


# Sage Activities At-a-Glance

# September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Labour Day</b> SAGE will be closed today</p>	<p>9:00 Busy Fingers (A) Drop-in 10-11 Line Dancing (Aud) Currently Full 10-12 Colouring &amp; Doodling Group (Café) Drop-in 1:00 Scrabble (Café)</p>	<p>10-1:00 Dominos (Café) Drop-in 10-12 Device &amp; Computer help (3rd) Drop-in <b>Cancelled today</b> 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:15 Line Dance (Aud) Currently Full 12- 1pm Gentle Yoga (Must Register) (C) 1:00 Ludo (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Walk &amp; Talk Group (meet main fl. Reception) <b>1:30-3:30 CBT: Anxiety Series Sept.4-Oct.9th (Class C) (Must register for entire series)</b> <b>2:30-3:30 Computers for Beginners Begins</b></p>	<p>9:00-10:30 Senior Social Dance (Aud) Drop-in 9:30-12 pm Chronic Pain Worksop (pre-register) 10:00 Scrabble- café 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 <b>1:30-3 Over the Rainbow Support Group-café</b> 1:45-2:45 Ukulele Jam (Café) Drop-in</p>	<p>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 <b>12:30 High Level Streetcar &amp; Block 1912</b> 1-3 Downtown Men's Shed (Café or A) Drop-in <b>1-2:30 pm BrainFitness Classes</b> 2:00 Line Dance (Aud) 2:30-3:30 Computers for Beginners</p>	<p><b>Over The Rainbow Support - in person Thursdays or 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</b></p>
<p><b>For more information for all activities at Sage visit our website at <a href="http://www.mysage.ca">www.mysage.ca</a>, check out our newsletter, or call (780) 423-5510 Ext 301. To register call (780) 423-5510 Ext 301 or see main reception.</b></p>	<p>9:30 Tai Chi (Aud)-<b>CANCELLED TODAY</b> 11:20 Zumba Gold- <b>CANCELLED TODAY</b> 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in <b>12:30-2:30 Kookum Group (A)</b> 1:00-2:30 Ludo (Café) Drop-in 1-2:30 pm BrainFitness Classes 1:00 Mahjong (Café) Drop-in 1:00 Line Dance- <b>CANCELLED TODAY</b> 1:00 Crib Games (Café) Drop-in 1:30-3:30 Craft Space (Café) Drop-in 2:30-3:30 Computers for Beginners</p>	<p>9:00 Busy Fingers (A) Drop-in 10-11 Line Dancing (Aud) Currently Full 10-12 Colouring &amp; Doodling Group (Café) Drop-in <b>10:30-12:30 Mahjong Lessons (pre-register)</b> <b>11-2 pm Fall Welcome Back Picnic (pre-register) Enjoy a Fall day at Hawrelak Park with a sing-a-long, goodies, and campfire! \$5 including school bus to &amp; from Sage</b> 1:00 Scrabble (Café)</p>	<p>10-1:00 Dominos (Café) Drop-in 10-12 Device &amp; Computer help (3rd) Drop-in <b>Cancelled Today</b> <b>10-11:30 Ballroom Dance Classes start (Aud) Pre-register</b> 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:15 Line Dance (Aud) Currently Full 12- 1pm Gentle Yoga (Must Register) (C) 1:00 Ludo (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Walk &amp; Talk Group (meet main fl. Reception) <b>1:30-2:30 Coffee with Cops- Café</b> 1:30-3:30 CBT: Anxiety Series Sept.4-Oct.9 (Pre-Register) 2:00 Line Dance (Aud) <b>2-3:30 iPad Classes Begin(B) Must