


Sage Activities At-a-Glance

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>CANADA DAY SAGE is closed today</p>	<p>1</p>	<p>2</p> <p>9:00 Busy Fingers (A) Drop-in 10-11 Line Dancing (Aud) Currently Full 10:00 Organizing & Down-Sizing Presentation 10-3 :00 Devonian Gardens Tour (pre-register) 10-12 Colouring & Doodling Group (Café) Drop-in 11:15-12 Sunshine Sing-A-Long 12:15-1 SING! Interc. Chorus 12-1 pm Writing Workshop (B) 2-4 Ukulele Lessons (Aud)</p>	<p>3</p> <p>10-11:30 Ballroom Dance Lessons (Aud) Currently Full 10-1 Dominos (Café) Drop-in 10:30-12 Inclusive Creative Movement & Dance Introduction Workshop 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 Walk & Talk Group(meet main fl. Reception) 2:00 Line Dance (Aud) Spots available</p>	<p>4</p> <p>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</p>	<p>5</p> <p>9-12 Senior Social Dance (Aud) Drop-in 9:30-11:30 Paleontology: Theropod Dinosaurs 10-11 EAL Chat Group (C) Drop-In 11-12 French Chat Group (D) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12-1 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 2:00 Line Dance (Aud) Spots available 3-5 GeriActors Summer Workshop (C) (Must Reagister)</p>	<p>6</p> <p>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</p>
<p>7</p> <p>For more information for all activities at Sage visit our website at www.mysage.ca, check out our newsletter, or call (780) 423-5510 Ext 301. To register call (780) 423-5510 Ext 301 or see main reception.</p>	<p>8</p> <p>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 (A) Drop-in 1:00-2:30 Ludo (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Line Dance (Aud) Currently Full 1:00 Crib Games (Café) Drop-in</p>	<p>9</p> <p>9:00 Busy Fingers (A) Drop-in 10-11 Line Dancing (Aud) Currently Full 10-12 Colouring & Doodling Group (Café) Drop-in 11:15-12 Sunshine Sing-A-Long 12:15-1 SING! Interc. Chorus 12:30 Lets do Lunch - Lan's Authentic Thai Cuisine 12 - 1 Writing Workshop (B) 1-2 Types of Housing Explained Presentatuin 2-4 Ukulele Lessons (Aud)</p>	<p>10</p> <p>10-11:30 Ballroom Dance Lessons (Aud) Currently Full 10-1 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 Walk & Talk Group (meet main fl. Reception) 1:30-2:30 Coffee with Cops Drop-in - Café 2:00 Line Dance (Aud) Spots available 2:30-3:30 Computers for Beginners</p>	<p>11</p> <p>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</p>	<p>12</p> <p>9-12 Senior Social Dance (Aud) Drop-in 10-11 EAL Chat Group (C) Drop-In 11-12 French Chat Group (D) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12-1 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 2:00 Line Dance (Aud) Spots available 2:30-3:30 Computers for Beginners 3-5 GeriActors Summer Workshop (C) (Must Reagister)</p>	<p>13</p>
<p>14</p> <p>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 2:30-3:30 Computers for Beginners</p>	<p>15</p> <p>9:00 Busy Fingers (A) Drop-in 9:00 Scandinavian Trial & Sylvan Star Cheese Factory 10-11 Line Dancing (Aud) Currently Full 10-12 Colouring & Doodling Group (Café) Drop-in 11:15-12 Sunshine Sing-A-Long (Aud.) Drop-in 12:15-1 SING! Interc. Chorus (Aud) Drop-in 12-1 pm Writing Workshop (B) 2-3:30 Ukulele Lessons (Aud.) Register</p>	<p>16</p> <p>10-1 Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in 10-11:30 Ballroom Dance (Aud) Currently Full 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:15 Line Dance (Aud) Must Register 1:00 Ludo game (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Walk & Talk Group (meet main fl. Reception) 2:00 Line Dance (Aud) Spots available 2:30-3:30 Computers for Beginners (3rd) Reg</p>	<p>17</p> <p>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! 