

Sage Activities – July 2019

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

New Programs and Program Updates:

- Crib games moved to Mondays at 1pm instead of Wednesdays at 1pm

New & Exciting:

- **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:** Wednesday, July 3rd **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!
Date: Tues. Aug 20 **Time:** 1-3:30 **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!
- **Coffee with Cops** – Join your local EPS members for a cup of coffee and a chance to discuss your thoughts, concerns, etc. Wednesday July 10th. Time 1:30 – 2:30 Drop in. Free coffee provided.

Day Trips (longer trip & out of the city)

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.

- **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 Stephansson House. End the day at Sylvan Star Cheese factory where you can look around, stock up, or both! Note that ground will be uneven for walking on and walkers so please use caution. Pre-register.
Special thanks to Connelly-Mckinley for the use of their coach bus!
Date: Tuesday, July 16th **Time:** Depart Sage at 9am **Cost:** \$39 member (\$47 non-member) includes admissions, lunch and 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 where you can dip your toes in the lake or even buy yourself an ice cream treat! Must pre-register.

Date: Friday, August 2nd

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! Must pre-register. **Date:** Friday, August 16th **Time:** depart at 9am **Cost:** \$55 members (\$68 non-member) includes admissions, coach bus & lunch
- **Blue Suede Musical Festival**- Elvis Tribute Artists from across Canada and United States (some are amateurs and some are professionals) will be entertaining. Plus there will be food concessions, silent auctions, trivia contests and more! Festival is outdoors and held at the Busby, Alberta Sports Grounds. Note that ground will be uneven for walking on and walkers so please use caution. Trip is rain or shine. Bring your own lawn chair plus bagged lunch (or money for food and purchases) and a food bank donation. Pre-register. Spots will go quickly!
Date: Saturday, August 24th **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. Pre-register.
Special thanks to Connelly-Mckinley for the use of their coach bus! **Date:** Tuesday, September 10th
Time: depart Sage at 9:00am **Cost:** \$34.00 members (\$40 non-member) includes coach bus, admissions and lunch
- **Smoky Lake Pumpkin Festival**- The Town of Smoky Lake hosts the Great White North Pumpkin Festival. In addition to the gigantic pumpkins and gourds, there is also a farmers market, fair grounds, car show and more! A former Pumpkin Champ won with a 900 pounder! Must pre-register. **Date:** Saturday, October 5th. Depart at 9am
Cost: \$20 for coach bus (plus your own lunch and \$10 admission if you want see pumpkins)
- **Dim Sum lunch in Chinatown**. Enjoy a delicious Dim Sum lunch featuring delicacies like steamed dumplings, pork buns and more. Must register by July 26. **Date:** Wed. July 31, **Time:** Depart Sage at 11:00 am **Location:** Pacific Rim Mall **Cost** \$19 members, \$25 non-members (plus cost of ETS bus fare)

City Trips (out & about around the city)

- **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: Wednesday, August 7th **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 Thursday 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: Thursdays, July 18, August 15th **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** is a group that comes together on the second Tuesday of each month at 12:30pm meet at Sage (or 1:00pm at restaurant) and ventures out to new dining experiences. **Must pre-register by the Friday before.** **Cost:** must pay own lunch costs + ETS **Tuesday, July 9** – Lan's Authentic Thai Cuisine (11828 103 Street)
Time: 12:45pm at Sage (or 1:15pm at restaurant) for this month only. Stairs to entrance – ramp side entrance available as requested.

Classes :

- **Writing Workshop (6 weeks)**- a great workshop to help you with your writing. 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 11th. Space is limited to 15 spots total.
Date: Tuesdays, July 2,9,16, 23 **Time:** 12 – 1:00 pm **Location:** Classroom C **Cost:** \$5.00 total for all 6 weeks
- **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 August 1st. Only 8 spots available! **Date:** Thursdays, August 8- Sept.12 (6 weeks) **Time:** 9:30-12pm
- **Paleontology: Theropod Dinosaurs and the Origin of Birds** is a **5-lesson course** teaching a comprehensive overview of the origins of birds. This course examines the anatomy, diversity, and evolution of theropod dinosaurs in relation to the origin of birds. **Dates:** Fridays, June 7-July 5 **Time:** 9:30-11:30am **Location:** Class D **Cost:** \$5
- **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) July 5 – August 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.
Date:
Session 1: June 12, 19 and 26, and July 3 (4 classes)
Session 2: July 10, 17 and 24 (3 classes)
Session 3: August 14, 21 and 28 (3 classes)
Time: 10-11:30am **Location:** Sage Auditorium **Cost:** \$2 total for each session
- **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. **Date:** Tuesdays, June 25-July 30
Cost: \$20.00 **Time:** 2-4pm
- **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.
Dates: July 10,12,15,17,19, 22, 24 No August class
Time: 2:30-3:30pm **Cost:** \$5 (for each set of 7 classes) Thanks to ECALA grants

Information Sessions (FREE):

- **Organizing & 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: Tuesday, July 2nd **Time:** 10am **Location:** Classroom B

- **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

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 3rd 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)
- **Cribbage:** Play some crib and have fun each Monday at 1:00 pm. Open to everyone.

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 see new absolute beginner class Fridays starting June 7th. Please pre-register.

Location: Auditorium **Next set of Classes:** Tuesdays, June 25-July 30 **Cost:** \$20.00 **Time:** 2-4pm

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
- **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 3rd 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 3rd 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)

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, July 31 **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 Doesn't meet in July and August.

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 30th **Time:** 12:30pm

Avon Calling! A chance to look at the latest Avon products, and to place or pick-up orders. The 3rd Thursday of each month. **Next Date:** Thursday, **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, July 25 **Time:** 1-2pm **Location:** Sage Café **Cost:** Free!!

Friday:

***New* Spanish Chat Group** - 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:** 2nd & 4th Fridays May to August **Time:** 10:30-12pm
Location: Café **Cost:** FREE

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 2nd & 4th 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 3rd 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 (10015-103rd 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.