delicious luncheon and a fun Christmas carol sing-a-long in appreciation of their dedication and support of Sage. We recognized Marge Lilley in her retirement for her commitment to Sage for over 29 years. A merry time was had by all!

IN MEMORIUM

It is with great sadness that we share the passing on January 15, 2019 of one of our special volunteers, Melle Huizinga. Melle lead the Blue Pencil Café Writer's Group and the drop in Poetry Group.

Melle was a lifelong educator and loved the arts, especially spoken words of a poet and writer. Melle will be sadly missed.



Volunteer Opportunities

Connect and contribute!

- Casino Volunteers Needed for casino on September 18 – 19 at Grand Villa Casino
- TED Talks Discussion Group Facilitator
- Karaoke Korner Host
- Coffee Group Facilitator
- French Group Lead
- Bridge Director
- Receptionists
- MOOC (Massive Open On-Line Course) Facilitator
- Sunshine Café Dishwasher: Wednesday 11- 2
- Photography Group Lead
- Sage Ambassadors

For more information contact Barb Carroll: 780-701-9014 or bc Carroll@mysage.ca

NEW & EXCITING

New Staff

We would like to welcome Penny Hernandez as our new Safe House Coordinator, and Muno Osman, Social Work Manager, who has returned to Sage from maternity leave.

If you see Penny or Muno please introduce yourself and pass along a warm Sage hello!

City Councillor Knack's Visit

Learn what is happening in City Hall and take this opportunity to discuss your concerns in a small group setting.

Date: Thu Jun 20 **Time:** 1:00pm

Location: Sage Room

Inclusive Creative Movement and Dance Introduction Workshop put on by Solidance Inclusive Recreation Society.

You will explore integrated dance and creative movement and learn more about Solidance. For people of all abilities, genders, bodies, and ages. Please pre-register.

Date: Wed Jul 3 **Time:** 10:30-12pm

Location: Auditorium (wheelchair accessible)

Cost: Pay-What-You-Can \$5-\$20 (pay in auditorium when you arrive).

Paint "Night"

Enjoy an afternoon of guided painting, where with step by step instructions, you will create a work of art! No painting or drawing abilities necessary, fun for all skill levels! All supplies provided. Register early, only 15 spots available!

Date: Tue Aug 20 **Time:** 1-3:30pm

Location: Auditorium **Cost:** Free

Shadow Theatre Matinees

Sage is proud to work with Shadow Theatre, a unique Edmonton theatre company, to bring you their very first senior matinees! These matinees will be a special, low price and will be one matinee performance per show. Watch for more details in the Fall Link!

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Over the Rainbow Support

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

Writing Workshop (6 weeks)

A great workshop to help you with everything from grammar and sentence structure, to plot, character development, help with projects you are working on, tips on what publishers are looking for and more! Class is taught by Tanis, a professional writer volunteering their time. Please register by June 11. Space is limited.

Date: Tue Jun 18, 25

Tue Jul 2, 9, 16, 23

Time: 10:30-12:30pm **Location:** Classroom C

Cost: \$5.00 total for all 6 weeks

EVENTS & PARTIES

Senior's Week

Join us the first week of June for a variety of events:

- **Mon Jun 3** - Healthy Aging Made Possible: Dr. Adrian Wagg
- **Tue Jun 4** - Celebration of Seniors
- **Wed Jun 5** - Seniors Tea at the Federal Building & Legislature Tour
- **Thu Jun 6** - Sage Awards

Healthy Aging Made Possible

An interesting and entertaining presentation by world-renowned Dr. Adrian Wagg, the Chair in Healthy Aging at the University of Alberta. Increase your knowledge around the importance of good nutrition and physical activity for seniors to promote healthy aging and reduce risk factors for chronic disease.

Date: Mon Jun 3 **Time:** 10-11am
Location: Auditorium **Cost:** Free

Celebration of Seniors

A fun event showcasing Sage's musical programs: SING! Intercultural Chorus, Ukulele Players & more! Come see the great things Sage seniors are up to! Enjoy cake after the celebration.

