



SENIORS' HOUSING FORUM
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sage **LINK**

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Exciting, New Event: The Seniors' Health & Wellness Forum!

The Health & Wellness Forum Planning Committee is excited to announce the first free one-day Health & Wellness Forum! The Health & Wellness Forum, Presented by Age Friendly Edmonton, is an opportunity for seniors, their families and caregivers to obtain information and resources pertaining to health, wellness and social supports vital to aging in place.

There will be information sessions on topics related to aging in place, including, health, home, transportation, finances, connections, supports & services, community, relationships and safety.

The Health & Wellness Forum will be held on Saturday, October 29 at the Central Lions Seniors Recreation Centre, 11113 113 St. Doors open at 9:00 am sharp, and sessions run from 10:00 am - 3:00 pm, with a complimentary boxed lunch provided.

To learn more about this new event, please visit www.mysage.ca/events or www.edmonton.ca/agefriendly.

Health & Wellness Forum Planning Committee

Alzheimer's Society of Alberta and NWT
City of Edmonton, Age Friendly Edmonton
Glenrose Rehabilitation Hospital
Alberta Health Services
Southside PCN, Age Friendly Edmonton
Sage Seniors Association

MESSAGE FROM THE PRESIDENT

THE POWER OF COLLECTIVE IMPACT BARB BURTON

Part of Sage's approach to serving seniors is recognizing the power of collective impact. At Sage, nearly every program and service we offer is provided in collaboration with other organizations. By working collectively, not only do we share expertise and resources, we can take on an emergent approach to learning, build on existing practices, and adapt as we learn how to best serve and connect seniors who face multiple barriers.

A great example of this collaborative approach is the Pan-Edmonton Group Addressing Social Isolation of Seniors (PEGASIS) project, which aims to reduce social isolation of low resource seniors in the Edmonton region. The agencies involved in this collaborative are:

- Edmonton Seniors Coordinating Council (ESSC);
- Westend Seniors Activity Centre (WSAC);
- Greater Edmonton Foundation (GEF);

- Edmonton Mennonite Centre for Newcomers (EMCN);
- Edmonton Southside Primary Care Network (ESPCN);
- Lifestyle Helping Hands Seniors Association (LHSA);
- Sage Seniors Association;
- Jewish Senior Citizens' Centre (JSCC);
- City of Edmonton.

These agencies each bring their own expertise to the table, as the collaborative includes the largest subsidized housing provider in Edmonton, senior centres, multicultural organizations, transportation providers and health care providers. All agencies involved have experience with seniors who face multiple barriers. By working collectively, we enhance the organizational capacity of PEGASIS members to share and act on emerging best practices.

Another great example of collaboration and partnership is the Seniors' Housing Forum and the Health & Wellness Forum. The forums are planned by a committee of stakeholder organizations who focus on creating a space where seniors, their families and caregivers are connected with resources and supports to promote aging in place.

Through partnership, collaboration and strong connections, we can address needs in the senior community—whether it be for information related to housing, health and wellness, or services and supports for isolated seniors, together we can build healthy communities.

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15 Sir Winston Churchill Square
Edmonton, AB T5J 2E5
Tel: 780-423-5510 Fax: 780-426-5175
email: info@mysage.ca www.mysage.ca

Main Switchboard		780-423-5510
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Assessment and Housing - Kathleen Kelly		780-701-9019
Outreach - Colleen Derksen		780-701-9020
This Full House (Hoarding) - Colleen Derksen		780-701-9005
Community Navigators - Christie Smith and Muno Osman		
Guardianship/Trusteeship & CoDecision Making - Shelley McGowan		780-701-9013
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Safe House Intake		780-702-1520
Safe House Manager - Michele Markham		780-628-1139
Safe House Coordinators - Laura Hamilton and Amanda Gravel		780-426-3746
Safe House Outreach - Lana Gerbrand		780-628-1126
Food Services		780-701-9022
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Communications Coordinator	Nicole Smith	780-701-9012

RETIREMENT NOTICE Roger Laing, Executive Director of Sage, announced that he has advised the Sage Board of Directors of his intention to retire. The Board of Directors will be conducting a selection process to choose a new Executive Director early this fall.

NAME CHANGE The organizational name change has been approved by members at the last AGM. The Seniors Association of Greater Edmonton is now Sage Seniors Association.

BOARD UPDATE Edwin Ryan, Dr. Jean Waters, and Dr. Raj Pannu were elected to Sage's Board of Directors. We would also like to thank departing Board Member Bauni Mackay for all her contributions to Sage.

