



sage LINK

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FOOD FOR THOUGHT: PROTEIN

Did you know that we lose muscle quicker as we age than we did as younger adults? Eating enough protein and getting enough exercise can help to keep our muscles strong. Our bodies use the protein we eat to maintain and repair muscle.

Our bodies also use protein for other functions. Protein provides the building blocks to keep our immune systems working well, repair damaged tissue, and help keep our blood sugar levels stable. Include some protein foods in each meal and snack to make sure you're getting enough!

Stuck for ideas of how to include protein with your meals and snacks? Try these!

- Cook extra meat and use the leftovers for another meal
- Snack on unsalted nuts and seeds! Have them on their own or add to muffins, yogurt and salads
- Add milk or skim milk powder to soups, hot cereal or mashed potatoes
- Enjoy peanut or almond butter on whole grain toast, crackers or apple slices
- Add a hard-boiled egg to salads, or drop an egg into your soup while it's cooking
- Have yogurt for breakfast or a snack during the day
- Top your salad greens with chickpeas

MESSAGE FROM THE PRESIDENT

CELEBRATING SENIORS

BARB BURTON

In September 2013, Diana Nyad became the first person to swim from Cuba to Key West without a protective cage. She spent 53 hours in the water - 49 of them in heavy winds - vomiting at points because of the salt water in her system. She was 64 years old. One of the first things she said when she emerged from the water? "You're never too old to chase your dreams."

That same sentiment underlies The Sage Awards – our annual event to honour the accomplishments of Edmonton and area residents who refuse to believe that success stops at sixty. This year, we celebrate 10 years of recognizing the outstanding achievements of older adults in our community in a wide range of categories. Each year, we are astounded by the number of nominees for the Awards and the impact of the work they do, and this year has been no different: in a world that still struggles

with ageism, the Sage Awards are an important reminder that seniors profoundly impact our communities in so many positive ways.

Last year's recipients include Art Brochu, who was nominated for the Sport and Leisure Award after cycling 9285 km across Canada and raising over 30,000 dollars for the Children's Wish Foundation (at 70 years old), and Larry Loyie, a writer and residential school survivor who published his first book at age 69 and received an Education Award for his work in the area of learning and literacy – at age 82, Mr. Loyie published *Residential Schools, With the Words and Images of Survivors: A National History*, which he is happy to say is now a bestseller. Other 2015 recipients include social justice and environmental activists, seniors advocating and shaping the future for people with disabilities, and others driving community initiatives throughout the greater Edmonton area.

While many of our nominees have distinguished themselves throughout their lives and careers, the Sage Awards specifically celebrate the work and achievements of individuals after the age of 60. The 10th Annual Sage Awards will be presented during a celebration luncheon at the Chateau Lacombe on May 11. I hope you will consider joining us this year, to help us celebrate the achievements of amazing individuals who exemplify what can happen when seniors work for something they care about.

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ANNUAL GENERAL MEETING

The Annual General Meeting (AGM) will be held on May 25 from 10:00 - 11:00am in the Sage Auditorium.

WELCOME STUDENTS

Sage is proud to welcome the following students to the team: Jessica MacDonald is a practicum student from the Department of

Human Ecology at the University of Alberta, and will be assisting with developing new markets for Sage Savories.

Taylor Guy, Nicole Elder and Laura Hamilton, students from the University of Alberta and MacEwan University, respectively, will be assisting with the seniors Safe House.

Welcome, students!



WELLNESS MATTERS

MINDFULNESS BARB RANKIN

Mindfulness is the awareness that emerges through paying attention (on purpose) to the present moment, and being non-judgemental of things as they really are - and not how you want them to be.

If you practice mindfulness you can learn to live in an enjoyable way, rather than worrying about the past or being concerned about the future. The word "mindfulness" comes from the Indian word "sati," which means awareness, paying attention, and remembering.

In the process of being mindful, you must pay close attention to whatever you choose to attend to - you will become more aware of the present moment of the way things are now.

Often, when we experience something new, we automatically react according to our past conditioning. Mindfulness encourages us to respond to our present experiences, rather than react to our past thoughts. Where a *reaction* is automatic and gives us no choice, a *response* is a deliberate and considered action.

The temptation can be to judge an experience as good or bad. Letting go of judgements will help you see things as they are, rather than filtering them through personal judgements based on previous experiences. We can react to situations in a open hearted way, and show kindness and compassion and friendliness to our experiences.