Date: Tue Jun 4 **Time:** 1pm
Location: Auditorium **Cost:** Free

Pride Week Seniors Strawberry Toonie Tea

Join as we celebrate our LGBTQ seniors and pride week with live music from Northern Heart, fun performances, tea, strawberry dessert & more! Hosted by Jeff Bovee (Sage's amazing Over the Rainbow Support volunteer!)

Date: Thu Jun 13 **Time:** 1-3:30pm
Location: Sage Café **Cost:** \$2.00

If you are interested, attend Michael Phair's LGBTQ: Understanding and History Presentation on Jun 10 at 1pm.

Canada Day Party & June Birthday Party

Join the fun celebrating Canada's birthday (just a little early!). There will be live entertainment, cake, prizes, fun facts and more! **Sponsored by Dignity Memorial (Hainstock's, Memories & Harmony Chapel).**

Date: Thu Jun 27 **Time:** 1:00pm
Location: Sage Café **Cost:** Free

Klondike Kate Toonie Party & July Birthday Party

Nothing brings back Klondike memories like a musical performance by Klondike Kate! Come as you are or throw on your Klondike gear and join the fun! Cake will be served.

Date: Thu Jul 25 **Time:** 1-2pm
Location: Sage Café **Cost:** \$2.00

Sage Awards

Join a group from Sage and attend our amazing annual event that recognizes the immense positive impact seniors have on their community! Hear the stories, enjoy some goodies and support Sage at the same time! This year's Sage Awards is during seniors' week at the Sutton Place Hotel. Ticket purchase deadline is May 29.

Date: Thu Jun 6 **Time:** Depart Sage at 3:45pm. Or meet there. 4pm Cocktails and Gallery Walk, 4:30 Awards Ceremony, 6pm Closing Remarks
Location: Sutton Place Hotel

THE VOICE OF SENIORS IN ALBERTA

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ATTEND A MEETING - EVERYONE WELCOME!

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Sherwood Park, St. Albert
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DAY TRIPS & OUTINGS

Please join us as we venture out and about on these Day Trips. Please note:

- Must be able to go up and down several stairs, ground may be uneven, and you will need to be able to walk short distances.
- Trips are rain or shine.
- Refunds are not guaranteed.
- Please bring snacks or beverages as needed.
- If you have dietary restrictions you must notify Rachel at 780-701-9016 at time of registering. Not all diets can or will be accommodated.
- Must pre-pay to register.

Devonian Gardens Tour

Join Sage for a lovely day at the Devonian Gardens touring the flower gardens, relaxing on a bench and reading a book, a guided trolley tour, the butterfly house, or stroll the Japanese gardens. Must pre-register by Jun 28.

Date: Tue Jul 2 **Time:** Depart Sage at 10:00am-3pm

Cost: \$5.00 for coach bus, admission and guided tour Regular price would be \$35/person). Must purchase your own lunch or bring a bagged lunch. **Thanks to Dignity Memorial for sponsoring.**

Scandinavian Trial and Sylvan Star Cheese Factory

Start the day at the Danish Canadian museum, tour and have a delicious homemade lunch and visit the Dickson store. Hop on the bus to the Markerville creamery where you can buy yourself an ice cream or treat! Next stop will be historic Stephannson House. End the day at Sylvan Star Cheese factory where you can look around, stock up, or both!

Date: Tue Jul 16 **Time:** Depart Sage at 9am
Cost: \$39 member (\$47 non-member) includes admissions, lunch and coach bus. **Special thanks to Connelly-McKinley for the use of their coach bus!**

Peaceful Valley and Mameo Beach

A BBQ lunch and relaxing time taking in the scenic views of Peaceful Valley. Stroll the paths or enjoy a ride on the golf cart. End the day with a stop at Mameo Beach.

