



Sage Awards
Tickets on Sale
NOW! page 5



Annual General Meeting
May 27, 2015
10:00 am at Sage

sageLINK

SENIORS ASSOCIATION OF GREATER EDMONTON

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A Strong Community Needs Every Voice

Sage's vision is of a community where all seniors are valued and have the ability to live according to their beliefs, aspirations, and abilities. We are committed to this vision, and to ensuring that Sage is a safe, welcoming space for seniors throughout Edmonton, regardless of income bracket, religious belief, cultural heritage, gender identity, first language, or sexual orientation.

For the past eight years, Sage has been on a journey toward becoming a truly open and inter-cultural community. And while this

has been, and will continue to be, an ongoing process, we wanted to share this vision and commitment with everyone who comes to Sage.

Thanks to a grant from the Alberta Assoc. for Multicultural Education, we have been able to install what we think of as our **Welcome Wall** - a collage of the word 'welcome' in 25 different languages, displayed prominently on our main floor.

It is a simple gesture, but one that symbolizes our commitment to the creation of a safe and welcoming space that belongs to all seniors.



Volunteer Appreciation Fiesta! April 22

All Sage volunteers are invited to join us for our **Grab Your Sombrero** Celebration Luncheon! Details: page 6



MESSAGE FROM THE PRESIDENT

D. LYNN SKILLEN

**Whatever the issue,
community is the
answer**

“Whatever the issue, community is the answer” was the title of a recent presentation by Margaret Wheatley at the Edmonton Public Library’s Forward Thinking Speaker Series. It also became a topic for discussion at the next Sage Board meeting, when we set time aside to think and talk about community, and to answer the question *“What is the Sage community?”*

A healthy community has a *sense* of community, recognizes that it *is* a community, and seeks input from every generation. Interaction between generations reduces isolation and nourishes both young and old. Diversity is also a benefit. Reaching across boundaries fosters critical dialogue and connections, enhancing a sense of identity and belonging. Different cultures perceive aging in different ways and their perceptions have real consequences for decisions and actions. A strong community

requires that every voice be heard and valued; discussion and focused listening are essential for relationship building.

A healthy community asks “what is possible?” or “what strengths do we already have?” rather than “what is wrong?” This helps a community to focus on expanding its potential rather than dwelling on its burdens. It is through collective community action, confronting issues together, that humans can face adversity. It will be interesting to see what social movement the baby boomers will generate for confronting the dramatic changes in demographics, and issues of older adults who are healthier, more active, and more independent than in generations past. Perhaps the sharing economy and social innovation will take a strong hold for those who are more disadvantaged.

As government rethinks its priorities and allotment of funding, the development and strengthening of communities in the seniors-serving sector will continue to be important... as will advocacy for changes to systems that are ineffective in addressing the needs and concerns of seniors.

Each Director on the Board of Sage is valued for the skill set that he or she brings to board deliberations. As well, the genuine respect and careful attention to each expressed idea and concern strengthens the community of Directors and enables them to reach decisions that take into consideration strategic, economic, and emerging aspects of board governance for the promotion of seniors’ health and wellbeing.

Board of Directors 2013-2014

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

Members at Large

Daniel Morrow	Reg Joseph
Michael Phair	Joyce Tustian
Tammy Pidner	Anne Fanning
Executive Director	Roger Laing

Join us!
Annual General Meeting
 May 27, 2015 10:00 am
 Sage Auditorium

Main Switchboard		780-423-5510
Life Enrichment - Rachel Tassone		780-701-9016
Home Service Requests		780-701-9011
Social Work Services		
Assessment and Housing - Kathleen Kelly		780-701-9019
Outreach - Doneka Simmons		780-701-9020
This Full House (Hoarding) - Doneka Simmons		780-701-9005
Guardianship/Trusteeship & Co-Decision Making - Shelley McGowan		780-701-9013
Guardianship/Trusteeship & Co-Decision Making - Angela Clissold		780-701-9006
Housing & Multicultural Seniors Outreach - Theresa Goba		780-701-9018
Safe House Intake		
Safe House Manager - Michele Markham		780-628-1139
Safe House Coordinators - Anjulie Talwar and Amanda Gravel		780-426-3746
Food Services		
Duncan Scott - Manager		780-701-6022
Sage Savories Orders - Uma Nath		780-701-9025
Volunteer Services - Barb Carroll		780-701-9014
Administration		
Executive Director	Roger Laing	780-701-9001
Director of Operations	Bernice Sewell	780-701-9002
Administrative Coordinator	Emily Weisbrot	780-701-9009
Director of Community Relations	Karen McDonald	780-701-9008
Manager, Finance	Colleen Jahns	780-701-9003
Community Relations Coordinator	JoLynn Parenteau	780-701-9017
Communications Coordinator	Nicole Smith	780-701-9012