Mindfulness is paying attention in a systematic way to whatever you decide to focus on, and that includes awareness of your thoughts. This has an enormous impact on your emotions and the decisions that you make, so paying attention can be very helpful.

One of the ways to cultivate mindfulness can be through formal meditation. It's like living your life moment to moment as if it really mattered.

Practicing mindfulness can help you to battle anxiety and depression, reduce stress levels and physical pain, and improve sleep. It is also good for your mind, because it improves focus.

Mind Full, or Mindful?



5 SIMPLE STEPS TO A CLEARER MIND

1. Write down everything on your mind on a piece of paper.
2. On second piece of paper create three columns and label them: To Be Done; Maybe Later; and Delete.
3. Sort all the items from the "Delete" column and send to space.
4. Place your "Maybe Later" items under the appropriate column on your list.
5. Take your "To Be Done" items and put them into your planning system.

Mindfulness is not focused on finding solutions to problems. It is focused on acceptance. It will show how to accept your feelings, rather than fighting the feeling of anxiety, and change will naturally come about.

The benefits of mindfulness are numerous: it will help you recognize or slow down on automatic and habitual reactions. It will help you respond to complex situations and view them more clearly. Finally, it will helps you to become more creative, and to achieve balance and resilience at work and at home.

PARTNERSHIP PROFILE

The United Way Alberta Capital Region is committed to their mandate of eliminating poverty through collective action. The United Way's *Pathways out of Poverty* is a comprehensive approach that focuses on education, income, and wellness, and works in a variety of ways to help people who are struggling with poverty.

With support from the United Way, Sage is able to fund the Multicultural Seniors Outreach Program. This program focuses on the most vulnerable and isolated immigrant, refugee, and newcomer seniors. Through the Multicultural Health Brokers, the program serves 300 seniors with complex needs within the Kurdish, Iraqi, Somali, Former Yugoslavian, Korean, Spanish speaking, Eritrean and Ethiopian communities.

The program directly supports the United Way's *Pathways out of Poverty* approach because it



United Way
Alberta Capital Region

addresses the issue of deep poverty with the desired result of increasing access to information about, and connection to, programs and services available within the Alberta Capital Region.

The United Way's support of Sage and the Multicultural Seniors Outreach Program is vital to the many immigrant seniors who are deeply isolated and facing barriers that can prevent them from accessing supports and services and living their best lives possible.



 **Seniors Housing**

You can be part of something great! With your support, we can bring the community together to build affordable housing for seniors.

GEF Seniors Housing is a not-for-profit registered charity providing safe, affordable, quality housing and services to low-income seniors for more than 55 years.

Contact the Communications Department to discuss how your gift can make a difference.

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PRO-ACTIVE AGING: MIND & BODY HEALTH

Relaxation Yoga Classes Maintain good health and reduce stress. Class components include seated or standing gentle yoga, yogic breathing, movement and guided meditation, and general health discussion. All levels are welcome, including those with limited mobility. Cost: \$1.00 donation.

Date: Wed at 10:30am in the Auditorium

Strum & Hum (Ukelele for Beginners) The ukulele is a small instrument with big possibilities. Easy to learn and fun to play in a group or on your own. Learn a variety of strumming and fingerpicking styles in just a few weeks! Please bring your own instrument

Date: Tuesdays starting April 5 (10 weeks)

Time: 1:30 - 3:30pm

Cost: \$50 Early Bird price (by April 4)

Oil Painting Drop-In Class Classes will focus on creating small oil paintings. Topics include use of colour, composition, and contrast. All skill levels are welcome - drawing experience is not necessary! Instruction will be planned to meet the needs of the group. Cost: supplies only (approx. \$8 per canvas and \$10 for paint and brushes as needed).

Date: Fridays from 9:30 - 12:00pm

Better Balance Classes (Slips, Trips & Falls Prevention) Presented by a U of A student clinic. Is your balance less than it used to be? Is changing a light bulb too difficult to perform? Do you tire easily when performing simple tasks? Join us for a one hour intense balance and exercise class to help restore your balance, reduce falls, and improve physical function and balance. Cost: \$50 (10 sessions at \$5 per session). Please pre-register.

Date: Fri at 1:30pm until March 18

Senior's Line Dancing Classes Learn some line dances, have fun and meet new people! Workout your body while you workout your brain learning new steps. Limited spaces available.

