


Sage Activities At-a-Glance

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<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>5</p> <p>HERITAGE DAYS FESTIVAL Sage will be CLOSED today</p>	<p>6</p> <p>9:00 Busy Fingers (A) Drop-in 10-11 Line Dancing (Aud) Currently Full 10-12 Colouring & Doodling Group (Café) Drop-in</p>	<p>7</p> <p>10-1:00 Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in 10-12 "New" Exploring Mental Wellness Group with Dana Creation of a Safety Plan (C) 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:15 Line Dance (Aud) Currently Full 12- 1 Gentle Yoga (Must Register) (C) 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) 6:15 pm Jubilations Dinner Theatre - Footloose: New Town, New Dance Meet at 6:15 at Jublations, Phase 1 Upper Level West</p>	<p>8</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) 12:30-1:30 Karaoke (Café) Drop-In 1:00 Ludo (Café) Drop-in 1:45-2:45 Ukelele Jam (Café) Drop-in</p>	<p>9</p> <p>9:00 Peaceful Valley & Mameo Beach 9-10:30 Senior Social Dance (Aud) Drop-in 9:30-12 Oil Painting Drop-In Class (A) 10-11 EAL Chat Group (C) Drop-In 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12- 1 Gentle Yoga (Must Register) (C) 12:15 Line Dance (Aud) Currently Full 1-3 Downtown Men's Shed (Café or A) Drop-in 2:00 Line Dance (Aud) 3-5 GeriActors Summer Workshop (C) (Must Register)</p>	<p>10</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>11</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 1:00 Crib Games (Café) Drop-in</p>	<p>12</p> <p>9:00 Busy Fingers (A) Drop-in 10-11 Line Dancing (Aud) Currently Full 10-12 Colouring & Doodling Group (Café) Drop-in 12:30 Let's Do Lunch - Select (10018 106 St)</p>	<p>13</p> <p>9:00 Busy Fingers (A) Drop-in 10-11 Line Dancing (Aud) Currently Full 10-12 Colouring & Doodling Group (Café) Drop-in 12:30 Let's Do Lunch - Select (10018 106 St)</p>	<p>14</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 10:00 "World Championship" Dominos Tournament (Café) Reg 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:15 Line Dance (Aud) Must Register 12- 1 Gentle Yoga (Must Register) (C) 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)</p>	<p>15</p> <p>9:00-10:30 Senior Social Dance (Aud) 9:30-12 pm Chronic Pain Worksop 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! NO AVON IN AUGUST 11:45-12:45 Ballroom Dance Practice (Aud) 12:30-1:30 Karaoke (Café) Drop-In 1:00 Ludo (Café) Drop-in 1:45-2:45 Ukelele Jam (Café) Drop-in</p>	<p>16</p> <p>9:00 Romanian Pioneer Museum 9-12 Senior Social Dance (Aud) Drop-in 9:30-12 Oil Painting Drop-In Class (A) 10-11 EAL Chat Group (C) Drop-In 10:30-12 New Spanish Chat Group (Café) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12- 1 Gentle Yoga (Must Register) (C) 12:15 Line Dance (Aud) Currently Full 1-3 Downtown Men's Shed (Café or A) Drop-in 2:00 Line Dance (Aud)</p>	<p>17</p>
<p>18</p> <p>* Public Computer lab access is unavailable a 1/2 hour before and after classes.</p>	<p>19</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>20</p> <p>9:00 Busy Fingers (A) Drop-in 10-11 Line Dancing (Aud) Currently Full 10-12 Colouring & Doodling Group (Café) Drop-in 1-2 pm CPAWS Presentation (B) (Canadian Parks&Wilderness Society) Drop-in 1-3:30 Paint "Night" 1:30 J. Wilting Disc. Group (Ray Dolgoy Rm) Drop-in</p>	<p>21</p> <p>10-1 Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in 10-11:30 Ballroom Dance (Aud) Must Register 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:15 Line Dance (Aud) Currently Full 12- 1 Gentle Yoga (Must Register) (C) 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</p>	<p>22</p> <p>9:00 Whitecourt & Area Tour Back about 5:30 (Moved from Sept. 10) 9-10:30 Senior Social Dance (Aud) Drop-in 9:30-12 pm Chronic Pain Worksop 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) 1:00 Ludo (Puzzle Rm) Drop-in 1:45-2:45 Ukelele Jam (Café) Drop-in</p>	<p>23</p> <p>9-12 Senior Social Dance (Aud) Drop-In 9:30-12 Oil Painting Drop-In Class (A) 10-11 EAL Chat Group (C) Drop-In 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12- 1 Gentle Yoga (Must Register) (C) 12:15 Line Dance (Aud) Currently Full 1-3 Downtown Men's Shed (Café or A) Drop-in 2:00 Line Dance (Aud) 2:00 Line Dance (Aud)</p>	<p>24</p> <p>9:00 Blue Suede Musical Elvis Tribute Artists Will leave festival approx. 2:30 PM</p>
<p>25</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>26</p> <p>9:00 Busy Fingers (A) Drop-in 10-11 Line Dancing (Aud) Currently Full 10-12 Colouring & Doodling Group (Café) Drop-in 1:30 Here's to Your Health Presentations - Cannabis Drop-in</p>	<p>27</p> <p>9:00 Busy Fingers (A) Drop-in 10-11 Line Dancing (Aud) Currently Full 10-12 Colouring & Doodling Group (Café) Drop-in 1:30 Here's to Your Health Presentations - Cannabis Drop-in</p>	<p>28</p> <p>10-1 Dominos (Café) Drop-in 10-12 Device & Computer help (3rd) Drop-in 10-11:30 Ballroom Dance Lessons (Aud) Currently Full 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:15 Line Dance (Aud) - class cancelled today 12- 1 Gentle Yoga (Must Register) (C) 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</p>	<p>29</p> <p>9-10:30 Senior Social Dance (Aud) Drop-in 9:30-12 pm Chronic Pain Worksop 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 Tour with Joan 1:00 August Birthday Party 1:00 Ludo (Puzzle Rm) Drop-in 1:45-2:45 Ukelele Jam (Café) Drop-in</p>	<p>30</p> <p>9-12 Senior Social Dance (Aud) Drop-In 9:30-12 Oil Painting Drop-In Class (A) 10-11 EAL Chat Group (C) Drop-In 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12- 1 Gentle Yoga (Must Register) (C) 12:15 Line Dance (Aud) Currently Full 1-3 Downtown Men's Shed (Café or A) Drop-in 2:00 Line Dance (Aud)</p>	<p>31</p>

