

SageLINK

Seniors Association of Greater Edmonton

April - June 2014



Sage Awards Tickets on Sale NOW!

Honouring the outstanding achievements and contributions of seniors in our community.

Luncheon Celebration
Wednesday April 30th, 2014
11am - 1:30pm

The Sutton Place Hotel
10235-101 Street, Edmonton

Join Honourary Chair, **Sol Rolinger**, at The Sage Awards presented by Servus Credit Union to celebrate seniors who inspire, empower and engage others in making our community, province, nation and world a better place to live, work and play.

Awards are given in 10 categories

Arts & Culture • Community Building
Education • Environment
Health & Wellness
Public & NonProfit
Science & Technology
Social Justice • Sport & Leisure
Transportation

Ticket Price : \$65.00

For tickets and information contact JoLynn at jlparenteau@MySage.ca

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ANNUAL GENERAL MEETING

You are warmly invited to the
Sage Annual General Meeting
June 11, 2014 at 10:00 a.m.

Members of Sage are especially encouraged to attend. Please RSVP to 780-423-5510 or info@MySage.ca

Refreshments will be served.

The Sage Annual Report is published for the Annual General Meeting and will be available for viewing at Sage or on our website ([mysage.ca/Publications/Annual Report](http://mysage.ca/Publications/Annual%20Report)) after June 11th.



Sage President's Column

An effective Board of Directors is informed and engaged. Before monthly Board meetings, Sage staff make a 30 minute presentation on a program or service offered by Sage in Greater Edmonton. Not only does this contribute to Board members' knowledge of the scope of Sage's seniors-serving activities, it also acquaints them with Sage front-line employees and their manager. This feature of Board development keeps the Board current about Sage's focus, priorities, and challenges, and provides a grounded base for Board deliberations. When strategic planning sessions occur jointly with Sage staff and Board each year, the shared understanding of Sage as an organization has a synergistic effect for meaningful, productive discussions.

During the year, staff presentations underline for Board members how our priorities and strategies developed together are put into action. In recent months, the Board learned more about:

- the BrainFit and Insight program, and how it improves the memory, concentration, focus, and organizing skills of participants;
- the Multicultural Seniors Outreach brokers who are involved in Kurdish, Iraqi, Lebanese, Korean, Hispanic, Eritrean/Ethiopian, and former Yugoslavian communities, and are proposing that Sage become an intercultural organization;
- holistic case management that considers the individual's whole experience, identifies strengths, and seeks supports by collaborating with other community agencies;
- home services referrals that help seniors remain independent and at home; over 35 BBB companies are registered with Home Services and are listed on the Sage website;
- This Full House for older adults whose "stuff" overwhelms them and stops them from socializing; a Hoarding Coalition has developed a proposal for an integrated approach to hoarding;
- the Sunshine Café services, menu development, and sales of Sage Savories (www.sagesavories.ca), including its Health Check™ choices;
- diverse life enrichment activities that attract seniors across a spectrum of incomes; and

SAGE BOARD OF DIRECTORS 2013 - 2014

Executive

President	D. Lynn Skillen
President Elect	Barb Burton
Past President	Bauni Mackay
Secretary	John Schiel
Treasurer	Lindsay McGill

MEMBERS AT LARGE

Adrien Tremblay	Barb Burton
Daniel Morrow	Michael Phair
Mohamed Assaf	Reg Joseph
Joyce Tustian	

Executive Director

Roger Laing

- long term social work services offered by registered social workers to support individuals who have ongoing and complex issues in their life.

These monthly staff presentations to the Board are an important aspect of Board orientation and development, and contribute to the Board's oversight of Sage organizational activities.

Board Highlights November-December 2013

- Board Strategic Priorities for 2014-2016 have been adopted.
- Board members are working to build and nurture relationships between Sage and the broader community.
- The now-disbanded Advocacy Committee was honoured for its work over the years.
- Board members discussed the need to work toward a cohesive system of outreach that emphasizes working in and through the community to identify individual cases.
- Plans are underway for the Integrated Response to Hoarding to meet with the Assistant Deputy Minister of Health for Seniors in the coming months.
- Board members discussed Sage's evolving relationship with its funders.
- The Multicultural Seniors Outreach Program is working with community-based colleagues to provide deep outreach to find and serve isolated seniors.

