

# Sage Activities October 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>
- Sage will be **CLOSED** Monday October 14<sup>th</sup> for The Thanksgiving Long Weekend
- French Classes Resume in October
- No Wednesday Gentle Yoga for the winter. There is a new Gentle Yoga Class on Mondays see below for more details.
- Jennie Wilting Lecture Series returns to Sage, now held the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays monthly at 1:30pm.

## 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.
- **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 (Oct 7 – Nov 4) **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
- **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
  - **History of Edmonton** (October 25)
  - **City Politics** (November 29)
- **Seniors From Around the World** Sage is celebrating the International Day of Older Persons with a world-class party! Celebrate your heritage, enjoy musical performances, dancing, goodies and more! Sponsored by Alberta Counsel on Aging.  
**Date** Tuesday Oct 1 **Time** 1:00pm **Location** Sage Auditorium **Cost** Free
- **Thanksgiving Dinner** Give thanks at Sage as we enjoy a delicious Thanksgiving Dinner including turkey, stuffing, mashed potatoes, gravy, veggies, cranberry sauce, dessert, and coffee/tea. Enjoy live music too! Please purchase your tickets for dinner by Oct 4. Tickets **cannot** be purchased day of event.  
**Date** Wednesday Oct 9 **Time** 12:30pm **Location** Sage Auditorium **Cost** \$14.00
- **Halloween Party!** Get out your Halloween costumes or come as you are and join in for some fun in the Café! There will be live music, cake, Halloween treats and more! This Party (Also the monthly Birthday party) is sponsored by Dignity Memorial. Hainstock's Funeral Home 9810 34 Ave & Memories Funeral Home 13403 St. Albert.F  
**Date** Thursday Oct 31 **Time** 1:00pm **Location** Sage 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: Oct 17 **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
  - **Oct 8: Huma Mexican Restaurant 9880 63 avenue**
- **Century Mile Racetrack** Join us for a day to watch the horses! We will begin with a barn tour (optional, free) and head to The Finish Line Restaurant to enjoy a buffet and see the action. Bring additional money for betting and drinks beyond coffee and tea. Must pre-register.  
**Date** Sunday Oct 20 **Time** 9:45am **Location** Depart from Sage **Cost** \$39.00 (Buffet + transport)
- **Shadow Theatre Presents "The Roommate"** A unique, live theatre production described as the Odd Couple meets Breaking Bad! Shadow Theatre is a company that brings world-class productions to Edmonton. They received a grant to offer senior matinees for almost half price! 20 spots only, Must Pre-register.  
**Date** Wednesday Oct 30 **Time** Depart Sage 11:30am, Show begins 12:30pm **Location** 10329 83 Ave NW **Cost** \$20/ticket + ETS fare

## 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. This session is closed, stay tuned to register for the next round of Ballroom classes.  
**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
  - **Scam and Virus Protection** (Oct 17)
  - **Keeping in Contact Socially** (Nov 21)
- **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** Oct 2,4,7,9,11,16,18 **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. Learn about Nayib Bukele the young Salvadorian president who won by a landslide in 2019 and governs by Tweets.  
**Date** Wednesday Oct 2 **Time** 1:00pm **Location** Sage Room **Cost** Free
- **Healing Through Writing** Presented by author Adele Fountaine. Learn how therapeutic writing can be in this free workshop. Must pre-register.  
**Date** Thursday Oct 3 + 10 **Time** 1:30 – 3 pm **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
  - Oct 22: Insomnia and the Importance of Sleep
- **Legal Documents You Should Have** A lawyer presenting on wills, personal directives, power of attorney and more. What are these important documents and why should you have them?  
**Date** Tuesday Oct 29 **Time** 1:00pm **Location** Sage Room **Cost** Free
- **Mind Your Money** Monthly financial presentations with Wei Woo. This month's topic: New Retirement Realities.  
**Date** Wednesday Oct 9 **Time** 1:00pm **Location** Sage Room **Cost** Free

- **Flu Shot Information Session** everything you need and want to know about flu shots. Complimentary refreshments served. No registration required.

**Date** Thursday Oct 10 **Time** 11-12pm **Location** Classroom C **Cost** Free

- **Fake News! Presentation** Do you know if what you see or read is real or not? Come to this free, interesting presentation that focuses on the ability to distinguish real news from misinformation/fake news. Presented by the EPL. Pre-Register.

**Date** Tuesday Oct 1 **Time** 2-3:20 **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

- **Gentle Yoga** Yoga adapted to meet a wide range of mobility needs, yoga is practiced sitting in and using a chair for support. First Priority goes to pre-registered spots, drop in available depending on class size.