BOARD AND AGM HIGHLIGHTS

The auditors presented their report to the Board in February. The Audited Financial Statements will be presented to the membership at the AGM.

As a result of this change the Board is proposing a name change from Seniors Association of Greater Edmonton to Sage Association. This motion will be presented for a vote at the AGM.

Last year at our AGM our membership voted to change our area of service from the City of Edmonton and area to the province of Alberta.



WELLNESS MATTERS

LIVING WITH INTENTION BARB RANKIN

The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience - Eleanor Roosevelt

Do you often feel as if you are on a treadmill? Do you constantly feel overwhelmed? Are you living a stressful life? If so, you should ask yourself - What kind of life do I want to live?

Some days, in these modern times, we only get a small respite to catch our breath. At other times we're rushing here and there and trying to get things done. Even when we get a break we know that the busyness is sure to begin again.

When we are overwhelmed our energy level is depleted and we begin to be forgetful or tend to lose things more frequently. One's fuse may also be short with family and/or friends. One may also become listless, a little disoriented or withdraw from previously enjoyed activities.

It is easy to get caught up in the daily grind, fulfilling obligations to others and curtailing or overlooking our own. Before we know it we may find ourselves completely disconnected from ourselves.

One must be cautious not to continue down this road of continuously trying to please others or catering to what other people want of us, while at the same time ignoring our own needs and requirements. If you begin "living with intention" you may become more competent in experiencing an orderly life. A life filled with joy and satisfaction!

Steps towards a more purposeful life:

- Commit to living with intention and purpose.
- Make yourself a priority.
- Remember that life is made up of choices. Choose a positive attitude!
- Examine your talents, abilities and your weaknesses.
- Re-evaluate what you want out of life.
- Define a purpose and write it down.
- Stay focused.
- Learn from others.
- Remember that each day is a new day.

The reality is that we can always alter our direction at any point in our lives and in any direction we choose but the choice to do so rests with you. Will you make that choice today?

Will you begin to live with intention?



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AWARDS

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Honouring the Outstanding Achievements and Contributions of Seniors in our Community!

Wednesday, April 15th, 2015 11:00am—1:30pm

The Chateau Lacombe Hotel, 10111 Bellamy Hill NW, Edmonton

Tickets: \$65 each or \$650 per table of ten Dress: Business Attire

Can't attend? Donate a ticket/table for a senior!

Contact: JoLynn Parenteau ph: 780.701.9017 jlparenteau@mysage.ca

AWARD RECIPIENTS

Arts & Culture.....Mrs. Gwen Molnar	Public & Non-Profit.....Mr. Lorris Williams
Community Building.....Mr. Donald R. Milne	Science & Technology.....Mr. Nick Malychuk
Education.....Mr. Larry Loyie	Social Justice & Peace.....Mr. Gurcharan Singh Bhatia
Environment.....Mrs. Enneke Lorberg	Sport & Leisure.....Mr. Art Brochu
Health & Wellness...Mr. & Mrs. John & Louise Miller	Transportation.....Mr. Larry Pempeit

AWARD NOMINEES

Linda Ambrose	Mary Fung	Cathy McLean	Atiya Siddiqui
Barbara Blackley	Karen Lee Gall	Richard Nichols	Shameem Quawi Siddiqui
Joan Boddy & Betty Morgan	Karl Christian Hansen	Sanae Ohki	Diane E. Sims
Dawning Boston	Sheila Humble	Sherry Paran	Zora Singh Jhaggi
Joan Bowes	Germaine Lehodey	Nancy Rae	Olive E. Sydor
Betty Jean Boyd	Keith MacDonald	Barbara Rankin	Amanda Tarnawski
Margaret Day	Patricia E. Mackenzie	Don Reid	Barend Vander Maas
Jean Deslauriers	Mufty Mathewson	Don Reimer	Donna Wilkie
Marty Forbes			Sharlene Wyness

www.MySage.ca/events/awards

WATCH FOR IT!