Sage Staff Directory

Main Switchboard 780-423-5510

Life Enrichment and Home Services

Life Enrichment Rachel Tassone 780-701-9016

Home Services 780-701-9007

Home Services Assistant Alexa Balen 780-701-9011

Home Services Requests 780-701-9011

Social Work Services

Support & Information Tammy Houle 780-701-9019

Guardianship/Trusteeship
& Co-Decision Making Karin Tully 780-701-9006

Guardianship/Trusteeship
& Co-Decision Making Shelley McGowan 780-701-9013

Housing & Multicultural Seniors Outreach 780-701-9018

Seniors' Safe House Anjulie Talwar 780-426-3746

Seniors' Safe House Amanda Gravel 780-426-3746

This Full House Doneka Simmons 780-701-9005

Food Services 780-701-9022

Uma Nath

Jacqueline Giesbrecht

Ernest Manning

Duncan Scott

Sage Savories Orders 780-701-9025

Volunteer Services 780-701-9014

Volunteer Coordinator Barb Carroll

Administration

Executive Director Roger Laing 780-701-9001

Director of Operations Bernice Sewell 780-701-9002

Director, Community

Relations Karen McDonald 780-701-9008

Communications Nicole Smith 780-701-9012

Assistant for CR JoLynn Parenteau 780-701-9017

Manager, Finance Colleen Jahns 780-701-9003

Administrator Coordinator Carol Sloan

Staff Changes

- Duncan Scott as Manager, Food Services
- Carol Sloan as Administrative Coordinator
- Barb Carroll now Volunteer Coordinator
- Nicole Smith now Communications Coordinator
- Theresa Goba as Housing and Multicultural Outreach
- Jeannie Karayiannis as Home Services Coordinator

LIFE ENRICHMENT

Please call Rachel @ 780-701-9016 or main floor reception for more information on to register for classes or activities.

SAGE FIELD TRIPS April - June

(open to members and non-members)
Please join us as we venture out and about:

"A Touch of Dutch" at the Muttart Conservatory
- featuring imported tulips and spring flowers, as well as other botanical delights. A great day of sunshine and greenery...spring! Please register by Friday, March 28th.

Date: Wednesday, April 2nd

Time: meet at Sage at 10:00am

Cost: \$25 for admission & Lions bus

Ikea Shopping trip - Spend a day at Ikea. See the store, enjoy some delights in the café, and maybe even get some shopping done! Please register by May 20th.

Date: Wednesday, May 21st

Time: meet at Sage at 10:00am

Cost: \$12 for Lions bus - pay own lunch, etc.

Greenland Garden Centre Tour - get your summer flowers while browsing gift shops filled with unique and interesting items, stroll the rose gardens, or relax at the café. Please register by June 17th.

Date: Wednesday, June 18th

Time: 10:00am

Cost: \$12.00 for bus - pay own lunch, etc.

Legislature Seniors Week Tea and Tour - join Sage as we head to the legislature for a tour and a lovely tea. Register by June 2nd.

Date: Friday, June 6th

Time: Depart Sage by 8:30am

Location: Alberta Legislature Grounds

Cost: FREE

River Cree Casino Monthly Outing - hop on the Lions bus the last Monday of the month for a fun day at the casino. Includes voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. You must pre-register.

Date: April 28, May 26, June 30th

Time: Depart Sage at 10:00am

Cost: \$5.00 payable to Lions bus at departure

SAGE PROGRAMS, COURSES and more: April - June

(open to members and non-members)

Political Discussions - The Seniors' Action and Liaison Team (SALT) is organizing meetings on topics of general interest. The names of speakers and topics will be announced as soon as they are available. Continuation of the series in Fall 2014 will depend on the response. Pre-registration preferred.

Date: Tuesdays, April 22 and June 24

Time: 2:00pm

Location: Sage Auditorium

Cost: Free

French lessons - these classes are a great opportunity to learn a new language. Please contact Rachel at (780) 701-9016 for more information.

Simple Fitness Tips - in this presentation you will learn how easy and important strength training is for general fitness. Adding some muscle tone can improve posture, bone density and metabolism - and can be as easy as using 'weights' found in your pantry! Register by Monday, April 28th.

Date: Tuesday, April 29th

Time: 11:00am

Location: Sage Auditorium

Cost: Free

Wellbeing Talks with Jennie Wilting - a series of topics related to your well-being. Jennie is a retired nurse with a wealth of knowledge and experience related to the matters of the mind, and a sense of humor sure to hit the funny bone! Come to one or come to all. Please register at least one day in advance for sessions.

Dates: April 2 (Worry), April 16 (Depression), April 30 (Stress), May 7 (Happiness)

Time: 1:30pm

Location: Sage Craftroom

Cost: \$1.00 per session

Guitar classes - always wanted to learn guitar or need a refresher course? This is a great opportunity for you! Bring your own guitar or one can be provided. Electric guitar lessons also available. Must pre-register.