PARTNERSHIP PROFILE



Since 2006, Sage has been working with a number of community partners to host an annual Seniors' Housing Forum. The Forum is a one-day event held every September, and is open to the public, free of charge. The goal of the Housing Forum is to ensure that seniors, their families, and their caregivers have the information and resources they need to stay well in their existing homes, as well as the opportunity to learn more about the different types of seniors' housing that is available.

Together, the committee works to ensure that meaningful, relevant information is provided during the Forum. In 2015, sessions were held on seniors' housing options for home living in apartments, condos, and houses; home living supports such as day programming and personal care services; supportive and facility living; and dementia care.

Presentations related to downsizing/managing your move, caregiver support, financial literacy, legal documents you should have, transportation options, and utility choices were also available, and an exhibitors' hall with over 50 booths offered an opportunity for attendees to gather information on items of interest throughout the day.

This year's Forum will be held on Saturday, September 24 at the Central Lions Seniors Recreation Centre, 11113 113 St. Doors open at 9:00 am sharp, and sessions run from 10:00 am - 3:00 pm, with a complimentary boxed lunch provided. Last year, nearly 800 people attended the Housing Forum, so we recommend that you RSVP early!

To learn more about this year's Housing Forum, visit our website at www.mysage.ca/events/seniors-housing-forum.

Seniors' Housing Forum Saturday, September 24, 2016

Central Lions Seniors Recreation Centre 11113
113 Street

Registration opens September 1!

To RSVP, call 780.809.8604 or email
jlparenteau@mysage.ca

HOUSING FORUM COMMITTEE

Alberta Association On Gerontology (Edmonton Chapter)

Alberta Health Services

Alberta Continuing Care Association

City of Edmonton

Excel Society

GEF Seniors Housing

Government of Alberta – Health

Government of Alberta – Health – Supportive Living Programs

Lifestyle Options

Sage Seniors Association



WELLNESS MATTERS

BRAIN CLUTTER HAPPENS!

BARB RANKIN

Do you have a cluttered mind? Usually in our busy daily routine, our minds are full of clutter and chaos. Often, a restless and unfocused mind cannot find the “calm.” One needs a collected mind for defense against stressful pressures of the modern world. Mental clutter will put you off center, disrupting your balance.

Your mind tries to move in different directions and gets very little accomplished. We face clutter every day, in our closets, and in our homes. Physical clutter is easier to identify and often leads to mental clutter. It can feel overwhelming when our brains get noisy and it can be debilitating.

Uncluttering your physical environment is extremely important. The mind is a complicated organ. The mind consists often of scar tissue from the past traumas that are embedded in your brain and it is extremely difficult to sort through them but possible. Your brain needs regular mental house-keeping to occur, so that you will be able to clear some of the mental clutter. If anything needs un-cluttering, it's your mind. The brain is a very complex and complicated organ and tends to function better when it is clearer than not as problematic.

Little things can make a great difference especially when used in combination such as learning to concentrate on breathing calmly. Your brain can be uncluttered with a simple plan that will prove to have positive effects. Choose a few tips below to try out and see if they are helpful for you.

Take everyday life at your own pace: slow down and don't let others place pressure upon you to influence your life. As a result your mind will be less harried. Little things can make a big difference especially when used in combination.

If you also declutter some of your physical space you will discover that your mind will be positively affected.

- 'Let go'. Stop worry about things when you haven't any control.
- Sharing your troubles with a friend will make a huge difference to your mental sanity but also be a good listener when they would like to talk to you re: their concerns. 'A problem shared: is a problem halved.'
- Examine your sleeping habits and make sure that you are getting plenty of sleep. If you don't give this point some thought you won't realize how much sleep you are lacking and affecting you.
- Watch less TV: it fills your mind with noise and confusion. Be cautious about how much information you take into your brain. Overload is too easy in this fast track world.
- Keep a daily diary or journal.
- Just focus on one task at a time.
- Have a plan for routine tasks thus eliminating clutter taking up a lot of space in the brain.
- If you have an endless to do list, then accept what you cannot do at all and choose to do what is more important to you.
- Physical activity will help a great deal. Touch base with nature; take a walk by the river, or fountains, the Muttart Conservatory. Some people find that walking in the light rain or listening to the rain falling, can have a calming effect. Yoga is a very positive way of relaxing.
- Single - out what is most important to you to retain in your brain. It should be a short list. Above all, be mindful.

Mental clutter can become a barrier to clear thinking. Just as we choose to clutter, we can also choose to unclutter. Mental clutter will lead to congestion on our inner world. It can become a barrier.

PRO-ACTIVE AGING: MIND & BODY HEALTH

Tai Chi Introduction with Master Ken Introduction to Tai Chi, which includes 10 simple Tai Chi movements, warm up exercises, sitting & walking Tai Chi movements. Health benefits include improving balance, coordination and range of movement!