Cost: \$2.00 monthly fee.

Date: Wed and Fri in the Auditorium

Intermediate (formerly Beginner)

2:00pm

Advanced 12:15pm

NEW Beginner Mondays 1:00pm

Hiking in the Rockies (slide presentation plus info session) Do you Love the scenic mountains, hiking, and being with nature, but aren't sure how to get started? This beautiful slideshow will end with some tips on equipment and gear, as well as suggestions for hiking groups and clubs around Edmonton. Please pre-register. Cost: \$2.00.

Date: Thurs, May 12 at 1:00pm in Classroom B

Pole Walking Information Session and Demonstration A great chance to learn more about Urban Pole Walking, the many health benefits and to try out some walking poles. Please pre-register. Cost: \$5.00

Date: Tues, April 26 at 10:00am in the Auditorium

Pole Walking Group (poles optional) If you have Nordic Poles, bring them for a work-out that helps strengthen core, improve posture, reduce stress on hip and knee joints, and increases stability and balance. Group goes rain or shine (ped-ways in the rain). Meet in the Sage lobby. Cost: FREE

Date: Wed, Depart Sage at 1:00pm

Classes, courses and more to keep your brain and body sharp

Tai Chi Introduction with Master Ken

Introduction to Tai Chi, which includes 10 simple Tai Chi movements, warm up exercises, sitting and walking Tai Chi movements. Health benefits include improving balance, coordination and range of movement! Cost: \$25.00 for 8 weeks or \$5.00 weekly drop-in fee.

Date: Mon from 9:30-11:00am in the Auditorium
April 4,11,18,25
June 6,13,20,27

BrainFitness Classes Keep your brain in shape with these computer programs designed to stimulate the mind, sharpen hearing and enhance visual memory. No previous computer experience required. Classes are guided by an amazing instructor who focuses on holistic health. Cost: \$85, am and pm classes available. Starts April 8. Register early - spaces limited!

Date: Mon, Tues, Fri in the Computer Lab

BrainFitness Info Session A great chance to learn about Sage's unique program designed to help you think faster, remember more and hear more clearly. Cost: FREE. Please pre-register.

Date: April 1 at 1:00pm in the Sage Boardroom

Youth Criminal Justice Course Presented by Doug Heckbert, Criminal Justice educator. This thought-provoking course will cover information about youth justice, youth crime and the effectiveness of measures taken to address youth crime. Includes a tour of Youth Court and the Edmonton Young Offender Centre. Please pre-register.

Date: Tuesdays, May 3 - June 21

Time: 1:00pm - 3:30pm

Location: Classroom A

Cost: \$38.00 member, \$45.00 non-member

'Brainiacs' Drop-in Activity group Have fun challenging your brain with training games, and learning new tips and tools on how to maintain an active, healthy brain. Cost: FREE.

Date: Mar 17, Apr 21, May 19

Zumba Gold A fun dance party with Latin inspired dance styles. Zumba Gold simplifies the steps and adapts them to all abilities. This is a great workout for everyone. Cost: \$2.00 drop-in fee.

Date: Mon at 11:30am

Conversational Cree Group A great, informal opportunity to learn and share one of Canada's original languages. Group leader is Andre L'Hirondelle (780-421-7915). Cost: FREE. Please pre-register.

Date: Tuesdays at 1:00pm

Yi Xue Holistic Practice Focuses on your body's Qi and creating a light, balanced energy. Persons with limited mobility are encouraged to participate. Drop-in. Open to all. Cost: FREE.

Date: Fri in Classroom B - 2:00pm

Big 5 in Brain Health Group A discussion of how physical fitness, nutrition, socialization, stress management and mental stimulation can impact brain health. Includes a presentation, discussion and sharing of ideas or articles on a variety of wellness and holistic lifestyle topics. Cost: FREE.

Date: Second and fourth Wed of the month at 1:30pm in the Craft Room

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

DAY TRIPS

Elvis Show by Steve Pineo at Holden Theatre

While there are hundreds of Elvis impersonators in wigs and jump suits, Steve Pineo's performance is more an interpretation of the King. The show is chock-full with Elvis songs from the 60s and 70s. Audience's can expect a few surprises, including an Elvis movie medley. Cost: \$59 (includes school bus, show & meal)

Date: Sun, March 20, depart Sage at 12:00pm

ESO & Winspear Overture Tours A one-hour information session and backstage tour. Hear the history of the ESO and the Winspear and their vision for the future. You will then be taken on a fascinating backstage tour. Light lunch and beverages are provided! Register early - spaces are limited! Cost: \$5.00 includes lunch and tour.