Date: Thursdays

Time: ½ hour lessons: 1:00-3:00pm

Location: Classroom A

Cost: \$20/lesson or \$80/month

Art Classes - a great chance to explore your artistic side. An introductory art class teaching different forms and styles of art. Supplies included. Must pre-register. Limited spaces.

Date: Mondays until May

Time: 11:00am-1:00pm

Location: Classroom B

Cost: Free

Personal Training Sessions - a great chance to get some exercises customized just for you!

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Classes are instructed by a personal trainer who can also offer tips, exercises, and at-home workouts. Must pre-register.

Date: Mondays

Time: 2:00pm

Location: Auditorium

Cost: \$40/week or less if you share your trainer with a friend!

Walk Your Way to Better Health: a "Talk 'n' Walk" Intro to Pole Walking - like cross-country skiing without the skis, you will learn the Urban Poling Technique that is equally as valuable on paved trails and city sidewalks as rugged paths to mountain peaks! There will be a 30 minute presentation & 30 minute urban-pole trial (dress for the weather). Pole walking:

- Improves core strengthening and posture
- Reduces stress on hips and knee joints
- Increases stability and balance

Date: Monday, April 14th - Please pre-register

Time: 9:30am

Location: Sage Auditorium

Cost: \$5.00

*Contact Rachel at (780) 701-9016 if you are interested in joining a pole walking group

A History of Canadian Aboriginals - do you know what the first Europeans discovered when they came ashore in North America early in the 16th century? Come learn how the aboriginals lived before the French and British arrived, and what took place subsequently. This is an interesting perspective on the influences the English and French had on Aboriginal culture over time. Presented by retired U of A professor, Desmond Brown, over 3 weekly sessions. Please pre-register.

Date: Fridays, May 30-June 13th

Time: 1:00pm

Location: Craftroom

Cost: \$5.00 for all sessions

Living with Loss - a workshop presented by the Edmonton Healing Centre for Grief and Loss that focuses on grieving and supporting those who grieve. Register by calling (780) 454-1194 ext. 224.

Date: Tuesday, May 6th

Time: 1:00-3:00pm

Location: Sage Craftroom

Cost: FREE

Walking With Grief - a 7 week, small group series that teaches about the grief process and helps individuals understand their own grief. Register by calling (780)454-1194 ext.224

Date: Tuesdays-May 13th to June 24th

Time: 1:00-3:00pm

Location: Sage Craftroom

Cost: FREE

Shingles Presentation - this hour-long presentation will discuss causes, how to reduce your risk of developing shingles (including vaccines) and treatment.

Date: Thursday, May 8th

Time: 1:00pm

Location: Classroom B

Cost: Free

iPad Intro Session presented by EPL - hands-on session on iPads (focused on how to get library ebooks onto an iPad). Also intended for people to get more information if you are considering purchasing an iPad, or if you already have one, to



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learn more about them. (Bring your own iPad if you have one.) Please pre-register.

Date: Wednesday, June 4th

Time: 2:00-3:30pm

Location: Sage Room

Cost: \$2.00

iPad Classes (more advanced) - a more in-depth lesson on how to use iPads. This is for students who have taken the intro to iPad sessions. Please bring your own iPad if you have one. You must pre-register.

Date: April 16th, April 30th, May 7th

Time: 2:00-3:30pm

Location: 3rd floor Small Meeting Room

Cost: \$2.00

TeleCare Presentation - Personal Emergency Response System that includes a waterproof button. Whether you are young or old, living alone or with others, medically at risk, or simply concerned about personal safety, find out how the Good Samaritan TeleCare can provide you peace of mind. Goodies provided.

Date: Wednesday, May 21st

Time: 10:30am

Location: Sage Room

Cost: Free

Canadian Eh? - learn interesting history and trivia about the provinces and our great country in this fun workshop series. Please register by June 3rd. Date: Thursdays, June 5-26th (Stay for a Canada Celebration June 26th at 1:00pm)

Time: 10:30am

Location: Craftroom

Cost: \$5.00

Creative Age Festival - a festival designed to open your senior years to the arts. The festival highlights senior programs in drama, music, visual arts, dance, & more. Watch for details.

FEST - drama workshops and performances at U of A, many featuring the GeriActors.

For more info call Rachel @ (780) 701-9016.

Understanding Seniors' Benefits - for seniors turning 65, or those who already are, learn about eligibility, how & where to apply for Old Age Security (OAS) / Guaranteed Income Supplement

Are there charitable causes that are important to you?