Date: To Be Announced. Call main desk at 780-423-5510 ext. 301 for information

Time: Depart Sage at 9:00am

Cost: \$42 members (\$49 non-member) includes coach bus and BBQ lunch

Romanian Pioneer Museum, Hairy Hill and Mundare

Join this trip for a truly unique day out! See the town and museums of Mundare, enjoy lunch, and head out to a museum celebrating the Romanian pioneers in Boian, Alberta with a peak at the ghost town of Hairy Hill on the way!

Date: Fri Aug 16 **Time:** Depart Sage at 9am

Cost: \$55 members (\$68 non-member) includes admissions, coach bus and lunch

Blue Suede Musical Festival

Elvis Tribute Artists from across Canada and United States will be entertaining. There will be food concessions, silent auctions, trivia contests and more! Festival is outdoors and held at the Busby, Alberta Sports Grounds. Bring your own lawn chair plus bagged lunch (or money for food and purchases) and a food bank donation.

Date: Sat Aug 24 **Time:** Depart Sage at 9am, leave festival approx. 2:30pm

Cost: \$46.00 for coach bus and festival admission (must bring own food and/or spending money) plus food bank donation

Whitecourt and Area Tour

Enjoy a day heading North on Highway 43. Includes seeing the Mayerthorpe Fallen Four Memorial, lunch at Rochfort Bridge Trading Post Restaurant and store, and a tour of a Whitecourt paper mill.

Date: Tue Sep 10 **Time:** Depart Sage at 9:00am

Cost: \$34.00 member (\$40.00 non-member) includes admissions, lunch and coach bus. **Special thanks to Connelly-McKinley for the use of their coach bus!**

Smoky Lake Pumpkin Festival

The Town of Smoky Lake hosts the Great White North Pumpkin Festival that includes gigantic pumpkins and gourds, a farmers market, fair grounds, car show and more! Must pre-register.

Date: Sat Oct 5. **Time:** Depart at 9am

Cost: \$20 for coach bus (plus your own lunch and \$10 admission if you want see pumpkins)

Edmonton's Indigenous Peoples Festival

Experience a Pow-Wow, visit displays and join in on interactive activities by community partners from all across the Edmonton region. Live performances by local and national Indigenous talent will take place at the Edmonton Expo Centre. Shop the artisan marketplace for original Indigenous products and satisfy your appetite with delicious offerings by local food trucks. Event is Free. Bring money for bus fair, food, and other purchases.

Date: Sat Jun 22 **Time:** Leave from Sage at 11am. (Head back at 4pm with the Sage group or stay longer).

Dim Sum lunch in Chinatown

Enjoy a delicious Dim Sum lunch featuring delicacies like steamed dumplings, pork buns and more. Best for those seeking an adventure for their taste buds! Must register by Jul 26.

Date: Wed Jul 31 **Time:** Depart Sage at 11:00am

Location: Pacific Rim Mall

Cost: \$19 members, \$25 non-members (plus cost of ETS bus fare)

Jubilations Dinner Theatre presents "Footloose: New Town, New Dance!"

Everybody cut loose! Enjoy a fun evening of dancing, live music and feast on a 3 course gourmet meal! Limited seats. Must pre-register.

Date: Wed Aug 7 **Time:** meet at 6:15pm at Jubilations, Phase I Upper Level West Edmonton Mall **Cost:** \$58 members, \$65 non-members

River Cree Casino Outing

Hop on the bus the 3rd Thurs every month for a fun day at the casino. If you stay for four hours, you get a voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. You must pre-register, there are only 24 seats.

Date: Thu Jun 20, Jul 18, Aug 15

Time: Depart Sage at 10:00am return 3pm. You MUST return with the Sage bus.

Cost: \$5.00 (includes bus to and from casino, lunch and \$5 gambling voucher)

Let's do Lunch

Join us at Sage on the second Tuesday of each month at 12:30pm (or 1:00pm at restaurant) and venture out to new dining experiences. Must pre-register by the Friday before.