Date: Tues, Mar 29, depart Sage at 11:30am

Old Strathcona Antique Mall Delight in treasures from the past at the Antique Mall with over 150 dealers. Finish the afternoon with a cup of tea and treats at the antique mall's café. Cost: \$15.00 (\$18.00 non-members) for bus - pay own lunch, etc.

Date: Fri, April 22, depart Sage at 12:30pm

Athabasca Daytrip Spend the day in Athabasca checking out the town or attending the Annual Senior Choir Fling (where senior's choirs from small towns across Alberta perform). Lunch will be provided. Cost: \$47.00 members, \$57.00 non-members

Date: Friday, May 6

Time: Depart Sage at 9:00am

LaRonde Brunch A delicious Sunday brunch with spectacular revolving views. Meet in hotel lobby (10111 Bellamy Hill Rd) at 11:15am. Cost: Pay own meal costs at restaurant.

Date: Sunday, May 15, reservation at 11:30am

Greenland Garden Center Tour Get your summer flowers while browsing the gift shops filled with unique and interesting items, stroll the rose gardens, or relax at the café. Cost: \$15.00 (\$18.00 non-members) for bus - pay own lunch, etc.

Date: Fri, May 20, depart Sage at 12:30pm

Ellis Bird Farm Daytrip Visit a working farm dedicated to the conservation of Tree Swallows, Mountain Bluebirds, and other native cavity nesting birds. Visit the beautiful tea house for a delightful lunch, stroll through the gardens and enjoy some bird-watching. Ellis Bird Farm is living proof that agriculture, conservation and industry interests can enjoy a beneficial partnership! Registration deadline is Monday, May 16. Cost: Members \$49.00/ Non-members \$58.00

Date: Tues, May 31, depart Sage at 9:00am

River Cree Casino Monthly Outing Hop on the Alan's bus the 4th Monday of the month for a fun day at the casino. Includes voucher for free lunch at Tap 25 restaurant and a \$5.00 gambling voucher. Cost: \$5.00 - Must pay at time of registration

Date: April 4, April 25, May 23

Depart Sage at 10:00am

*March 28 cancelled - Easter Monday

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10th
ANNUAL

Sage

AWARDS

Presented by



MAY 11, 2016

Chateau Lacombe, Edmonton

11:00 am – 1:30 pm

TICKETS \$65.00

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LUNCHEES, PARTIES & MORE

Let's Do Lunch is a group that ventures out to new dining experiences on the 2nd Tuesday of each month at 12:30pm (or meet at 1:00pm at the restaurant). Must call Sage to pre-register.

Dates: Mar 9 - Holt Renfrew Café
Apr 12 - Joey Tomatoes (Jasper Avenue)
May 10 - Chianti's (Whyte Avenue)

Sage Tours New to Sage? Want to meet new people? Enjoy a tour of Sage lead by one of our friendly volunteers. Stay after the tour and enjoy "reserved" seating and live music at our monthly Birthday Party. Tours meet at 12:30pm on the last Thursday of the month at the main floor reception desk.

Dates: Mar 31, Apr 28, May 26

Sage Monthly Birthday Party Sage celebrates birthdays every month with birthday cake and live entertainment. This party is for everyone, so join in the fun, even if it isn't your birthday month! Cost: FREE Cake and Live Music!

Dates: Mar 31, Apr 28, May 26
at 1:00pm in the Sage Café


Easter Dinner Buffet Join us in the Sunshine Café for a delicious Easter dinner including baked ham, meatballs, scalloped potatoes, veggies, salads, assorted desserts, coffee/tea and more. Pre-register. Cost: \$15.95 members, \$17.95 non-members.

Date: Wednesday, March 23 at 11:30am

St. Patrick's Party Join us in the Sunshine Café for a 'mostly' Irish celebration. Get up and dance a jig or just sit back and enjoy the live music. Food and drinks can be purchased in the Café. (Monthly lunch will have a St. Patrick's theme). Stay for "Ireland" presented by Happy Travelers at 1:00pm in the Auditorium. Cost: FREE.


Date: Tues, Mar 17 at 10:30am

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DROP-IN ACTIVITIES AT SAGE

Happy Travelers Slide and Video Shows are on the third 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 and join us! The club accepts loonie or toonie donations for Sage.