Your will may be an ideal way to provide a lasting gift to the charities of your choice.

To create an endowment fund that will create a truly lasting legacy please contact Donor Services at the Edmonton Community Foundation.

Call (780) 426-0015 or visit our website www.ecfoundation.org



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(GIS), Can I continue to work?, If so, how much of my employment income is clawed back?, How my employer's pension plan affects my eligibility for OAS/GIS, As a senior, what other health benefits am I entitled to?, How to report Seniors' Benefits on Income Tax Return, accessing other financial and community resources. Please pre-register by calling (780) 944-1558.

Date: Fridays, April 11, May 23, June 13th

Time: 1:00-4:00pm

Location: Sage Room

Cost: Free

Fire Safety Presentation - learn important safety tips to keep yourself and your home safe from fires.

Date: Tuesday, June 10th

Time: 10:30am

Location: 3rd floor, Sage Room

Cost: Free

Hearing Loss Discussion - learn causes, signs and ways to help prevent and deal with hearing loss. Please register by May 5th.

Date: Tuesday, May 6th

Time: 1:00pm

Location: Classroom B

Cost: \$5.00

Beginner Computers - an introduction to computer basics including learning how to use the mouse and working up to using internet and email. Classes will be offered in small groups on Wednesdays and Fridays. You must pre-register.

Dates: April 2-28th, May 5-28th & June 4-30th

Time: Wednesday @ 1:00 pm; Friday @ 2:30pm

Location: Computer lab

Cost: \$5.00

Bridge Lessons - 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. Call Rachel at (780) 701-9016 for more info, or to register. You MUST register for lessons.

Date: Wednesdays & Fridays

Time: 10:00-11:00am

Location: Sage Raye Dolgoy Room

Cost: \$50.00 for 20 Comprehensive lessons (learn

Senior to Senior

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sage. savories

Heat-up-at-home meal solutions

Many of our menu options are "Health Checked" by the Heart and Stroke Foundation. Please see message below for more information.

Baked Glazed Ham

Glazed with a sweet mustard sauce. Served with scalloped potatoes and green beans.

Breaded Pork Cutlet

Smothered in a mushroom gravy. Served with mash potato, peas & carrots.

Roast Chicken and Stuffing

Roasted chicken legs and thighs served with a savory bread stuffing, gravy, mash potato and kernel corn.



Roast Alberta Beef

With a rich pan gravy, mash potato and carrot coins.



Salisbury Steak

Smothered in a browned onion gravy. Served with mash potato and green beans.



Shepherd's Pie

Topped with mash potato and gravy. Served with a vegetable medley.

Chicken Pot Pie

Served with rice pilaf and peas & carrots.

Ukrainian Plate

Cheese perogies in sour cream onion sauce, baked cabbage rolls, meatballs in a mushroom gravy and glazed turnips.



Poached Salmon

A wild Salmon filet in a dill cream sauce. Served with rice pilaf and green beans.

Grilled Liver & Onions

Served with mash potato, gravy and brussels sprouts.



Roast Turkey and Stuffing

Served with gravy, mash potato and peas & carrots.



Roast Pork Loin

With an apple stuffing, smothered in gravy. Served with mash potato and peas & carrots.



Chicken Stir Fry

Oriental cut vegetables and chicken in a ginger stir fry sauce. Served with rice & peas.



Vegetarian Chili

Roasted vegetables and beans in a mildly spiced chili. Served with rice pilaf and green peas. Very Healthy!



Beef Stew

Served with parsley potatoes and peas.

Corned Beef & Cabbage

Topped with a mustard cream sauce. Served with parsley potato and green beans.

Baked 3 Cheese & Meat Lasagna

Served with a vegetable medley.

Quiche Lorraine

Fresh mushrooms and ham baked in a rich egg & cheese pie. Served with rice pilaf and peas and carrots.

Prices and menu subject to change. All meals are \$5.95 each. Buy 10 and get 1 FREE

SOUPS - \$3.25 each



- Beef Barley • Chicken Noodle
- Green Pea & Ham • Tomato Vegetable Rice

DESSERTS - \$3.50 each

- Rice Pudding • Bread Pudding
- Apple Crisp • Sticky Toffee Pudding
- Lemon Slice • Strawberry Slice



The Heart and Stroke Foundation's registered dietitians have reviewed the **Sage Savories** Health Check menu options to ensure they meet the specific nutrient criteria developed by the Health Check™ program based on the recommendations in Canada's Food Guide. A fee is paid by each participating restaurant to help cover the cost of this voluntary, not-for-profit program.