pre-register</b> 2:30-3:30 Computers for Beginners</p>	<p>9:00-10:30 Senior Social Dance (Aud) Drop-in 9:30-12 pm Chronic Pain Worksop (pre-register) 10:00 Scrabble- café 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 1:30-3 Over the Rainbow Support Group-café 1:45-2:45 Ukulele Jam (Café) Drop-in <b>1pm Next Page Book Club (A)</b></p>	<p>9-11:20 Senior Social Dance (Aud) Drop-in 9:30-12 Oil Painting Drop-In Class (A) <b>9:30-11:30 Bugs 101: Insect-Human Interactions (Sage Rm) Pre-register</b> 10-11 EAL Chat Group (C) Drop-In 10:00 Brainiac Activity (B) 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in <b>11:30-12:20 Zumba Gold New Class- \$2</b> 12- 1 Gentle Yoga (Must Register) (C) 12:30 Line Dance (Aud) Currently Full <b>12:30 Pen-Pals meeting - Café</b> 1-2:30 pm BrainFitness Classes 1-3 Downtown Men's Shed (Café or A) Drop-in 2:00 Line Dance (Aud)</p>	<p><b>More details coming soon on our Flu Shot Clinic. Bring your Alberta Health card with you.</b></p>
<p><b>* Public Computer lab access is unavailable a 1/2 hour before and after classes.</b></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 1-2:30 pm BrainFitness Classes 1:00 Line Dance (Aud) Currently Full 1:00 Crib Games (Café) Drop-in 1:30-3:30 Craft Space (Café) Drop-in 2:30-3:30 Computers for Beginners</p>	<p>9:00 Busy Fingers (A) Drop-in 10-11 Line Dancing (Aud) Currently Full 10-12 Colouring &amp; Doodling Group (Café) Drop-in 10:30-12:30 Mahjong Lessons (pre-register) 11:15-12:00 Sunshine Sing-a-Long (Aud) 12:15-1:00 SING! Intercultural Chorus (Aud) <b>12:30 Let's Do Lunch - The Moth (9449 Jasper A)</b> <b>12:30 Happy Travelers Presentation (Sage Rm)</b> 1:00 Scrabble (Café) <b>1:00 Vision Board Workshop (A) Pre-register</b> 1:30 J. Wilting Disc. Group (Ray Dolgoy Rm) Drop-in <b>2-4 Ukulele Lessons Begin (Aud) Pre-register</b></p>	<p><b>9-1:30pm Arabian Horses Visit (Pre-register)</b> 10-11:30 Ballroom Dance Lessons (Aud) Currently Full 10-1 Dominos (Café) Drop-in 10-12 Device &amp; Computer help (3rd) Drop-in 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 12:15 Line Dance (Aud) Must Register 12- 1pm Gentle Yoga (Must Register) (C) 1:00 Ludo game (Café) Drop-in 1:00 Mahjong (Café) Drop-in 1:00 Walk &amp; Talk Group (meet main fl. Reception) 1:30-3:30 CBT: Anxiety Series Sept.4-Oct.9 (Pre-Register) 2:00 Line Dance (Aud) 2-3:30 iPad Classes (B) Must pre-register 2:30-3:30 Computers for Beginners</p>	<p>9:00-10:30 Senior Social Dance (Aud) <b>10:00 River Cree Casino Outing - Register</b> <b>10:00 Computer Info Sessions: iPhone /iPad Basics</b> 10:00 Scrabble- café 10:30 Everyday Fitness (Aud) Drop-in 10:30-11:30 Coffee Group (Cafe) Drop-in 11-1 :00 Avon Calling! <b>11:15 Computer Info Sessions: Android Basics (3)</b> 11:45-12:45 Ballroom Dance Practice (Aud) 12:30-1:30 Karaoke (Café) Drop-In 1:00 Ludo (Café) Drop-in <b>1:00-3:00 Getting Ready (Sage Room) Pre-register (not Oct. 15 as listed in the Link)</b> 1:30-3 Over the Rainbow Support Group-café 1:45-2:45 Ukulele Jam (Café) Drop-in</p>	<p>9-11:20 Senior Social Dance (Aud) Drop-in 9:30-12 Oil Painting Drop-In Class (A) 9:30-11:30 Bugs 101: Insect-Human Interactions (Sage Rm) 10-11 EAL Chat Group (C) Drop-In 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 11:30-12:20 Zumba Gold New Class- \$2 12- 1 Gentle Yoga (Must Register) (C) 12:30 Line Dance (Aud) Currently Full 1-3 Downtown Men's Shed (Café or A) Drop-in 1-2:30 pm BrainFitness Classes 2:00 Line Dance (Aud)</p>	