Mar 17 Ireland
Apr 21 Bolivia and Machu Picchu
May 19 Botswana

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 1:00pm on the third Tuesday of the month (Mar 15, Apr 19, May 17) for this great drop-in program.

Mahjong (Tile Game) Sage has a Mahjong table as well as Mahjong set (English) in our game area for use at any time. Drop in with some friends and enjoy the world's most popular tile game (very similar to gin rummy). Caution: highly addictive! Open to everyone.

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

Mar 18 Saint Ralph
Apr 15 Mortdecai
May 20 Woman in Gold

Avon Calling! A chance to look at the latest Avon products, and to place or pick-up orders. In the Sunshine Café on the third Thursday of the month from 11:00am - 1:00pm.

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

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 on Tuesdays at 12:00pm in the Sunshine Café. Refreshments provided! FREE.

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

Sudoku Class Learn how to do these simple math puzzles, or come and sharpen your skills. A fun way to keep your brain sharp! Second Wednesday of the month (Mar 9, Apr 13, May 11) at 10:30am in the Sage Room Cost: FREE.

Dominos with Udo Drop into the Sunshine Café on Wednesdays at 10:00am to enjoy the fun of dominos. The group leader will be available for instruction, too! Cost: FREE. Open to everyone to join in!

Jennie Wilting Discussion Group A great discussion group featuring thought-provoking, interesting, and controversial topics. Jennie will not lecture, only facilitate this group.

Dates: Third Tuesday of the month 1:00pm.

Crib Games Drop by for a few games and some conversation, too! A fun way to spend an afternoon and brush-up your crib playing skills. Wednesdays at 1:00pm in the Sunshine Café. Games are free and open to everyone to join.



Like us on Facebook!
Sage Seniors Association

PRESENTATIONS & INFORMATION SESSIONS

We All Fall Down: Easy Steps to Prevent Falls Don't wait until it is too late! Everyone is at risk of falling even if you are perfectly healthy. Join retired nurse Barb Rankin to find out some simple steps to keep safe in your home and outdoors as well as good habits to remember. Cost: Free.

Date: Wed, Mar 9 at 1:30pm in the Craft Room
Replaces Big 5 in Brain Health this week.

Types of Housing Explained Condo, life-lease, assisted living and more. Learn about the different types of housing and housing options for seniors in this informative presentation. Cost: FREE.

Date: Tues, Apr 19 at 1:00pm in Classroom B

Managing Your Move Join us after the Types of Housing Explained presentation to explore issues involved in downsizing. Get valuable tips to save you time, money and stress. Cost: FREE.

Date: Tues, Apr 19 at 2:00pm in Classroom B

Mind Your Money: Monthly Presentations:
No cost, open to all, held at 10:30am.

Dates: Mar 16 Estate Planning
Apr 20 Fundamental Principles of Retirement Living
May 4 Maximizing Your Fixed Income
May 25 Protect Your Retirement Portfolio

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Joanne Berger



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SAGE PROGRAMS, COURSES AND MORE

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! Held at 1:30pm in the Craft Room. Cost: \$1.00 per session. Please register at least one day in advance for each session.

- Dates: Mar 2 - Anger
- Mar 16 - Guilt
- April 6 - Worry
- April 20 - Depression
- May 4 - Stress
- May 18 - Happiness

Spanish Classes for Seniors For traveling and fun! Want to learn Spanish? Interested in exploring new cultures or meeting new people? We are offering 8 sessions of Spanish that are Basic/Intermediate and Conversational. Includes class trip to a Mexican restaurant. Register by April 18. Cost: \$20.00 for 8 sessions (pay own meal cost).

- Latin-American cultural activities
- Taught by experienced and qualified Spanish speaking teacher

Date: Fri, starting Apr 22 from 12:30 - 3:00pm in Classroom A

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

Dates: Mon, Wed, Fri from 10:00am - 11:00am in the Raye Dolgoy Room

Storytelling and Acting Workshops led by members of the GeriActors & Friends. Coming this June - stay tuned for more information!

Canadian Eh? Politics and More Learn levels of government, as well as politics, history and trivia about Edmonton, the provinces and our great country in this fun workshop series! Attendance to the City Hall tour and Legislature tea encouraged. Please register by May 6. Cost: \$5.00.