Edmonton's High Level Bridge will be lit up in Sage green on April 15 to honour the 2015 Sage Awards.

Multicultural Health Brokers Cooperative

PARTNERSHIP PROFILE

Sage partners with the Multicultural Health Brokers Cooperative to address health issues and social isolation among immigrant and refugee seniors, many of whom are dealing with complex life circumstances.

Through the Multicultural Seniors Outreach Program (MCSOP), Health Brokers and Sage social workers help seniors access the services and resources they need to meet their basic needs like food and housing, as well as their physical, social, and mental health needs.

Seniors in this program have struggled deeply with isolation because of chronic poverty and severe language barriers. As a result, they do not know about or have the confidence to access the community resources and services that are available to help them.

When they join the program, they are connected not only to community resources, but to other seniors through special groups, activities, and English language learning classes.

Participation can lead to the development of very strong relationships, and it is very common for these seniors to begin to support each other outside of the program, sharing information about services and resources, helping each other in times of illness, or providing support in difficult life moments.

Importantly, because of the work of the Health Brokers, new community resources are being created within the ethno-cultural communities of these seniors: for example, a special

emergency fund within the Muslim community for seniors in times of trouble, and a health clinic set up in Millbourne to serve seniors who don't have health care coverage.

In 2014, through the MCSOP, Sage and the Multicultural Health Brokers worked together to make a difference in the lives of 284 seniors in five different ethno-cultural communities across Edmonton.

Grab your
sombremos and join us for a
Volunteer Appreciation



Wednesday April 22, 2015

1:00—3:00

food and fun in the Sage Auditorium

Please RSVP by April 13 to Barb Carroll 780-701-7014

or at the main floor reception desk

Wear your best fiesta attire (optional)

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is where
the heart is.*

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HEALTH GROUP
smhg.ca

Join us as we venture out and about! Please **PRE-REGISTER** for our field trips by calling Rachel at **780-701-9016** or **780-423-5510**.
Open to members and non-members.

FIELD TRIPS

Old Strathcona Antique Mall and Laneway Tea Delight in treasures from the past at the antique mall with over 150 dealers. Finish the afternoon with a relaxing cup of tea and treats at the Antique Mall's café. Cost: \$15 members (\$18 non-members) - does not include cost of ETS bus fare or lunch.

Date: April 14, Depart Sage 12:30 am

Mayfield Dinner Theatre A delicious brunch buffet, followed by a show featuring the smash Broadway hit **Cabaret**. Hurry! 8 seats have just been added! Includes busing to and from the Mayfield. Cost: \$90.00 including brunch, show & bus.

Date: April 22, Depart Sage 9:45 am

Greenland Garden Center Get your summer flowers while browsing gift shops filled with unique and interesting items, stroll through the rose gardens, or relax at the café. Cost: \$15.00 for bus (\$18.00 non-members) - does not include lunch or other incidental costs.

Date: May 22, Depart Sage 10:30 pm

Legislature Seniors Week Tea and Tour Join Sage as we head to the legislature for a tour and a lovely tea. Cost: FREE.

Date: June 4, Depart Sage by 8:30 am



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Call Shannon Lang at 780.668.9767

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Ikea Shopping Trip Spend a day at Ikea. See the store, enjoy some delights in the cafe, and maybe even get some shopping done! Cost: \$15.00 (\$18.00 non-members) for bus - does not include lunch or other incidental costs.

Date: June 10, Depart Sage at 10:00 am

City Hall Tour This guided tour provides insight into Edmonton's local government, and offers the opportunity to experience first hand what happens at City Hall. There might even be a chance to sit in on a Council session! FREE

Date: June 18, Depart Sage at 9:45 am

River Cree Casino Monthly Outing Hop on the Lions bus at 10:00 am on the 4th Monday of the month (Apr 27, May 25, Jun 22) for a fun day at the casino. Includes voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. Cost: \$5.00 (pay at time of registration)

DAY TRIPS

Senior Choir Fling once a year senior's choirs from small towns across Alberta come together to perform at the *Senior's Choir Fling*. This year, the performance is in Westlock. Enjoy a delicious buffet lunch, the performance (or just stroll Westlock for the afternoon), and the murals in the town of Legal. Register by April 24. Cost: \$45.00 members (\$54.00 non-members).