For more information, visit healthcheck.org.

Available at the Sunshine Cafe at Sage or delivered to your door

Website: SageSavories.ca Email: sagesavories@MySage.ca For Delivery Orders: 780.701.9025

to play Bridge) or \$5.00 for specific/refresher lesson

BrainFitness Information session - thinking of signing up for BrainFitness, but want to learn about it first? This is an opportunity to learn about Sage's one-of-a-kind program that helps to keep your brain sharp. BrainFitness has been proven to help you think faster and improve memory. Classes begin in the summer.

Date: Thursday, May 22nd

Time: 10:00am

Location: Sage Room

Cost: Free

BrainFitness and Insight Classes - keep your brain in shape with these computer programs designed to stimulate the mind and enhance visual memory. Students in previous classes have reported great results. These programs require no previous computer experience and are guided by an amazing instructor who focuses on holistic health. Register now for the Summer 2014 session - spaces are limited so register early!

Date: Mondays, Tuesdays and Fridays

Time: am and pm class available

Location: Sage Computer Lab

Cost: Only \$75 - thanks to ECALA grants

SAGE LUNCHES PARTIES and more: April - June

(Open to members and non-members)

Easter Dinner - join Sage for a deluxe Easter buffet including a delicious dinner of ham, meatballs, veggies, roast potatoes, salads, pickles, mixed berry apple crisp, coffee/tea and some wonderful entertainment. Ticket deadline is Friday, April 11th.

Date: Thursday, April 17th

Time: 11:30am

Location: Sage Café

Cost: \$14 members, \$16 non-members

Fancy Hats Tea Party - sponsored by the Downton Abbey Fan Club. Put on your 'fancy' hats and join us for a lovely tea party including

dainty sandwiches, assorted desserts, coffee/tea and live music. Purchase tickets by May 16th.

Date: Thursday, May 22nd

Time: 1:00pm

Location: Sage Raye Dolgoy Room

Cost: \$6.00 members (\$7.50 non-members)

GeriActors and Friends performance - join Sage for a fun afternoon watching performances from the acclaimed intergenerational drama group, the GeriActors. They feature senior members as well as Uof A drama students. They use a unique sense of humour, while storytelling meaningful messages. Enjoy refreshments after the show. Please pre-register.

Date: Tuesday, May 27th

Time: 1:00pm

Location: Auditorium

Cost: \$2.00

Craft and Gift Sale - featuring tables with everything from Fifth Avenue jewelry to Avon and Watkins as well as some crafts. Contact Rachel if you would like to book a table.

Date: Thursday, June 5th

Time: 10:00am-2:00pm

Location: Sage Café

Celebration of Seniors - enjoy a variety of musical entertainment, cultural dances and more, provided by talented seniors. Refreshments provided.

Date: Wednesday, June 4th

Time: 1:00pm

Location: Sage Café

Cost: Free - \$1 or \$2 donations appreciated

Let's Do Lunch is a group that comes together on the second Tuesday of each month at 12:30pm (or 1:00pm at restaurant) and ventures out to new dining experiences. Call Sage to register.

Dates:

April 8 Cactus Club Café (11130 Jasper Ave)

May 13 LaRonde (10111 Bellamy Hill Rd)

June 10 Urban Diner (12427 102 Ave NW)

Sage Monthly Birthday Party: Sage celebrates birthdays the last Thursday of every month at 1:00pm with birthday cake and live entertainment.



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and more!
Date: Thursday, June 12th
Time: 1:00-3:00pm
Location: Sage Café
Cost: Free

DROP-IN ACTIVITIES AT SAGE April - June

(Open to members and non-members)

***New* 'Brainiacs' Drop-in Activity group** - have fun learning to challenge your brain with training games, and new tips & tools on how to maintain an active, healthy brain. Also a great chance to meet people and share some laughs. Held the last Thursday of the month.

Date: April 24th, May 29th, June 26th
Time: 10:00am
Location: Sage Café
Cost: Free

Holistic Twist - an informal, twice per month gathering to share ideas or articles on wellness and holistic lifestyle topics, from nutrition, to exercise, to brain teasers.

Date: 2nd & 4th Wednesdays of the month
Time: 1:30pm
Location: Sage Café
Cost: Free

***New Time* Scrabble Time** - join in a fun, monthly game of Scrabble. If you've never played, this is a great time to start!