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</p>	<p>18</p> <p>9-12 Senior Social Dance (Aud) Drop-in 9:30-11:30 Paleontology: Dinosaurs & Birds (D) 10-11 EAL Chat Group (C) 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 12-1 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 2:00 Line Dance (Aud) 2:30-3:30 Computers for Beginners (3rd) Reg 3-5 GeriActors Summer Workshop (C) (Must Reagister)</p>	<p>19</p> <p>9-12 Senior Social Dance (Aud) Drop-In 10-11 EAL Chat Group (C) Drop-In 11-12 French Chat Group (D) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12-1 Gentle Yoga (C) Drop-in 12:15 Line Dance (Aud) Currently Full 1-3 Downtown Men's Shed (Café or A) Drop-in 2:00 Line Dance (Aud) Spots available 3-5 GeriActors Summer Workshop (C) (Must Reagister)</p>	<p>20</p>
<p>21</p> <p>* Public Computer lab access is unavailable a 1/2 hour before and after classes.</p>	<p>22</p> <p>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 (A) Drop-in 12:30-2:30 Craft Space (Café) Drop-in 1:00 Crib Games (Café) Drop-in 2:30-3:30 Computers for Beginners (3rd) Reg</p>	<p>23</p> <p>9:00 Busy Fingers (A) Drop-in 10-11 Line Dancing (Aud) Currently Full 10-12 Colouring & Doodling Group (Café) Drop-in 10:30 Legal Documents you Should Have 11:15-12 Sunshine Sing-A-Long (Aud.) Drop-in 12:15-1 SING! Interc. Chorus (Aud) Drop-in 12 - 1 pm Writing Workshop (C) 1:30 J. Wilting Disc. Group (Ray Dolgoy Rm) Drop-in 1:30 Here's to your Health Presentstiona (Exercising) 2-4 Ukulele Lessons (Aud)</p>	<p>24</p> <p>10-1 Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in 10-11:30 Ballroom Dance (Aud) Must Register 10-12 *New* Exploring Mental Wellness Group (with Dana Sage's new Mental Health Therapist)- Must Register 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:15 Line Dance (Aud) Currently Full 1:00 Ludo game (Café) Drop-in 1:00 Mahjong Games (Café) Drop-in 1:00 Walk & Talk Group (meet main fl. Reception) 2:00 Line Dance (Aud) Spots available 2:30-3:30 Computers for Beginners (3rd) Reg.</p>	<p>25</p> <p>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 11:00 Extraordinary Journey Presentation 11:45-12:45 Ballroom Dance Practice (Aud) 12:30-1:30 Karaoke (Café) Drop-In 1:00 Ludo (Puzzle Rm) Drop-in 1-2 Klondike Kate Twonnie Party & July Birthday party 1:45-2:45 Ukelele Jam (Café) Drop-in</p>	<p>26</p> <p>9-12 Senior Social Dance (Aud) Drop-In 10-11 EAL Chat Group (C) Drop-In 11-12 French Chat Group (D) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12-1 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 2:00 Line Dance (Aud) Spots available 3-5 GeriActors Summer Workshop (C) (Must Reagister)</p>	<p>27</p>
<p>28</p> <p>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 12:30-2:30 Craft Space (Café) Drop-in 1:00 Crib Games (Café) Drop-in</p>	<p>29</p> <p>9:00 Busy Fingers (A) Drop-in 10-11 Line Dancing (Aud) Currently Full 10-12 Colouring & Doodling Group (Café) Drop-in 11:15-12 Sunshine Sing-A-Long (Aud.) Drop-in 12:15-1 SING! Interc. Chorus (Aud) Drop-in 2-3:30 Ukulele Lessons (Aud.) Register-1st Class</p>	<p>30</p> <p>10-1pm Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in 10-11:30am Ballroom Dance (Aud) Must Register 10-12 *New* Exploring Mental Wellness Group (with Dana Sage's new Mental Health Therapist)- Must Register 11:00 Dim Sum lunch in Chinatown 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:15 Line Dance (Aud) - class cancelled today 1:00 Walk & Talk Group (meet main fl. Reception) 1:00 Ludo game (Café) Drop-in 1:00 Mahjong (Café) Drop-in 2:00 Line Dance (Aud)- class cancelled today 1:30-2:30 TED TALKS (A) Drop-in</p>	<p>31</p>			