Date: May 1, Depart Sage at 9:30 am

Explore Rocky Mountain House Follow explorer David Thompson towards the Rocky Mountains. Rocky Mountain House draws its rich history from the North Saskatchewan River and a fur trading past. Enjoy a delicious lunch as well as museums and more! Register by June 12. Cost: \$67.00 members, \$80 (non-members).

Date: June 18, Depart Sage at 8:30am

LUNCHES, PARTIES & MORE

MLA Laurie Blakeman Senior's Week Visit
Get an update from MLA Laurie Blakeman and maybe win a door prize! FREE

Date: June 11, 12:30 pm - Sunshine Café

Pride Week Seniors Strawberry Tea Join our LGBTQ seniors celebrating pride week with live music, special performances, tea, strawberry dessert and more! FREE

Date: June 11, 1:00 - 3:00 pm - Sunshine Café

Let's do Lunch is a group that gets together on the second Tuesday of each month at 12:30 pm (or 1:00 pm at restaurant) and ventures out to new dining experiences. Please pre-register by calling Sage.

April 12: LaRonde for Sunday Brunch
(meeting there at 11:15 am)

May 12: Central Social Hall (109St & Jasper)

June 9: CoCo-Di's (Jasper Ave)

Sage Monthly Birthday Party: join us as we celebrate birthdays the last Thursday of every month at 1:00 pm with birthday cake and live entertainment. This party is for everyone - even if it isn't your birthday month! **FREE** thanks to **Dignity Memorial - Hainstock's Funeral Home (9810-34 Ave)** and **Memories Funeral Home (13403 St. Albert)**

Dates: April 30, May 28, June 25 (Canada Day Party!) in the Sunshine Café

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, and more. Watch for more details or visit www.creativeagedmonton.ca

FEST Drama workshops and performances at U of A, many featuring the GeriActors. Watch for more details or visit www.creativeagedmonton.ca

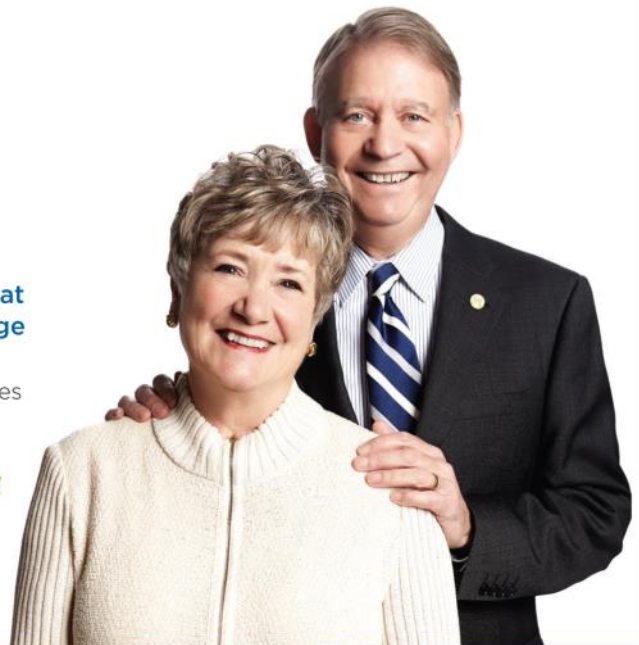


Giving legacy.

Edmonton Community Foundation (ECF) has a great reputation and a great governance model to manage endowment funds for donors. ECF has taken the administration and investment management responsibilities and allowed our family to focus on identifying and supporting community causes which we wish to assist.

The relationship is efficient, professional, and successful in meeting our family objectives.