Cost: Must pay own lunch costs + ETS

- **Tue Jun 11** - The Marc (9940-106 St., 100 Sterling Place) **Time:** 12:45pm at Sage (or 1:15pm at restaurant) for this month only. Stairs to entrance – ramp side entrance available as requested.
- **Tue Jul 9** - Lan's Authentic Thai Cuisine (11828-103 St.)
- **Tue Aug 13** - Select (10018-106 St.) A couple stairs into restaurants and 5 stairs to washroom.

Legislature Seniors Week Tea and Tour

Enjoy a lovely tea at the Federal Building and then head to the legislature for a tour. Must pre-register. Only 18 spots.

Date: Wed Jun 5 **Time:** Depart Sage by 9:15am or meet at Federal building for 10:00am

Location: Federal Building 9820-107st.

Cost: \$2.00 plus ETS bus fare

City Hall Tour

A great chance see Edmonton's beautiful city hall with a guided tour and behind the scenes info. Please pre-register.

Date: Wed Jun 12

Time: Depart Sage at 12:40pm (tour is at 1pm)

Cost: Free

CLASSES

Paleontology: Theropod Dinosaurs and the Origin of Birds

A comprehensive overview of the origins of birds. This 5-lesson course examines the anatomy, diversity, and evolution of theropod dinosaurs in relation to the origin of birds.

Dates: Fri Jun 7-Jul 5 **Time:** 9:30-11:30am
Location: Classroom D **Cost:** \$5

Computers for Beginners

Learn computer basics, including how to use the mouse and working up to the internet and e-mail. Classes are offered in small groups. You must pre-register. **Dates:**

Jun 5,7,10,12,14,17,19
Jul 10,12,15,17,19, 22, 24
No Aug class

Time: 2:30-3:30pm

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, with chording, strumming and picking styles for every level. Participants need to know a few chords. Please note: this class is not suitable for Absolute Beginners. Call Rachel at 780-701-9016 if you are looking for an absolute beginner class. Please pre-register.

Date: Tue Jun 25-Jul 30

Cost: \$20.00 **Time:** 2-4pm

GeriActors Workshops- The Senior Actor

Learn the storytelling and performance techniques developed by GeriActors. Stress free acting, no lines to be learnt, and lots of laughs to be had! Must pre-register.

Summer session (6 weeks)

Dates: Jul 5-Aug 9 **Time:** 3-5pm

Location: Classroom C **Cost:** Pay-What-You-Can. Suggest rate \$10-15 per session. We believe everyone should be able to participate.

You do not register at Sage. To register for this workshop please connect to GeriActors directly by phone:780-248-1556 or e-mail:

geriactors.friends@gmail.com

Ballroom Dancing Lessons

Experience the magic, the elegance, the fun of ballroom dance! Never danced before? Well let's get started! No partner required. Pre-register, limited spaces available.

Dates:

- **Session 1:** Jun 12,19 and 26, and Jul 3 (4 classes)
- **Session 2:** Jul 10,17 and 24 (3 classes)
- **Session 3:** Aug 14, 21 and 28 (3 classes)

Time: 10-11:30am **Location:** Sage Auditorium

Cost: \$2 total for each session

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.

Date: Mon and Fri (4 weeks) Jun 3 - Jun 28

Location: Sage Computer Lab

Cost: \$29.00 each 4 week session

Chronic Pain Workshop

Do you or someone you care about have chronic pain? Are you frustrated and want more support? If so, the Better Choices, Better Health® - Chronic Pain Self-Management Program can help! Join us and explore ways to take care of yourself to enjoy a better quality of life! Some of the topics include tips on how to control pain, healthy eating and becoming more active, talking to your health care team, how to make everyday tasks easier, and dealing with feelings like anger, fear and frustration. The workshop includes the Moving Easy Program, a gentle stretching exercise program to loosen muscles and joints and increase circulation. Support people, family members and friends are welcome to attend with you! Must pre-register by Aug 1. Only 8 spots available!