Date: 1st Thursday of month
Time: 10:00am
Location: Sage Café
Cost: Free

Sudoku Class - learn how to do these simple number puzzles, or come and sharpen your skills. They are not only fun but keep your brain sharp too! Offered the 2nd Wednesday of the month.

Date: April 9th, May 14th, June 11th
Time: 10:30am
Location: Sage Café
Cost: Free

This party is for everyone, so join in the fun, even if it isn't your birthday month! Sponsored by Dignity Memorial.

Date: April 24th, May 29th, June 26th
Location: Sage Café
Cost: FREE Cake and Live Music!

Pride Week Seniors Strawberry Tea - join our seniors celebrating Pride Week with a strawberry tea, live music, a visit from MLA Laurie Blakeman,

Monthly Movie & Popcorn - come and join us in the Auditorium at 1:00pm the third Friday of the month for a movie and popcorn for just \$1.00!

New Date April 18 - "12 Years A Slave"(R) In the antebellum United States, Solomon Northup, a free black man from upstate New York, is abducted and sold into slavery.

May 16 - "About Time" A romantic comedy from the makers of Love Actually. At the age of 21, Tim discovers he can travel in time and change what happens and has happened in his own life.

June 20 - "Saving Mr. Banks" Inspired by the extraordinary, untold backstory of how Disney's classic "Mary Poppins" made it to the screen.

Jennie Wilting Discussion Group - a discussion group featuring interesting, controversial, and thought-provoking topics. Jennie will not lecture, only facilitate this group. This group meets on the 3rd Tuesday of the month. Please register at least one day in advance.

Date: April 15th, May 20th, June 17th

Time: 1:00-2:00pm

Location: Sage Raye Dolgoy Room

Cost: FREE

Drop-in Travel Films - join us on Mondays as we travel around the globe.

Date: Every Monday

Time: 1:00pm

Location: Sage Lobby

Cost: FREE

It's Game Time! The Games Room is on the main floor of Sage. Come and play Scrabble, Checkers, board games, or do puzzles.

Avon Calling! Join Sage the 3rd Thursday of the month to look at the latest Avon products, and to place or pick-up orders.

Date: April 17th, May 15th, June 19th

Time: 11:00am-1:00pm

Location: Sage Café

Downtown Abbey Fan Club - do you love the show and want a chance to discuss it with fellow

fans? Here's your chance! Join Sage's newest club and meet other enthusiasts! Every 1st Thursday of the month.

Date: April 3rd, May 1st, June 5th

Time: 1:00pm

Location: Sage Café

Cost: Free

The Happy Travelers Slide and Video Shows are on the 3rd Thursday of each month in the Auditorium. There are many superb narrated slideshows from around the world. There is no need to reserve a spot - just come on down and join us! The club accepts loonie/toonie donations for Sage. Destinations to be announced!

Dates: April 17th, May 15th, June 19th

Time: 1:00-2:30pm

Location: Sage Auditorium

Cost: Donation

Poet's Corner: hosted by Kevan Lyons - do you write poems, have a favorite poem you would like to recite, or want to be an audience member? Join Sage the 3rd Tuesday of the month for this great drop-in program.

Dates: April 15th, May 20th, June 17th

Time: 1:00pm

Location: Sage Café

Cost: Free

Tile Rummy Game - a twist on the original card game! Find a way to get rid of all your tiles first - a great chance to work your brain while making friends! Held on the 4th Tuesday of the month.

Date: April 22nd, May 27th, June 24th

Time: 10:00am

Location: Sage Café

Cost: Free

Weekly Crib Game - a great chance to play Crib while meeting other people. Join us every Wednesday!

Date: Every Wednesday

Time: 10:30am

Location: Sage Café

Cost: Free

MEDiChair®

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MEDiChair has been providing home healthcare solutions to Edmontonians, just like you, for over 20 years. We have a wide selection of products that improve mobility, make your home life more accessible, keep you safe in your bathroom and we even provide mobility lifts to keep you on the go.

We have a full line of home healthcare products from the most trusted manufacturers in the industry, but the reason our customers keep coming back to MEDiChair is so much more than that... it's for the individualized service we provide.

You not only purchase a product to improve your life, you purchase our commitment to ensure that it's backed by our local employees that care about you, and that are willing to go the extra mile to give you the service you need.



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Sometimes it just isn't possible to make it to our store. That's why we are happy to offer you the convenience of an in-home assessment to determine your needs. Give us a call and we'll be happy to set up an appointment. We also are able to provide in-home installation and servicing on many of the products we sell.