Gay & Ralph Young



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SAGE PROGRAMS, COURSES AND MORE

Pole Walking Information & “Try-it” Session

Like cross-country skiing without the skis! You will learn the Urban Poling Technique that is just as valuable on paved trails and city sidewalks as it is on rugged paths to mountain peaks! There will be a presentation and an urban-pole trial. Pole walking improves core strengthening and posture, reduces stress on hips and knee joints, and increases stability and balance. Please pre-register. Cost: \$5.00

Date: May 12 at 11:00 am in the Auditorium

Already love pole-walking? Why not become a Pole-Walking Instructor? Sign-up be Sage’s Pole Walking Group Leader, and receive the Instructor’s Course for free. Call Rachel at 780-701-9016 for details.

Urban Poling Instructor Certification Level 1

A practical and comprehensive 3.5 hour certification course teaches you everything you need to know about Urban Poling techniques, and gives you all the materials, tools and support you need to quickly and effectively start your own Urban Poling program, or provide private sessions, classes, and demonstrations.

Date: May 30, 12-4:00 pm in the Auditorium
Cost: Regular Price: \$229.99 (includes poles)
Early Bird Price (by May 22): \$199.99

To Register: www.urbanpoling.com
<http://urbanpoling.com/for-leaders/instructor-certification> or Phone: 1-877-499-7999

For more information contact Edmonton’s Urban Poling Master Trainer at 780-268-3488 or by email Get_fit@telus.net

Mahjong (Tile Game) Lessons A great chance to learn the world’s most popular tile game. Mahjong is very similar to gin rummy. Caution: highly addictive! No gambling allowed. Please pre-register. FREE

Date: Fridays, April 24-May 22 at 10:00 am

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. Held at 1:30 pm in the Craftroom. Please register at least one day in advance for sessions. Cost: \$1.00/session

Dates:

April 1 Depression
April 15 Stress
April 29 Happiness

Sage Snapshots Sage is partnering with Eric Newby Services to offer an affordable portrait session for seniors. This is a great opportunity to have a professional photo to share with friends and family. Or bring in a friend or family member and have a picture taken together! Must register for your session time.

Date: June 9, sessions start at 10:00 am
Cost: \$10.00 per set of photos, includes photo session and 1 - 8X10 and 2 - 4X6 photos

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. FREE thanks to a grant from Women in Motion. Snacks included! Come to one or come to all!

Date: Mondays until June 19, 11:20am

BrainFitness Classes Keep your brain in shape with these computer programs designed to stimulate the mind, sharpen hearing, and enhance visual memory. Students in previous classes have reported great results. No previous computer experience required. Sessions are guided by an amazing instructor who focuses on holistic health. Register now for the September 2015 session - spaces are limited so register early!

Date: Mondays, Tuesdays and Fridays

Senior's Line Dancing Classes A great chance to learn some line dances, have some fun, and meet new people! Workout your body while you workout your brain learning new steps. Limited spaces are available. Suggested \$1.00 Drop-In fee.

Date: Every Wed and Fri in the Auditorium

Time: Advanced 12:00 - 1:30 pm
Beginner 2:00 - 3:30 pm

Canadian Eh? Class Learn interesting trivia and history about Edmonton, the provinces, and our great country in this fun workshop series. Attendance on the City Hall tour and Legislature Tea encouraged. Please register by May 19. Cost: \$5.00

Date: Thursdays, May 21-June 25 at 10:30 am

Bridge Lessons An opportunity to learn to play the game of bridge, or to freshen up your skills. Offered by Raye Dolgoy Bridge Club's game director Henry Chung. You **MUST** pre-register for lessons. Cost: \$50.00 for 20 Comprehensive lessons (learn to play bridge) or \$5.00 for a specific/refresher lesson.

Date: Every Mon, Wed and Fri at 10:00 am

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NOTICE - YMCA MEMBERSHIP

Those of you who are members of both Sage and the YMCA may have noticed an increase in your YMCA membership fees. Due to the fee increase, Sage has made the decision to discontinue the partnership with the YMCA. The YMCA fees are to go up this year with another fee increase scheduled for 2016. We believed this might create hardship for some of our members, and hope to be able to soon offer alternative solutions.

The YMCA has agreed to allow members of Sage to register for 2015 at the rate of \$442.56 yearly (payable at \$36.88 per month).

We apologize for any disruptions this might have caused you. If you wish to talk to someone about this change, please contact Rachel at 780-701-9016.