Date: Thu Aug 8-Sep 12 (6 weeks)

Time: 9:30-12pm **Location:** Sage Room

INFORMATION SESSIONS

LGBTQ: Understanding and History Presentation by Michael Phair

LGBTQ, Transgender, Cisgender, Genderqueer...what do these terms mean?! Gays and Lesbians (and many others) have burst out of the 'closet' and into our midst. This session will go over words like those above and the social changes that have 'unlocked' the closet door. Presented by Michael Phair: Sage Board member and LGBTQ Activist. Pre-registration suggested.

Date: Mon Jun 10 **Time:** 1-2pm
Location: Classroom B **Cost:** Free

Organizing and Down-Sizing Presentation

Organize your space and eliminate stress & inefficiency in your life. Welcome in clarity, joy and the gift of time-- freeing you up to focus on what matters most. This hour long presentation will provide you with some tools that you can use to help you organize and downsize your belongings. Please pre-register.

Date: Tue Jul 2 **Time:** 10am
Location: Classroom B

Here's to Your Health Presentations

Join Sage for presentations on different health related topics including diet, exercise, wellbeing and more. Offered 4th Tuesday monthly at 1:30pm in the Ray Dolgoy Room on the 3rd floor.

- **Jun 25** - Diet Planning Information Session
- **Jul 23** - Exercising in Home
- **Aug 27** - Cannabis

Extraordinary Journey

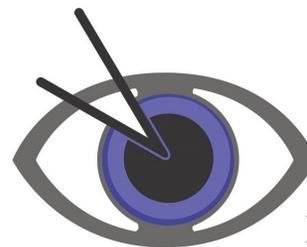
A unique and motivational perspective from someone who lives with cerebral palsy. The presentation also includes info on what Cerebral Palsy (CP) is, the successes and challenges that individuals with cerebral palsy and other disabilities face, with a focus on inclusion and the importance of independence. We also speak to what the CPAA does as an organization to support individuals living with CP and other disabilities.

Date: Thu Jul 25 **Time:** 11am
Location: Sage Room **Cost:** Free

"It's Not Right!" Neighbours, Friends and Families for Older Adults

We have a shared responsibility to promote respect for all members of our society. Everyone has a role to play. You may be a neighbour, friend or family member who can make a positive difference in the life of an older adult experiencing abuse. This presentation is intended to provide participants with an understanding of what elder abuse is, signs of abuse to watch for, barriers for disclosure and then the role ageism plays in identifying elder abuse and supporting individuals. During the presentation resources for Elder Abuse will be provided. Additionally, participants will learn about how to support someone they suspect may be experiencing abuse, practice how to have those difficult conversations, and get an understanding of how to be an ally to that loved one or community member. Please pre-register. Only 20 spaces available.

Date: Wed Jun 19 **Time:** 1-2:30pm (approximately)
Location: Classroom C **Cost:** Free



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Funeral Pre-planning and Important Conversations

Nothing is certain but death and taxes, isn't that what they say? And yet dying, last wishes, funerals and important documents are hard conversations to have. Join Connelly-McKinley for a this free presentation. Please pre-register by Jun 25.

Date: Jun 27 **Time:** 11-12pm
Location: Classroom B

Types of Housing Explained

Condos, apartments, long-term care, supportive living, assisted living...what do they mean? Join Sage's Housing Coordinator for this free, informative presentation.

Date: Tue Jul 9 **Time:** 1-2pm.
Location: Sage Room on 3rd floor.

Recognizing Phishing and Safe Dating Online

Online dating sites and apps are today's most popular ways for people of all ages to meet someone. In this session learn about some of the more popular options, how they work and tips to keep you and your information safe. Bring your own laptop, iPad, iPhone, etc. if you want to learn on there or use one of Sage's computers.