5711 Calgary Trail South
Phone: (780) 437-3300

Sales • Service • Rentals
www.albertability.com

12604-118 Ave North Store
Phone: (780) 451-5445

GROUPS AND CLUBS AT SAGE

(Sage Members Only)

The Raye Dolgoy Bridge Club meets each Wednesday and Friday from 11:30am-4:00pm in the Raye Dolgoy Room. Club members gather to enjoy games of Bridge and have fun. The cost is \$1.00 per play. Anyone wishing to learn how to play or refresh their Bridge skills is welcome to register for lessons. Register by calling Rachel at (780) 701-9016.

The Busy Fingers is a year round crafting group that meets every Tuesday in the craft room from 9:00-11:30am. They are currently focusing on knitting and crocheting. Come and join these amazing women (men are welcome!) as they create beautiful pieces. Guidance and instruction are available.

The Sage Singers perform sing-a-long favorites every Thursday in the Sunshine Café. This fun group meets from 10:45am-12:30pm for a warm-up and then performance. This is a fun-loving choir for all skill levels.

The GeriActors and Friends meet on Thursdays at 1:00pm in the Auditorium. This is a dynamic theatre group with stories to tell and the passion for performing in front of audiences. Consider joining a group that loves to have fun! A student ensemble from the U of A has joined to create an exciting intergenerational theater experience. The cost to join is \$20.00 per year.

The Next Page Book Club will meet for a new reading adventure on the 2nd Thursday of every month at 1:00pm in the Raye Dolgoy Room. The style of book will vary from mystery to biographies. Please register at the front desk.

Snap-Happy Photography Group - do you love to take pictures and want a chance to show them off or discuss them with a great group of people? Do you need some help operating your digital camera? Join Sage's NEW photography group. We will meet the 2nd Thursday of every month at 10:30am in the Raye Dolgoy Room. This group is free to join! Dates: April 10th, May 8th, June 12th

Sage Home Services

.... provides a referral service to screened service providers



Service providers are independent companies who set their own rates.



Service Categories:

- Companionship
- Downsizing
- Home Support
- Handyman
- Housecleaning
- Movers
- Plumbing
- Snow Removal
- Transportation
- Yard Maintenance
- plus many more



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780-701-9011



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Over The Rainbow Discussion Group

This support group is for Gay, Bi-Sexual, or transgendered seniors, and/or seniors who would like to understand their gay family members. You can just drop by, phone Jeff at (780)474-8240 or email at tuff@shaw.ca

Date: Every Thursday

Time: 1:00pm

Location: Sage Craftroom

Cost: FREE

DAYTRIPS AT SAGE FOR 2014

(open to members and non-members)

STARS Air Ambulance Tour and Edmonton International Airport - a behind the scenes tour of STARS: see the departure deck and more of the International Airport, and go out for a delicious lunch. Please pre-register.

Date: Coming April

Cost: \$38.00 members (\$45 non-members) including bus, tour, and lunch

Mundare and the Churches of Lamont - a tour of the town of Mundare, a delicious lunch, and a journey through Lamont county touring beautiful churches. Register by May 19th.

Date: Tuesday, May 27th

Time: depart Sage at 9:00am

Cost: \$27.00 members (\$32 non-members) including bus, tour, and lunch (thanks to Connelly McKinley Funeral Homes donation)

Scandinavian Trail - a day touring Alberta's Scandinavian trail, including Stephansson House Historic Site, Markerville Creamery, Danish Canadian National Museum, and Dickson Store Museum and Dickson Dam (a dam constructed in 1983 that impounded the Red Deer River creating a reservoir known as Gleniffer Lake). Please register by June 10th.

Date: Tuesday, June 17th

Time: depart Sage at 9:00am

Cost: \$35.00 members (\$42 non-members) including bus, tour, and lunch (thanks to Connelly-McKinley funeral homes donation)

Passion Play and Drumheller area - a trip to southern Alberta to see some Drumheller sites as well as the renowned "Passion Play" (the portrayal of the life, death, and resurrection of Jesus Christ.) Performed in the natural outdoor amphitheatre in Drumheller, this play has been named as one of Alberta's top cultural attractions. Truly a one of a kind experience!

Please register quickly, as tickets are limited!

Date: Saturday, July 19th

Time: depart Sage at 8:00am

Cost: \$75.00 (\$90.00 non-members) including bus, Passion Play, tour, and lunch

Hutterite Colony and Elk Island Park visit - visit a Hutterite colony, be treated to a delicious lunch, and glimpse a traditional Hutterite farm. End the day touring beautiful Elk Island Park. Please pre-register.

