

# Sage Activities September 2019

Open to everyone, no Sage membership required

## Program Updates

- New Zumba Class Added! **Date** Fridays **Time** 11:30 – 12:20 **Cost** \$2.00 Beginning September 13<sup>th</sup>
- Cribbage has been moved. **Date** Mondays **Time** 1pm
- Let's Do Lunch moved to the 3<sup>rd</sup> Tuesday in September (will resume regular schedule for October)
- Over the Rainbow Support Group Offers Support through phone, email and in person. **Date** Thursdays **Time** 1:30 – 3pm

Many programs resuming after a summer pause, see below for details!

## New & Exciting

- **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 performance per show. Watch for more details in the Fall Link.
- **Spanish for Seniors** (Beginner and Intermediate) a fun and easy way to learn a new language. This course is a great introduction if you want to travel or just try something new! Must pre-register.  
**Date** Fridays (Sept 27 - Nov 15) **Time** 12:30pm **Location** Classroom B **Cost** \$20.00 total
- **Vision Board (or Treasure Map) Workshop** a Vision Board is a collage made up of images, pictures, words, or affirmations that reflect your dreams, goals, and the things that inspire you and bring you joy. Must Pre-register.  
**Date** Tuesdays (Sept 17 - Oct 8) **Time** 1:00pm **Location** Classroom A **Cost** \$5.00 total
- **Brain Fitness** Keep your brain in shape with computer games to help you remember more, think faster, and have better recall. Must pre-register.  
**Date** Mondays & Fridays (Sept 6 - 30) **Time** 1 – 2:30pm **Location** Computer Lab 3<sup>rd</sup> Floor **Cost** \$29.00 total
- **CBT Presentations** Learn more about anxiety and depression with Sage's Mental Health therapist. Must pre-register and attend all sessions.  
**Date** Wednesdays (Sept 4 - Oct 9) **Time** 1:30pm **Location** Classroom C **Cost** Free
- **Coffee with Cops** Join our local police officers in the Café to socialize, ask questions and enjoy a casual visit. Pre-registration is requested but drop-ins are welcome.  
**Date:** Wednesday Sept 11 **Time** 1:30 – 2:30pm **Location** Cafe **Cost** Free
- **Speaker Series** Presented by the Downtown Men's Shed. Join these interesting learning opportunities at 1:00 pm on the last Friday of the month in Classroom C.  
**Date** Last Friday of the month **Time** 1:00pm **Location** Classroom C **Cost** Free
  - **Dementia and Alzheimer's** (September 29)
  - **History of Edmonton** (October 25)
  - **City Politics** (November 29)
- **Flu Shot Clinic – More details coming soon!**
- **Bugs 101: Insect-Human Interactions (MOOC)** An Online University course where you will learn from Canadian experts all about insects. Must Pre-register. This is a 12-week course.  
**Date** Fridays (Sept 13 – Nov 29) **Time** 9:30 - 11:30am (length of class varies) **Location** Sage Room **Cost** \$10.00 total
- **Pen-Pals** Join Sage's exciting new program where you meet an elementary school student through monthly letter writing, plus a chance to meet in person in June! Must attend information session.  
**Date** Friday Sept 13 **Time** 12:30pm **Location** Café **Cost** Free

## Day Trips (longer trips & out of city trips)

Please join us as we venture out and about on these Day Trips. Please note:

- You 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 continue 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.

**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! Please bring your own lunch or money to buy food at the festival. Must pre-register.

