

## **Sage Activities – August 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:**

- **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!
- **TED Talks Discussion group-** CANCELLED until September.
- **‘Brainiacs’ Drop-in Activity group AND Brain Fitness** – CANCELLED until September
- **“World Champion” Dominos Tournament** – Come join Udo for this championship tournament. **Date:** August 14, **Time:** 10:30 am, **Cost:** \$1.00 per person, **Location:** Café
- **CPAWS – CPAWS CHAMPIONS** – The protection of Alberta’s diverse natural heritage. Come and learn about wilderness, conservation and biodiversity.
- **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:** This trip has been changed to August 22 from Tuesday, September 10  
**Time:** depart Sage at 9:00am **Cost:** \$34.00 members (\$40 non-member) includes coach bus, admissions and lunch

### **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.

- **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 2<sup>nd</sup>  
**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 16<sup>th</sup> **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 24<sup>th</sup> **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
- **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 5<sup>th</sup>. Depart at 9am  
**Cost:** \$20 for coach bus (plus your own lunch and \$10 admission if you want see pumpkins)

### **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 7<sup>th</sup> **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 3<sup>rd</sup> 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, August 15<sup>th</sup> **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, August 13** – Select (10018 106 Street)

### Classes :

- **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 1<sup>st</sup>. Only 8 spots available! **Date:** Thursdays, August 8- Sept.12 (6 weeks) **Time:** 9:30-12pm
- **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](mailto: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 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:**  
**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.  
**No August class**  
**Time:** 2:30-3:30pm **Cost:** \$5 (for each set of 7 classes) Thanks to ECALA grants
- **Ukulele Lessons** – Ukulele lessons are cancelled for the summer. Lessons will resume September 17 from 2 – 4 pm.
- **Sunshine sing-a-long** – Will resume on Tuesday, September 17 at 11:15 – 12 noon.
- **SING Intercultural** – Will resume on Tuesday, September 17 at 12:15 -1:00 pm.
- **Gentle Yoga** – We now offer Gentle Yoga on Wednesdays. **Must Register.** **Date:** Wednesdays & Fridays.  
**Time:** 12 – 1 pm. **Cost:** \$2.00

### Information Sessions (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)
- **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 7<sup>th</sup>. Please pre-register.  
**Location:** Auditorium **Next set of Classes:** September 17. **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 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)

### 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, Aug 29 **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: NO AVON IN AUGUST,** **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, August 29 **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:** 2<sup>nd</sup> & 4<sup>th</sup> 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: **On break for August, resuming in the fall** **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

**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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**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 an 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.