Date: coming in August

Time: depart Sage at 9:00am

Cost: \$27.00 members (\$32 non-members) including bus, tour, and lunch (thanks to Connelly-McKinley funeral homes donation)

Lougheed Hotel and Camrose area - enjoy Guinness World Record winning schnitzel for lunch at the Lougheed Hotel, followed by an afternoon touring Camrose area and Augustana College. A great Autumn day! Register by September 4th.

Date: Friday, September 12th

Time: depart Sage at 9:00am

Cost: \$30.00 (\$36.00 non-members) including bus, tour, and lunch (thanks to Connelly-McKinley funeral homes donation).

Smoky Lake Pumpkin Festival - back by popular demand! Every October, the Town of Smoky Lake hosts the Great White North Pumpkin Festival. In addition to the gigantic pumpkins and gourds, there is also a threshing demonstration, a farmers' market, fair grounds, car show, delicious lunch, and more! Ticket sales deadline is Thursday, October 2nd.

Date: Saturday, October 4th

Time: depart Sage at 9:00am

Cost: \$5.00 (you must purchase your own lunch and gate admission at festival) (thanks to Connelly-McKinley funeral homes donation).



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HomeCare Store Hours: Monday - Friday 8:00 am to 4:30 pm

INCOME TAX PROGRAM 2014

Sage will once again be providing free income tax preparation services for older adults with lower incomes who have simple returns. The service is staffed by volunteers who have been trained by the Canada Revenue Agency and have past experience in completing returns.

In order to access the income tax program, income levels must be in the range of \$35,000 or less for singles, and \$45,000 or less for a couple. Tax returns cannot include income from rented property, farming, or capital gains, except for capital gains reported on a slip such as a T3 or T5.

The program runs from March 10-May 1, 2014

To make an appointment, call 780-423-5510.

VOLUNTEER WITH SAGE

Sunshine Café - Food Prep

Are you friendly and outgoing? Do you have experience working with the public? Would you like to spend some time in a team environment serving seniors? Can you dedicate 4-10 hours a week to a volunteer position?

Sage's Sunshine Café requires a Cashier to serve customers and help with light food prep. All Sunshine Café volunteers receive a free meal when working their shift!

Home Services Referral Clerk

Do you enjoy talking to people? Do you have a friendly phone manner? Do you like to help others find the information that they need? Are you available between 9:00-12:30 or 12:30-4:00 on weekdays?

Home Services needs people to help refer clients to service providers. Duties include returning phone calls and light computer work. We ask that our Home Services volunteers commit to at least one 4-hour shift per week.

Receptionist

Are you friendly and organized? Do you have good customer service skills and a professional phone manner? Do you like to direct people to the right resource? Are you available between 9:00-12:30 or 12:30-4:00 on weekdays?

Sage needs receptionists for their Main Reception and 3rd Floor Reception desks. Duties include directing phone calls, data entry, and helping clients.

We ask that our Reception volunteers commit to at least one 4-hour shift per week.

Please contact Barb 780-701-9014 or bcarroll@MySage.ca to apply.

Please join us at our annual spring event to honour and appreciate our many volunteers!

CALLING ALL SAGE VOLUNTEERS!

VOLUNTEERS IN BLOOM

Wed, April 16 1:00 pm - 3:00 pm

Includes Lunch & Entertainment

FREE FOR VOLUNTEERS

To register, call Barb at 780-701-9014
or email bcarroll@MySage.ca

DID YOU KNOW?

Sage is one of a handful of non-profit organizations that has received accreditation under Imagine Canada's Standards Program, a nation-wide set of shared standards for charities and non-profit organizations.



Accreditation is only given to organizations that demonstrate excellence in five key areas:

- Board Governance
- Financial Accountability and Transparency
- Fundraising
- Staff Management
- Volunteer Involvement

One more reason to be proud of Sage!

BECOME A MEMBER OF SAGE!

Sage Membership fees directly support seniors living in Edmonton and area, and includes:

- Subscription to the SageLink newsletter, mailed or emailed to you 5 times a year
- Easy access to programs, activities and courses
- A reduction in select course fees
- Free use of our public access computers (for Members age 60+)
- Participation in Sage clubs and groups
- 50% off home delivery cost for Sage Savories frozen meals with a minimum \$50 order. Delivery within Edmonton only.

Membership fees are: \$26.25 per year/person, \$78.75 for 3 years, \$131.25 for a lifetime (age 65+).

Is it time to renew your membership?
Contact JoLynn Parenteau at 780-701-9017



The Journey
by Terrie Shaw

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\$10.00 for print (does not include frame)

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