<p><b>La Ronde Brunch 10141 Bellamy Hill Rd. Meet in hotel lobby at 11:15am Must Pre-register</b></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 Kookum Group (A) 1:00-2:30 Ludo (Café) Drop-in 1-2:30 pm BrainFitness Classes 1:00 Mahjong (Café) Drop-in 1:00 Line Dance Class (Aud) Full 1:00 Crib Games (Café ) Drop-in 1:30-3:30 Craft Space (Café) Drop-in</p>	<p>9:00 Busy Fingers (A) Drop-in 10-11 Line Dancing (Aud) Currently Full 10-12 Colouring &amp; Doodling Group (Café) Drop-in <b>10:00 Federal Benefits/ 11:15 Provincial @ 10am Writers Group (Sage Rm)</b> 10:30-12:30 Mahjong Lessons (pre-register) 11:15-12:00 Sunshine Sing-a-Long (Aud) 12:15-1:00 SING! Intercultural Chorus (Aud) 1:00 Scrabble (Café) 1:00 Vision Board Workshop (A) Pre-register <b>1:30 Here's to your Health Presentation: Anxiety (Insomnia moved to next month)</b> <b>2-3:30pm Digital Resources at the EPL (Sage rm)</b> 2-4 Ukulele Lessons (Aud) Pre-register</p>	<p>10-1 Dominos (Café) Drop-in 10-12 Device &amp; 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- 1pm Gentle Yoga (Must Register) (C) 1:00 Ludo game (Café) Drop-in 1:00 Mahjong Games (Café) Drop-in 1:00 Walk &amp; Talk Group (meet main fl. Reception) <b>1:00 Archeology in El Salvador (Sage Rm)</b> 1:30-3:30 CBT: Anxiety Series Sept.4-Oct.9 (Pre-Register) <b>2-3:30 iPad Classes (B) Must pre-register</b> <b>1:30 Ted Talks (A)</b></p>	<p>9-10:30 Senior Social Dance (Aud) Drop-in 10:00 Scrabble- café 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 Sage Tour with Joan- meet at main desk 1:00 Ludo (Puzzle Rm) Drop-in 1:45-2:45 Ukulele Jam (Café) Drop-in 1:00 Ludo (Puzzle Rm) Drop-in 1:30-3 Over the Rainbow Support Group <b>1:00 Monthly Birthday Party- café</b> 1:45-2:45 Ukulele Jam (Café) Drop-in</p>	<p>9-11:20 Senior Social Dance (Aud) Drop-In 9:30-11:30 Bugs 101: Insect-Human Interactions (Sage Rm) 9:30-12 Oil Painting Drop-In Class (A) 10-11 EAL Chat Group (C) Drop-In 10:00 Brainiac Activity (B) 11:30 Bridge Club (Ray Dolgoy Rm) Drop-in 11:30-12:20 Zumba Gold New Class- \$2 12- 1 Gentle Yoga (Must Register) (C) 12:30 Line Dance (Aud) Currently Full <b>12:30 Spanish For Seniors Begins (Beginners &amp; Intermediate)</b> 1-2:30 pm BrainFitness Classes <b>1:00 Downtown Men's Shed presents: Speaker Series: Dementia &amp; Alzheimer's Presentation (A)</b> 2:00 Line Dance (Aud)</p>	<p><b>9-2:30pm Housing Forum held at Central Lions 11113-113st</b></p>
<p>30</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 1:00 Crib Games (Café ) Drop-in 1-2:30 pm BrainFitness Classes 1:30-3:30 Craft Space (Café) Drop-in</p>					