Date: Mondays - Sept.12- Dec. 5 (12 weeks)

Time: 9:30-11:00am

Location: Auditorium

Cost: \$30 for 12 weeks (regularly up to \$150) or \$5.00 weekly drop-in fee

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. Made possible with a Women in Motion grant.

Date: Mondays - starting September 12th

Time: 11:20am

Location: Auditorium

Cost:\$2.00 drop-in fee

Everyday Fitness (Sit and be Fit) Stay active with this easy and fun exercise series lead by a video instructor. All skill levels welcome.

Date: Fridays starting September 9

Time: 10:30am

Cost: Free

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

Classes:

A) Advanced 12:15pm - Wednesday & Friday

B) Intermediate 2:00pm - Wednesday & Friday

C) Beginner 1pm - Mondays & Tuesdays 10am

Location: Auditorium

Cost: suggested \$2.00 drop-in fee

Pole Walking Group (poles optional) A great opportunity to get out and get moving with a fun group of people! Open to everyone. Bring your Nordic Poles if you have them for a work-out that strengthens core, improves posture, reduces stress on hip and knee joints and increases stability and balance. Group goes rain or shine (the pedways in the rain). Meet in the Sage lobby.

Date: Wednesdays

Time: Depart Sage at 1:00pm

Mahjong (Tile Game) Lessons Learn the world's most popular tile game. Majhong is very similar to gin rummy. Please pre-register.

Date: Wednesdays - October 5- November 9

Time: 1:00pm

Location: Sage Café

Cost: \$5.00 for 6 weeks

Mahjong (Tile Game) Drop-in A great chance to play the world's most popular tile game. Majhong is very similar to gin rummy. Caution: highly addictive! Open to everyone.

Date: Tuesdays starting September 13

Time: 1pm

Location: Café

Cost: Free

'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 third Thursday of the month.

Date: Sept. 15, Oct. 20, Nov. 17

Time: 10:30am

Location: Raye Dolgoy Room

Cost: Free

Time: 1:30pm

Location: Craftroom

Cost: Free

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

Conversational Cree Group Learning a new language is a great way exercise your brain. This is a weekly gathering that is a great, informal opportunity to learn and share one of Canada's original languages. Open to all. Call group leader is Andre L'Hirondelle (780-421-7915) for information.

Date: Tuesdays
Location: Sage Craftroom
Time: 12:00pm
Cost: Free

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. These programs require no previous computer experience and are guided by an amazing instructor who focuses on holistic health. Register now for the fall session - spaces are limited so register early!

Date: Mondays and Fridays
Time: am & pm class available - start Sept. 16
Location: Sage Computer Lab
Cost: \$85.00 (can be paid in \$20 installments)

Healthy Talk A discussion on how physical fitness, nutrition, socialization, stress management and mental stimulation impact health. There is a presentation, discussion & sharing of ideas or articles on wellness and holistic lifestyle topics, from nutrition, to exercise.

Date: Sept. 14 & 28, Oct. 12 & 26, Nov. 9 & 23
Time: 1:30pm
Location: Craftroom
Cost: Free

Scrabble Time Join in a fun, monthly game of scrabble. If you've never played, this is a great time to start!

Date: First & Third Thursday of month
Time: 10:00am
Location: Sage café
Cost: Free

Dominos with Udo Drop-in each week and enjoy the fun of dominos. Instruction or a game-open for everyone to join in!

Date: Wednesdays
Time: 10:00am
Location: Sage Café
Cost: Free

Suduko 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 second Wednesday monthly.

Date: Sept. 14, Oct. 12, Nov. 9
Time: 10:30am
Location: Sage Lunch Room
Cost: Free

Reiki Classes (Level 1) *Reiki* is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. Level One is on self-healing and helping others. Course includes a certificate of completion. Registration deadline is September 19. Come try the free Reiki demo on Sept 6.

Date: 4 classes (Sept. 21, 23, 28 & 30)
Time: 9:30-12:30pm
Location: Small Meeting room
Cost: \$125.00

PRO-ACTIVE AGING: MIND & BODY HEALTH CONTINUED

YiXue Holistic Practice Cultivate health, elevate the vital life energy and stabilize your emotional heart with YiXue Practices and Methods from Grandmaster Wei Ling Yi. Focusses on your body's Qi and creating a light, balanced energy. Persons with limited mobility are also encouraged to participate. Drop-in. Open to all.