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Call Rachel at 780-701-9016 to
PRE-REGISTER for computer classes

COMPUTER CLASSES

iPad for Beginners session presented by EPL. For those who want to learn more about using an iPad and the many features it offers. Also learn how to access EPL info, books, and more from your iPad. Bring your own iPad if you have one or there will be a few to demo. FREE

Date: June 8 and 15

Time: 2:30 pm in the Boardroom

Intro to E-Books session presented by EPL An introduction to ebooks: overview of what ebooks are, different formats available, and where they can be read. FREE

Date: May 6

Time: 2:30 pm in the Small Meeting Room

How-To Session: Loading Library eBooks onto iPads Hands-on session that will explain how to get ebooks from the library on an iPad. You will need to bring your own iPad and have an email account for this session. FREE

Date: May 13

Time: 2:30 pm in Classroom B

Beginner Computers An introduction to the basics, including learning how to use the mouse and working up to using internet and e-mail. A new class begins every month - call Sage for dates and times, and to pre-register. Only \$5.00 thanks to ECALA grants!

Device Day Need help operating some of your new high-tech gizmos, gadgets, devices, laptop, or computer? Then Sage's new program is for you! Work one-on-one with a volunteer to help learn more about your new-fangled-technology! FREE

Date: Thursdays (Drop-In)

Time: 1:00-3:00 pm in the Computer Lab

Facebook, Skype or Twitter Sessions - small groups or one-on-one sessions. Classes are lead by a volunteer-instructor and only cost \$5 each thanks to ECALA grants. Must pre-register.

FREE DROP-IN ACTIVITIES AT SAGE

Conversational Chat Group for seniors who are learning English. This informal chat group is a great chance to practice your conversation skills with others. Hosted by a volunteer group leader. Refreshments provided. Tuesdays at 12:00 pm until May 19 in the Sunshine Café.

'Brainiacs' Drop-in Activity group Have fun learning to challenge your brain with training games, and new tips and tools on how to maintain an active, healthy brain. Also a great chance to meet people and share some laughs. Held the 3rd Thursday of the month (Apr 16, May 21, Jun 18) at 1030 am in the Raye Dolgoy Room.

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. Held on the 2nd & 4th Wednesdays of the month at 1:30 pm in the Craftroom.

Scrabble Time Join in a fun, monthly game of Scrabble on the first Thursday of the month at 10:00 am in the Sunshine Café. If you've never played, this is a great time to start!

Sudoku Class Learn how to do these simple math 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 (Apr 8, May 13, Jun 10) at 10:30 am in the Sage Room.

Monthly Movie & Popcorn Come and join us in Classroom B at 1:00 pm on the third Friday of the month for a movie and popcorn. Cost is \$1.00 for popcorn.

April 17 **The Hundred-Foot Journey**
May 15 **St. Vincent** (comedy)
June 19 **Unbroken**

Jennie Wilting Discussion Group Featuring interesting, controversial, and thought-provoking topics. Jennie will not lecture, only facilitate this group. Meets at 1:00 pm on the 3rd Tuesday (April 21, May 19, June 16) of the month.

Drop-in Travel Films Join us on Mondays at 1:00 pm in the Sage Lobby as we travel around the globe.

Its Game Time! The Games Room is on the main floor of Sage. Come and play scrabble, checkers, board games, or work on puzzles.

Avon Calling! A chance to look at the latest Avon products, and to place or pick-up orders. April 16, May 21, and June 18 from 11:00-1:00 pm in the Sunshine Café.

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 or toonie donations for Sage.

March 19 **Ireland Through the Years**
April 16 **Zimbabwe**
May 21 **Destination TBA**
June 18 **Destination TBA**

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 us in the Sunshine Café at 1:00 pm on the 3rd Tuesday of the month (Apr 21, May 19, Jun 16) for this great drop-in program.



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Facebook is a great way for us to share news, events, and activities with you! Remember to like our Facebook page and stay connected!

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GROUPS AND CLUBS

The **Raye Dolgoy Bridge Club** meets every Monday for Competitive Bridge, and every Wed and Fri for less formal Bridge games (11:30am-4:00pm). Anyone wishing to learn how to play, or freshen their skills is welcome to register for lessons by calling 780-701-9016. Cost: \$1.00 per play.