Date: Tue Jun 25 **Time:** 11-12:30pm
Location: Computer lab **Cost:** Free

Gaming Online for Seniors

Online games are increasingly popular for all ages. The on-line gaming community presents an entire world where you can meet individuals from a diverse background in a collaborative, fun environment. In this workshop, participants will discover how to safely participate and better understand online gaming. Bring your own laptop, iPad, iPhone, etc. if you want to learn on there or use one of Sage's computers. Pre-register. Class maximum is 10 people.

Date: Tue Jun 25 **Time:** 1-2:30pm
Location: Computer lab **Cost:** Free

Mind Your Money: Monthly Financial Presentations

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. Held on the 2nd Wednesday monthly.

Topic: Semi-Annual 2019 Global Financial Market Review and Outlook

No sessions in Jul and Aug

Date: Jun 12 **Location:** Sage
Time: 1-2pm
Room on 3rd floor

Legal Documents you Should Have

A lawyer presenting on wills, personal directives, power of attorney & more. What are these important documents and why should you have them?

Date: Tue Jul 23 **Time:** 10:30am
Location: Sage Room

WEEKLY AND ON-GOING ACTIVITIES

Drop-in groups, classes, games, and more that have become staples at Sage! For more information, please call 780-423-5510 or visit www.mysage.ca.

CLUBS & GROUPS

Men's Shed

Days/Times/Locations:

- Thu 7-9pm at The Churchill (10015-103rd Ave.) in the Coffee Room. Use buzzer to enter main building.
- Fri 1-3 pm at Sage Seniors Association in Café or Classroom A

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

Kookum Senior Women's Group

Upcoming Dates:

- Jun: Mon 3 and 17
- Jul: Mon 8 and 22
- Aug: Mon 5 and 19

The Next Page Book Club

Note: Club NOT Meeting in July and August. Resuming in September.

Coffee Group

PHYSICAL ACTIVITIES

Tai Chi Introduction with Master Ken
Gentle Yoga
Walk & Talk Group
Zumba Gold
Everyday Fitness
Seniors Line Dancing Classes
Senior Social Dance

CREATIVE OPPORTUNITIES

Oil Painting Drop-In - Note: Instructor will be away 2-3 weeks in Jul.
Craft Space
Colouring Group
Busy Fingers

LEARNING OPPORTUNITIES

'Brainiacs' Drop-in Activity Group
Wellbeing Series with Jennie Wilting - Does not meet again until Sept.
Jennie Wilting Discussion Group
Device and Computer Help
EAL Chat Group
French Chat Group
Spanish Chat Group - Occurs May to Aug.
TED Talks Discussion Group

MUSICAL OPPORTUNITIES

Sunshine Sing-a-long - No sessions in August.
SING! Seniors Intercultural & Newcomers Gathering - No sessions in August.
Ukulele Jam Sessions - No sessions in August.
Karaoke Korner

GAMES

Ludo
Cribbage
Mahjong (Tile Game) Drop-In
Scrabble Time
Dominos with Udo & Jeff
Raye Dolgoy Bridge Club
Rummikub (game available in L.E. office)
Games & Puzzle room!



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OTHER

Sage Tours
Avon Calling!
Sage Monthly Birthday Party

SAGE VIGNETTES

...continued from the front page.