Date: Fridays

Time: 2:00pm

Location: meet in Sage lobby

Cost: Free (donations are welcome)

Oil Painting Drop-in Classes will focus on creating small oil paintings. Topics such as use of colour, composition, and contrast will be taught. Drawing experience is not necessary and all skill levels are welcome.

Date: Fridays - Instructor returns Sept. 9

Time: 9:30-12pm

Location: Craftroom

Cost: Supply costs only (Approx \$8/canvas and \$10 for paint and brushes as needed)

Ukulele Classes Sage is strumming and humming! Come and join the fun. Our instructor, Elaine Mann, offers 3 levels. You can enter at one level, and switch to another at any time.

Absolute Beginner: Never held a ukulele and wonder if you'd like it?

Several soprano ukuleles are available for you to try, and the **first class is free.**

Beginner/Intermediate: for those who know a few chords

Advanced: (various strumming and picking styles)

Date: Tuesdays, September 13 – Nov. 28

Time: Advanced: 1:30 - 2:15pm

Beginner/Intermediate: 2:30 – 3:15pm

Absolute Beginner: 3:30 – 4:15pm

Cost: \$65 Early Bird price (by Sept.9)

\$80 Regular Price (after Sept.9)

Ukulele Jam Sessions Grab your ukulele and join the fun in our newest drop-in group! Strum & hum along. For all skill levels & open to all.

Date: Thursdays

Time: 1:30pm

Location: Sage café

Cost: Free

Colouring Group Colouring is not just for kids! This is a great chance to express your creativity, de-stress and meet new people.

Date: Tuesdays

Time: 10:30am

Location: Sage café

Cost: Free

Coffee Group Drop-in and join Barb Rankin for a morning cup of coffee, fun conversation and a great chance to meet new people.

Date: Tuesdays

Time: 10:00am

Location: Sage café

Cost: Free

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 inter-generational theater experience. The cost to join is \$30.00 per year.



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

Blue Pencil Café (Writing classes) Wanted to write but didn't know where to start or lacked the motivation? Join our weekly writing circle where your stories, poems, memoirs take center stage. You will find a supportive environment where you will receive constructive feedback from your classmates and instructor, Melle Huizinga. Small class size and no writing experience necessary.

Date: Tuesdays, September 20 - Nov. 8

Time: 10:00am

Location: Sage Lunch room

Cost: \$45.00

Piano Lessons and/or Vocal Lessons Always wanted to learn how to play the piano or brush up your vocal skills? It's never too late! Lessons are a half hour to 45 minutes. Have fun while you learn. Open to all skill levels. Must pre-register for lesson time.

Date: Thursdays starting Sept. 8

Time: lessons start at 1pm

Cost: \$60/month (4 lessons/month)

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. to register. You **MUST** pre-register for lessons.

Date: Mondays, Wednesdays & Fridays

Time: 10:00-11:00am

Location: Sage Raye Dolgoy Room

Cost: \$50.00 for 20 Comprehensive lessons (learn to play bridge) or \$5.00 for specific/refresher lesson

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 third Tuesday of the month for this great drop-in program.

Dates: Sept. 20, October 18, November 15

Time: 1:00pm

Location: Sage Café

Cost: Free

The Realities of Crime and Criminal Justice in Edmonton An exciting glimpse into the justice world from a retired criminal justice professor! If you like CSI and Law & Order you'll love this! Learn some facts about criminal justice in Edmonton in a series of classes and two tours (Criminal Court and Edmonton Institution For Women) as well as real case studies in this 11 week course. Learn that what you see and hear in the media and information you already have about criminal justice may not be accurate. Deadline Sept.19.

Date: Wednesdays, starting September 21

Time: 9:30-11:30am

Location: Board Room

Cost: \$47.00 Early Bird (by Sept.13)
\$57 Regular Price (after Sept.13)

Drug Court Course A brand-new class by retired criminal justice professor, Doug Heckbert, delving into the fascinating world of Drug Court in Edmonton. Includes guest speakers and a tour. You must have taken Realities of Crime and Justice course to take this course. Must pre-register.

Date: Wednesdays, Oct.12- Nov. 9

Time: 1:30-4pm

Location: Sage Boardroom

Cost: \$28 Early Bird (by Sept.13)
\$38 Regular Price (after Sept.13)

LUNCHES, PARTIES & MORE

Fall Welcome Back Kick off Fall with a highlight of some of Sage's great programs including a Reiki Demo (11-12pm), Brainfitness Demo, Line Dance Demo (10am), Line Dance Performance (12pm), Ukulele Sing-a-Long (1:30pm), live music and cake (12:30-1:30pm).