The **Busy Fingers** is a year round crafting group that meets every Tuesday in the Craft room from 9:00-11:30 am. They are currently focusing on knitting and crocheting. Come and join this amazing group as they create beautiful pieces. Instruction and guidance is available.

The **Next Page Book Club** meets for a new reading adventure on the 2nd Thursday of the month at 1:00 pm in the Raye Dolgoy Room. Please register at the front desk.

The **Sage Singers** perform sing-a-long favorites on Thursdays in the Sunshine Café. The group meets from 10:45 am-12:30 pm for a warm up and performance. Fun for all skill levels!

Snap-Happy Photography Group Do you love to take pictures and want a chance to show them off or discuss them? Do you need some help using your digital camera? Join Sage's photography group! We meet the 2nd Thursday of the month at 10:30 am. Free to join!

Over The Rainbow Discussion Group is a support group for gay, bi-sexual, or transgendered seniors, and/or seniors who would like to understand their gay family members. We meet every Thursday at 1:00 pm in the Craft room. Drop by, call Jeff at 780-474-8240, or email tuff69@telus.net. FREE

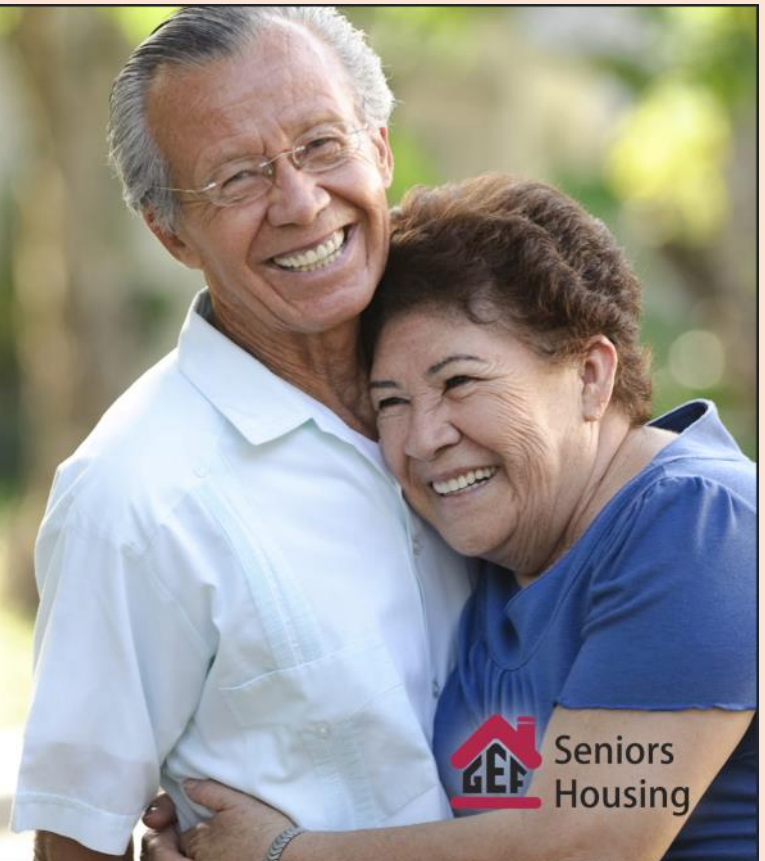
The **GeriActors and Friends** meet on Thursdays at 1:00 pm in the auditorium. This is a dynamic theatre group with stories to tell and a passion for performing! A student ensemble from the University of Alberta has joined to create an exciting inter-generational experience. The cost to join is \$20.00 per year.

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PRESENTATIONS & INFORMATION SESSIONS

Dating for the Young at Heart Have you been looking for love in all the wrong places? Learn about on-line dating sites, how to be safe, how dating has changed (or not) and so much more!

Date: April 21, 1:00 pm in Classroom B

Managing Your Move Explore the issues involved in downsizing, and get valuable tips to save you time, money, and stress.

Date: April 30, 11:00 am in the Sage Room

Memorial Society of Edmonton and District Presentation (MSED) If it is not discussed ahead of time, loved ones can be left to make decisions about final arrangements at the most difficult time. MSED is an unaffiliated, non-profit organization for people who want to pre-plan simple and dignified final arrangements.