Date: Thurs, May 12 - Jun 23, 10:30 - 12:00pm in the Craft Room
Canada's Birthday Celebration, Jun 30 at 1:00pm

Biblical Interpretations of the Scriptures Group Join Harry Maik for this series of classes to ask questions, learn about the Bible, and discover the true meaning of the Scriptures.

Date: Every Sun from 2:00pm - 4:00pm in the Stanley Milner Library

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GROUPS AND CLUBS

Raye Dolgoy Bridge Club meets every Mon, Wed and Fri from 11:30-4:00pm in the Raye Dolgoy Room. Club members gather to enjoy games of bridge and have fun. Anyone wishing to learn how to play or refresh their bridge skills is welcome to register for lessons. Register by calling (780)701-9016. Cost is \$1.00 per play.

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 this amazing group as they create beautiful pieces. Instruction and guidance is available.

Next Page Book Club meets for an exciting new reading adventure on the second Thursday of the month at 1:00pm in the Raye Dolgoy Room. Please register at the front desk.

Sage Singers perform sing-a-long favorites on Thursdays in the Sunshine Café. The group meets from 10:45am - 12:30pm for a warm up and performance. Join in! This is a fun-loving choir 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 with a great group of people? A McBain Camera representative is on site to help with operating your camera. We meet the second Thursday of the month at 1:00pm in the Raye Dolgoy room. 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 1:00pm in the Craft Room. Drop by, call Jeff at (780) 474-8240, or email boveejeff@telus.net. FREE.

GeriActors and Friends meet on Thursdays at 1:00pm in the auditorium. This is a dynamic theatre group with stories to tell and a passion for performing! Consider joining this a group that loves to have fun! A student ensemble from the University of Alberta has joined to create an exciting inter-generational experience. The cost to join is \$30.00 per year.

THANK YOU!

Thank you to our friends at Dignity Memorial, who fund Sage's monthly birthday parties so that we are able to provide cake and live music for free!

DIGNITY MEMORIAL

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COMPUTER CLASSES

Join us in the Sunshine Café

The Sunshine Café at Sage is open every Monday through Friday (not including holidays) from 8:00am - 3:00pm. Chef Roman prepares an affordable and hearty lunch special every day, and on Wednesdays, the house-made cinnamon buns are out of the oven by 10:00am! Come and sit in a sunbeam, have a cup of coffee, and maybe join one of the many drop-in activities that are often on hand.

FRESH CINNAMON BUNS \$2.50
Every Wednesday at the Sunshine Café

Benefits Available from Child Intervention Class Action

Individuals who were injured while in the care of the Government of Alberta as children may be eligible for compensation through Alberta Victim Services.

The settlement applies to people who were under the care of Alberta Child Welfare and/or the Public Trustee and subject to Permanent Guardianship Agreements or Permanent Guardianship Orders between 1966 and 2008, or Temporary Guardianship Orders between 1985 and 2008:

- under 18 at the time; and
- were injured while in provincial guardianship; or
- were injured before coming into provincial care for reasons related to their guardianship, such as abuse or assault.

Benefit claims can be made between January 15, 2016 and January 15, 2017.

For more information contact the Sage Assessment Social Workers.

Beginner Computers An introduction to the basics, including learning how to use the mouse and working up to using internet and e-mail. Classes will be offered in small groups in the Computer Lab. Cost: \$5.00.

Class Schedule:

2:30 pm Mon/Fri and 1:00pm Wed

Mar: 14, 16, 18, 21, 23, 30

Apr: 11, 13, 18, 20, 22, 25, 27

May: 9, 11, 13, 16, 18, 20, 25

Device Day Need help operating some of your new high-tech gizmos, gadgets, devices, laptop, or computer? Then this drop-in program is for you! Work one-on-one with a volunteer in our computer lab to help learn more about your new -fangled-technology! Cost: FREE.

Date: Wed from 10:00am - 12:00pm

Social Media A chance to work one-on-one with a volunteer and ask all of your social media related questions - including Facebook, Skype, Pinterest, Twitter, Kijiji and more! Cost: FREE.