**Date** Saturday Oct 5 **Time** 9:00am **Location** Depart from Sage **Cost** \$20.00 for coach bus (plus \$10 admission if you want to see pumpkins)

## City Trips (around the city)

- River Cree Casino Outing** Hop on the bus the for a fun day at the casino. 4 hours at the Casino and you will receive a voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. Must pre-register, there are only 24 seats and you **MUST** return with the Sage bus.  
**Date** 3<sup>rd</sup> Thursday of the Month: Sept 19 **Time** 10:00am - 3pm **Location** Depart from Sage **Cost** \$5.00 (for transport, lunch and voucher)
- Let's do Lunch** A group that comes together once a month to explore Edmonton's dining scene. Option to meet at restaurant or meet at sage to venture out together. Let's Do Lunch is an opportunity dine in good company and make new friends or strengthen old friendships. **Must pre-register by the Friday before.**  
**Date** 2<sup>nd</sup> Tuesday of the month **Time** 12:30pm **Location** Depart from Sage **Cost** individual meal + ETS
  - Sept 17: The Moth** (Plant Based Vegan) 9449 Jasper Avenue
- High Level Bridge Streetcar & Block 1912** A ride on the historic Edmonton streetcar across the High Level Bridge to Whyte Avenue, where we will take a short walk and enjoy the dessert selection at Block 1912. Must pre-register.  
**Date** Friday Sept 6 **Time** 12:30pm (Street car leaves Jasper Terminal at 1:20pm) **Location** Depart from Sage **Cost** \$8.00 + money for desert.
- La Ronde Brunch** (10111 Bellamy Hill Rd) A delicious Sunday brunch with spectacular revolving views. Must Pre-register.  
**Date** Sunday Sept 22 **Time** 11:15am Hotel Lobby **Location** La Ronde (10111 Bellamy Hill Rd) **Cost** Individual Meal (approx. \$45 including tax and tip)
- Arabian Horses Visit** A day out in the country visiting Millar Venture Arabians. Bring a bagged lunch for this amazing sponsored trip. Must pre-register.  
**Date** Wednesday Sept 18 **Time** 9:00am – 1:30pm approx. **Location** Depart from Sage **Cost** \$5.00 (includes visit + coach bus)

## Classes

- Ballroom Dancing Lessons** Experience the magic, the elegance, the fun of ballroom dance! Never danced before? Well let's get started! No partner required. Limited spaces available. Must Pre-register.  
**Date** Sept 11 - Nov 27 (12-weeks) **Time** 10 - 11:30am **Location** Sage Auditorium **Cost** \$5.00 total
  - 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. Must pre-register.  
**Date** Tuesdays Sept 17 - Oct 29 (Session 1) **Time** 2– 4pm **Location** Sage Auditorium **Cost** \$30.00  
 Tuesdays Nov 5 - Dec 17 (Session 2)
  - Computers Information Sessions-** Join these great, informative presentations on a variety of technology and computer related topics. Must Pre-register.  
**Date** 3<sup>rd</sup> Thursday of the Month **Time** 10:00am **Location** Computer Lab 3<sup>rd</sup> Floor **Cost** Free
    - iPhone/iPad Basics** (Sept 19)
    - Android Basics** (Sept 19 11:15 am)
    - Scam and Virus Protection** (Oct 17)
    - Keeping in Contact Socially** (Nov 21)
- iPad Classes** (6 weeks) An Ipad can do almost everything a home computer use to do and more! Learn the basics of how to use an iPad in this 6-week course taught by an EPL community librarian. Some iPads can be provided. Must pre-register.  
**Date** Wednesdays Sept 11 – Oct 16 **Time** 2 – 3:30pm **Location** Computer Lab 3<sup>rd</sup> Floor **Cost** \$2.00 total
- 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. Must pre-register.  
**Dates** Sept 4, 6, 9, 11, 13, 16, 18 **Time** 2:30-3:30pm **Location** Computer Lab 3<sup>rd</sup> Floor **Cost** \$5 Thanks to ECALA grants
  - El Salvador Lecture Series** presented by Carlos R. Colindres a librarian, scholar and researcher from El Salvador. Must Pre-register.  
**Time** 1:00pm **Location** Sage Room **Cost** Free
    - Archeology in El Salvador** (Sept 25)
    - Nayib Bukele** (Oct 2)
  - Happy Travelers Presentation** Join Justine as she shares photos, videos, & stories from her journeys in through central America.  
**Date** Tuesday Sept 17 **Time** 12:30pm **Location** Sage Room **Cost** Free
  - Kookum Group** Join Sophie from Bent Arrow for a group that brings women together to share in a cup of tea and activities or crafts.  
**Date** Sept 9 & 23/Oct 7 & 28/Nov 4 & 2 **Time** 12:30 - 2:30pm **Location** Classroom A **Cost** Free