Date: May 5, 10:30 am in the Sage Room

Legal Documents You Should Have A lawyer presenting on the essential planning documents you should have, including personal directives, power of attorney, and wills.

Date: May 6, 10:00 am in the Sage Room

Skin Cancer is Preventable Over 80,000 Canadians are diagnosed annually. Learn some simple sun safety tips, the difference between a healthy mole and melanoma, & the importance of monthly skin checks.

Date: May 7, 10:30 am in the Sage Room

Sexy Seniors? Discussing myths, sexual health and aging. Although it is often not talked about, sexual health is an important part of aging. Come for an open, interesting, and honest discussion. Stay afterwards for a visit from the Travelling Tickle Trunk.

Date: May 7, 1:00 pm in Classroom B

The Travelling Tickle Trunk is pleased to work with all things related to sexual health. If you have an injury, illness, or disability that affects your sex life, and you're wondering if toys will help, or if there are toys that meet your

specific needs, come to this session! Personal comfort and confidentiality are acknowledged and respected.

Date: May 7, 3:00 pm in Classroom B

Roads to Healing This two hour presentation provides participants with an overview of how grief is experienced, and introduces ideas on how to deal with one's own experience.

Date: May 11, 10:30 am in the Sage room

TeleCare Presentation Whether you are young or old, living alone or with others, medically at risk, or simply concerned about your personal safety, find out how the Good Samaritan TeleCare can provide you peace of mind. Devices include a call-button system, fall detection, a stove monitor and more.

Date: May 20, 10:30 am in the Sage Room

Retirement Income Blueprint Designed to show retirees how to address special issues and draw out retirement income in the most tax efficient way. Topics include the key differences between the accumulation and the "income" market, and tax-efficient dis-assembly of RRSPs. Take home practical tools & strategies!

Date: June 16, 10:30 am

Seniors Information Session Topics will include the Alberta Seniors Benefit, Dental and Optical Assistance for Seniors, Special Needs Assistance, and Property Tax Deferral Program.

Date: June 23, 1:00 pm in Classroom B

Service Canada Presentation A presentation on the Government of Canada's benefits such as CPP, OAS, and GIS, as well as information on the application process and more.

Date: June 23, 2:00 pm in Classroom B



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VOLUNTEER SERVICES

BARB CARROLL
Volunteer Coordinator

com·mu·ni·ty (kə-ˈmyū-nə-tē): a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals.

Volunteers who donate their time and skills at Sage value the sense of community that is felt throughout the organization. Volunteers appreciate the importance of contributing to this community to achieve Sage's goals and vision - *a community where all seniors are valued and have the opportunity to live according to their beliefs, abilities, and aspirations.*

Whether volunteers come to Sage because they want to help seniors, meet new people, or use their skills to assist with Sage programs and services, fellowships flourish over the years. A common feeling to help and support seniors is integrated throughout the Sage community.

In 2014, 213 volunteers donated their time, talents, and skills at Sage. Their dedication accumulated over 21,000 hours of support to seniors through Sage's programs and services.

Every volunteer brings their own special uniqueness to Sage. It is this uniqueness, along with dedicated staff that makes the community at Sage something to treasure. We all share common attitudes, interests and goals - to *Inspire and support seniors to be the best they can be!*

Current Volunteer Opportunities:

- Host/Hostess Sunshine Café
- Food Services
- Communications Assistant
- This Full House Assistant
- Cards & Games Coordinator
- Book Club Coordinator
- Photography Group Coordinator

FROM OUR VOLUNTEERS:

Jeanne Garland and
Doris Lynch at the
December 2014
Volunteer
Appreciation Event



"A great place to volunteer. Many very worthwhile 'jobs' which are good for the community and also very good for the volunteer. We all need to do something worthwhile. 'Pay back time' for all of us who have received so much as Canadians."

"Volunteering was the best thing I did for myself after my husband died in 1996. I found new friends and have fun with my new friends at Sage. After all these years, I belong!"

"I'm grateful to have a place to attend such as Sage. I love volunteering and would like to do more if other things weren't in the way. Thank you Sage. You do a lot of good for so many people."

"I've always said I need Sage more than Sage needs me. I hope to be able to volunteer at Sage as long as I can."

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