**Date** Mondays 1:30 – 2:30 Fridays 12- 1pm **Location** Classroom C **Cost** \$2.00/4 sessions

- **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 12:30pm (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

- **French Lesson/Chat Group** Do you want to learn French or are you looking for an opportunity to speak French with others? Drop in for either a lesson to or participate in the more casual chat group.

**Date** Mondays **Time** 1:00pm **Location** Classroom B **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.

## Wednesdays

**WEDNESDAYS ARE GAME DAYS**  
**NO REGISTRATION REQUIRED • ALL GAMES ARE FREE • MEET IN THE CAFÉ**

- **Dominoes** Join Udo and Jeff each week and enjoy the fun of dominoes. Instruction is available and it is open to everyone.  
**Date** Wednesdays **Time** 10am -1pm **Location** Sage Café **Cost** Free
- **Ludo** Description listed under Monday.  
**Date** Mondays, Wednesdays, & Thursdays **Time** 1-2:30pm **Location** Sage Café **Cost** Free
- **Mahjong** Description Listed under Monday.  
**Date** Mondays & Wednesdays **Time** 1:00pm **Location** Sage Café (puzzle area) **Cost** Free
- **Raye Dolgoy Bridge Club** Description listed under Monday.  
**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
- **Device and Computer Help** Drop-in for some one on one help with your device, computer questions, Microsoft Word, emails, internet, laptops, iPads, cell phones, uploading photos, and more.  
**Date** Wednesdays **Time:** 10-12pm **Location** Computer lab 3<sup>rd</sup> floor **Cost** Free
- **Walk & Talk Group** Meet new people, get some fresh air and exercise on this weekly stroll. Walking poles are provided but not necessary.  
**Date** Wednesdays **Time** 1pm **Location** Sage Lobby **Cost** Free
- **Seniors Line Dancing Classes** See Monday for Description.  
**Location** Sage Auditorium **Cost** \$2.00/month  
Mondays 1pm & Tuesdays 10am (currently full) • Wednesdays 12:15pm & Friday 12:30pm (currently full)  
Wednesdays 2pm & Fridays 2pm (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.  
**Date** Last Wednesday of the month **Time** 1:30pm **Location** Classroom A **Cost** Free

## Thursday

- **Karaoke Korner** Ever wanted to sing Karaoke but felt too intimidated? Drop-in to sing your favorite song in a welcoming atmosphere.  
**Date** Thursdays (excluding last Thursday of the month) **Time** 12:30-1:30pm **Location:** Sage Café **Cost** Free
- **Coffee Group** Interested in meeting new people and practicing the art of conversation? Then Coffee group is for you! Join in weekly for a cup of coffee/tea, a change to connect with others and learn what sage has to offer. A voucher for one complimentary coffee or tea is provided.  
**Date** Thursdays **Time** 10:30 - 11:30am **Location** Sage Café **Cost** Free
- **Ukulele Jam Sessions** Grab your Ukulele and join the fun in this drop-in group! All Skill levels welcome – open to all! No registration required.  
**Date** Thursdays **Time** 1:45-2:45pm **Location** Sage Café **Cost** Free
- **Everyday Fitness** Stay active with this easy and fun exercise series lead by a volunteer instructor. All skill levels welcome. No registration required.  
**Date** Thursdays **Time** 10:30am **Location** Sage Auditorium **Cost** Free
- **Senior Social Dance** a drop-in, multicultural opportunity for people who love social dance to come together and have some fun! No Registration required.  
**Date** Thursdays 9 – 10:30am • Fridays 9 – 11:20am **Location** Sage Auditorium **Cost** Free
- **Scrabble Time** Improve your vocabulary or show it off 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! No registration required.  
**Date** Thursdays **Time** 10:00am **Location** Sage Café **Cost** Free
- **Sage Tours** New to Sage? Want to meet new people? Come experience a tour of Sage lead by one of our friendly volunteers. Stay after the tour and enjoy live music at our monthly birthday party.  
**Date** Last Thursday of the month **Time** 12:30pm **Location** Main Floor Reception **Cost** Free
- **Avon Calling!** A chance to look at the latest Avon Products to place or pick-up orders.  
**Date** 3<sup>rd</sup> Thursday of the Month **Time** 11-1pm **Location** Sage Café **Cost** individual purchases
- **Ludo** See description listed Monday.  
**Date** Mondays, Wednesdays & Thursdays **Time** 1-2:30pm **Location** Sage Café
- **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)

**Date** Thursdays    **Time** 1:30 – 3pm    **Location** Sage Café    **Cost** Free

**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

- **Zumba Gold New Class!** The class so nice sage members asked for it twice a week, see description under Mondays.  
**Date** Fridays    **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 – 11:20am    **Location** Sage Auditorium    **Cost** Free
- **Gentle Yoga** See Mondays for Description.  
**Date** Fridays 12 – 1    Mondays 1:30 – 2:30    **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.