## Information Sessions (Free)

- Here's to Your Health Presentations** Join us at 1:30 pm on the fourth Tues of the month for presentations on different health-related topics including diet, exercise, wellbeing, and more. Please provide topic suggestions to main reception to let us know what you want to learn about!  
**Date** 4<sup>th</sup> Tuesday of the month **Time** 1:30pm **Location** Ray Dolgoy Room **Cost** Free
  - Sept 24: Anxiety

- **Federal & Provincial Benefits** Learn about the benefits and programs offered for seniors both federally and provincially.  
**Date** Sept 24
  - Federal Benefits 10am
  - Provincial Benefits 11:15am
- **Getting Ready: Paperwork, Documents & More** Do you have your important documents together in case something happens to you? Not just your will, but store cards, banking, etc.? Learn more on what to do and how to organize it. Based on a volunteer's personal experiences and journey through helping loved ones. Must Pre-register.  
**Date** Thursday Sept 19      **Time** 1-3pm      **Location** Sage Room **Cost** \$5.00 (includes information folder and handouts).
- **Digital Resources at the EPL** Find out all the amazing things at your local library – from movies to international newspapers to magazines, much and more! Must pre-register.  
**Date** Tuesday Sept 24      **Time** 2-3:30pm      **Location** Sage Room **Cost** Free

## Ongoing Weekly Programming

### Mondays

- **Introduction to Tai Chi** Master Ken guides the class through 10 simple Tai Chi movements as well as warm up exercises and sitting & walking Tai Chi movements. Health benefits include improved balance, coordination and range of movement. No registration required.  
**Date** Mondays      **Time** 9:30am      **Location** Sage 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! No registration required.  
**Date** Mondays      **Time** 11:20am      **Location** Sage Auditorium      **Cost** Free!
- **Raye Dolgoy Bridge Club** A versatile Bridge community where bridge players come together. Confident Bridge players are welcome to drop-in. Henry Chung, game director offers lessons to beginners or those looking to freshen up their skills. Must pre-register for lessons.  
**Date** Mondays, Wednesdays & Fridays      **Time** 11:30am - 4pm      **Location** Raye Dolgoy Room  
**Cost** \$50.00/20 lessons      • \$5.00/refresher lesson      • \$1.50/Drop-in play
- **Craft Space** Come and do a "Craft of the Week" or create your own using the supplies available. Bring your creativity or just an openness to being crafty. No supplies needed. No registration required.  
**Date** Mondays      **Time** 12:30-2:30pm      **Location** Sage Café      **Cost** Free
- **Ludo** A fun board game and a great chance to meet people, easy for all skill levels to learn.  
**Date** Mondays, Wednesdays, & Thursdays      **Time** 1-2:30pm      **Location** Sage Café      **Cost** Free
- **Mahjong** 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, Tiles are in the puzzle area for playing outside specified times. No registration required.  
**Date** Mondays & Wednesdays      **Time** 1pm      **Location** Café (puzzle area)      **Cost** Free
- **Seniors Line Dancing Classes** A great opportunity to learn line dances, have some fun and meet new people! Workout your body while you work-out you brain learning new steps. Pre-register with Nancy the instructor.  
**Location** Sage Auditorium      **Cost** \$2.00/month  
Mondays 1pm & Tuesdays 10am (currently full)      • Wednesdays 12:15pm & Friday 12:15pm (currently full)  
Wednesdays 2pm & Fridays 2pm (space available)
- **Cribbage** practice your basic addition math around the peg board. A fun card game and an opportunity to make new friends. No registration required.  
**Date** Mondays      **Time** 1:00pm      **Location** Café      **Cost** Free