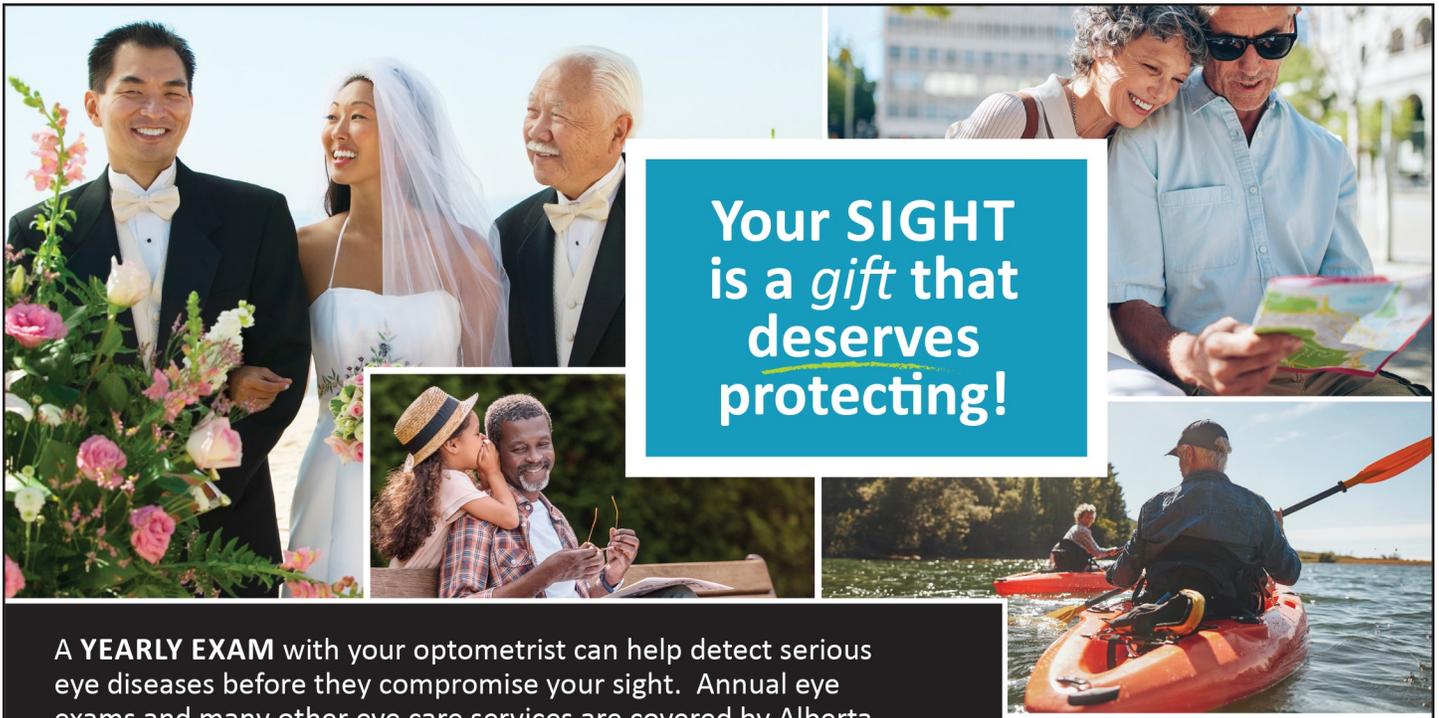
Many of the pictures were also converted to slides for the creation of four presentations entitled: Rural Yesterdays, Urban Yesterdays, Old time Farming, and Transportation.

Much of this early work was made possible from budget allocations by the two Edmonton school boards, a successful application for a Canada Council Explorations Grant, and then later through the generosity of the Clifford E. Lee Foundation. At one time, there were up to 40 seniors involved in these visitations with upwards of 200 trips per year.

The Society was able to use some of the grant funding to hire a part-time coordinator to recruit new volunteers, keep schools informed of the program, and to make specific arrangements for “pioneers” to visit classrooms.

In 1992, The Heritage Program was recognized with an award from the Edmonton Historical Advisory Board.

In the mid-1990s, cuts to education budgets and loss of other funding sources made it difficult for the program to carry on as it had. This, in addition to many of the “pioneers” getting on in age, resulted in the Society making the difficult decision to discontinue the program in 1999. Most of the material was turned over to the City of Edmonton Archives for preservation at the Prince of Wales Armory - a fitting historical location for this gold mine of memories to reside. Who knows, some day it might be possible to “raid the vault” and see what’s there!



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