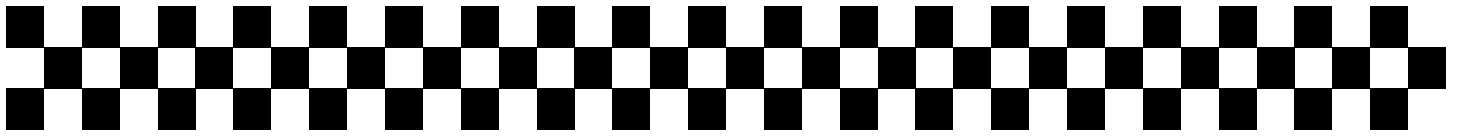
Date: Thurs at 10:00am in the Computer Lab

iCloud: What is the Cloud and how do you use it? *iCloud* or *the Cloud* are terms we hear often, but what it is and how do you use it? This course will discuss Cloud services and how to use them. Cost: \$18.00

Date: Thurs, May 5, 1:00 - 4:00pm in the Computer lab

Internet Safety Tips on internet safety and awareness. Covers topics like password and personal information management, scams, spam, websites to avoid, etc. Cost: FREE.

Date: Wed, May 25, 1:30 - 3:00pm in the Sage Room



**C'mon everybody we're gonna head
back to the 50's and have some fun
rock'n around the clock
at the spring**



Volunteer Appreciation

Event

Don your 50's attire or come as you are

Wednesday, April 13, 2016

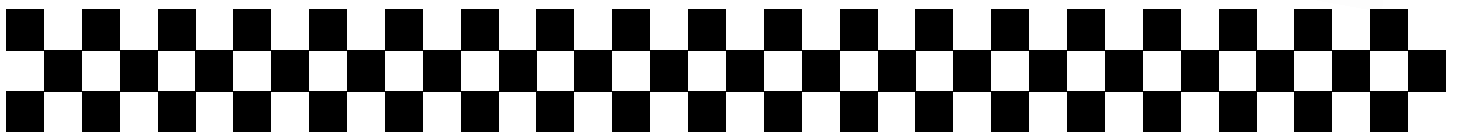
From 1:00pm - 3:00pm

in the Sage auditorium

RSVP by April 4 to Barb Carroll at

780-701-9014 or sign up at the

main floor reception desk





VOLUNTEER SERVICES

BARB CARROLL
VOLUNTEER COORDINATOR

In loving memory of

Cecelia Glowczak

April 10, 1930 - December 18, 2015

Cecilia - or Cecile, as she liked to be called - volunteered in the café at Sage for over 8 years. She always had a smile on her face, a warm greeting and a fabulous sense of style. Here is an excerpt from Kevan Lyon's book, *The Poet in Churchill Square*, where he wrote about Cecilia. It encompasses our thoughts and fond memories of dear Cecilia, who will be deeply missed...gone, but not forgotten.

On one particular miserable day, when the skies opened and lit up with streaks of lightening, I scurried across the Square to the seniors' drop in center to get out of the rain. I had been there before, to read the papers, have the odd coffee in the cafeteria appropriately named "The Sunshine Café"...

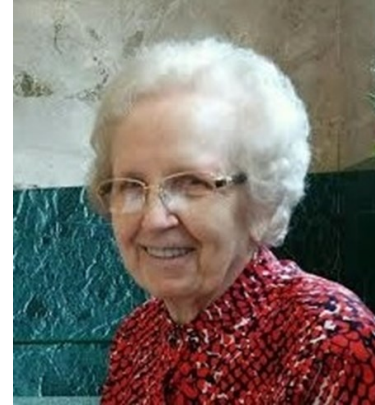
There is a lady who comes in every day during the week, spending about five hours keeping the tables clean, sharing conversations with the patrons and regulars. I would guess she's on the north side of seventy five.

The cleaning angel I nicknamed her.

As the weather continued to worsen, I listened to the most amazing conversation between a group of my fellow diners and my angel as they remembered tales from their parents. The stories included tales told in bad weather to ease their fears, in the days before TV, computers, internet and electricity and cell phones....

So when storms cross your path, upheaval enters your life, think about my cleaning angel.

May this poem brighten your day and bring back pleasant memories of your childhood.



Angels' Work

Snow flakes are the dust bunnies
From beneath the angels beds
That is why they are soft and gentle
When they land upon our heads

Rain is but the drops that fall
When they wash their wings
Rainbows are the colors
That this cleaning brings

The thunder that you hear
Is when they tidy up their rooms
The winds are created
By the movement of their brooms

When it starts to get dark
They polish up the stars
Using last months moon beams
Saved in special jars

For even in heaven
There are chores you have to do
That is what helps to keep
The skies clear and blue

So when the sun comes up
To greet another day
You will know their work is done
They have begun to play.


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