### Tuesdays

- **Busy Fingers** A year round crafting group. The current focus is on knitting and crocheting. Come and join this amazing bunch as they create beautiful pieces. Guidance and instruction is available. No registration required.  
**Date** Tuesdays      **Time** 9:00am      **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** 10-12pm      **Location** Sage café      **Cost** Free
- **Sunshine Sing-a-long** If you love music, singing and being among friends then join our weekly gathering of sing-a-long favourites with Elaine. Everyone welcome!  
**Date** Tuesdays beginning September 17      **Time** 11:15-12pm      **Location** Sage Auditorium      **Cost** Free
- **SING! Seniors Intercultural & Newcomers Gathering** Enjoy sharing music while practicing English and meeting new friends.  
**Date** Tuesdays beginning September 17      **Time** 12-1pm      **Location** Sage Auditorium      **Cost** Free
- **Writer's Group** A monthly group to help each other with writing - memoirs, stories, and more. A chance to share your work for critique or help support others. No registration required.  
**Date** Last Tuesday of the month      **Time** 10am-11:30      **Location** Sage Room      **Cost** Free
- **Jennie Wilting Discussion Group** A discussion group featuring interesting, controversial, and thought-provoking topics. Jennie will not lecture, only facilitate this group. No registration required.  
**Date** 3<sup>rd</sup> Tuesday monthly      **Time** 1:30- 2:30 pm      **Location** Raye Dolgoy Room      **Cost** Free

### Wednesdays





**Next Page Book Club** meets for a new reading adventure once a month. Books include both fiction and non-fiction. Join the discussion. Pre-registration preferred.

**Date** 2<sup>nd</sup> Thursday Monthly    **Time** 1pm    **Location** classroom A    **Cost** Free

- **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

**Date** Last Thursday of the Month    **Time** 1-2pm    **Location** Sage Café    **Cost** Free!!

## Friday

- **French Chat Group** – will resume in October, stay tuned!
- **Zumba Gold New Class!** The class so nice sage members asked for it twice a week, see description under Mondays.  
**Date** Fridays & Mondays    **Time** 11:30-12:20pm    **Location:** Sage Auditorium    **Cost:** \$2.00 cash directly to teacher.
- **Senior Social Dance** See Thursday for description.  
**Date** Thursdays 9 – 10:30am    •    Fridays 9 – 12pm    **Location** Sage Auditorium    **Cost** Free
- **Gentle Yoga** See Wednesday for Description.  
**Date** Fridays & Wednesdays    **Time** 12-1pm    **Location** Classroom C    **Cost** \$2.00/4 sessions
- **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. Please pay at the front desk for supplies as needed. Proof of payment (ticket) must be passed on to the instructor by the student to receive new supplies.  
**Date** Fridays    **Time** 9:30-12pm    **Location** Classroom A    **Cost** \$10 for paint and brushes + \$8 for canvas
- **Raye Dolgoy Bridge Club** See Monday for Description.  
**Date** Mondays, Wednesdays & Fridays    **Time** 11:30am - 4pm    **Location** Raye Dolgoy Room  
**Cost** \$50.00/20 lessons    •    \$5.00/refresher lesson    •    \$1.50/Drop-in play
- **EAL Chat Group** A chance to practice speaking English while meeting new people. Must pre-register.  
**Date** Fridays    **Time** 10 - 11am    **Location** Classroom C    **Cost** Free
- **'Brainiacs' Activity Group** challenge your brain with games and new tips & tools on how to maintain an active, healthy mind. Great chance to meet people, too! No Registration Required.  
**Date** 2<sup>nd</sup> & 4<sup>th</sup> Fridays monthly    **Time** 10:00am    **Cost** Free    **Location** Classroom B
- **Men's Shed** A Group for men, by men. 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. No registration required. This in an independent program meeting twice a week, once at sage and once at The Churchill.  
**Date** Fridays    **Time** 1-3pm    **Location** Sage Café or Classroom A    **Cost** Free

Thursdays 7-9pm at The Churchill (10015-103<sup>rd</sup> Ave) in the Coffee Room

- Use buzzer to enter main building

This is not a Sage program- for more information please contact Lawrence 780-905-4307 or Amanda 780-809-9404 ext. 366.