Date: Tuesday, September 6

Location: Sage - various locations

Cost: Free thanks to Our Parents' Home (A Christenson Community)

Thanksgiving Buffet Give thanks at Sage as we enjoy a delicious, deluxe Thanksgiving Dinner Buffet with all the trimmings plus salads, cranberry sauce, dessert and coffee/tea. Enjoy live music. Purchase your tickets by October 4.

Date: Thursday, October 6

Time: 11:30am

Location: Sage Auditorium

Cost: \$15.95 members, \$17.95 non-members

Halloween Party (and Birthday Party) Get out your Halloween costumes and join in the fun (or come as you are)! There will be live music, door prizes, Halloween treats & more!

Date: Thursday, October 27

Time: 1:00pm

Location: Sage Café

Cost: Free thanks to Dignity Memorial

Canadian Lunch (Celebrate CFR) Yee-haw! Get out your western wear, enjoy a Buffalo burger (with fries and salad), Saskatoon pie, listen to live country music. Pre-purchase tickets by Nov.7

Date: Thursday, November 9

Time: 11:30-1pm

Location: Sage Café

Cost: \$12.00

Christmas Lunch Buffet Chef Roman's delicious Christmas dinner with turkey and all the trimmings including desserts, coffee and tea. Tickets on sale in November.

Christmas Craft & Gift Sale A great opportunity to get some Christmas shopping done – or better yet, spoil yourself! Everything from homemade knit and crocheted goods to Avon, Fifth Avenue jewelry and more! Stay for cake and live music at the birthday party.

Date: Thursday, November 25

Time: 10-1:30pm

Location: Sage Café

Cost: Free

Sage Monthly Birthday Party Sage celebrates birthdays the last Thursday of every month at 1:00pm with birthday cake and **live entertainment**. This party is for everyone, so join in the fun, even if it isn't your birthday month! **Sponsored by Dignity Memorial. (Hainstock's Funeral Home 9810-34 Ave & Memories Funeral Home 13403 St. Albert).**

Date: September 29, October, 27, November 24

Location: Sage Café

Cost: Free Cake and Live Music!

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

Hainstock's Funeral Home
Memories Funeral Home
First Memorial Funeral Services

Open to members
and non-members

Let's do Lunch 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. Must pre-register. Call **Sage** to register.

September 13: The Keg on Whyte

October 11: State and Main - Jasper Ave

November 8: Joey Tomatoes - Ice District

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 are the last Thursday of the month at 12:30pm. Meet at main floor reception.

Date: September 29, October, 27, November 24



2015 was a busy year for Sage Seniors Association. Read about it in our 2015 Annual Report! **The full report can be found on our website at:**

<http://www.mysage.ca/publications/annual-report>

OPENING SEPTEMBER 2016

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Website: www.rosedaledevelopments.com



Rosedale 
SENIORS' LIVING

PRESENTATIONS & INFORMATION SESSIONS

Mind Your Money: Monthly Financial Presentations with Wei Woo No cost, open to all, please pre-register:

1. Understanding Fees with your Financial Institution An increasingly amount of banks and investment firms' clients are demanding more clarity on the type of fees they are paying directly or indirectly, as well as why. Come join Wei Woo as we explore this very relevant and important issue in depth.

Date: Wednesday, September 21 at 10:30am

2. Downsizing your Real Estate in Retirement Many people continue living in their large family homes for years beyond their actual need. Matching your lifestyle to your housing accommodation is key to ensuring you are living "efficiently". Unlocking the equity in your home will create liquidity thus giving you many more life options.

Date: Wednesday, October 19 at 10:30am

3. New regulations for your Financial Advisor: How it affects retired clients Here is a new set of rules and reporting requirements on your RRSP and TFSA accounts, Come join Wei Woo as we discuss what this all means, and to find out if your advisor is doing what is in your best interest.

Date: Wednesday, November 16 at 10:30am

Wecan Food Basket Society of Alberta presentation Learn about this non-profit organization that believes every individual has a right to quality, fresh & nutritious food by purchasing food baskets.

Date: Thursday, September 22

Time: 10:30am

Location: Sage Room

Cost: Free

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. Please pre-register.

Date: Tuesday, October 25

Time: 1:00pm

Location: Sage Room

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. Held at 1:30pm in the Craftroom the first and third Wednesday of the month. Cost: \$1.00. Wellbeing Talk topics to be announced.

Emergency Preparedness Workshop - Storms, Power Outages & Floods - Be Prepared! Join Barb Rankin to find out what you need in case of emergency. Register by Monday, November 21.

Date: Tuesday, November 22

Time: 1:00pm

Location: Sage Room

Cost: Free

Legal Documents You Should Have A

Lawyer presenting on essential planning documents. For example personal directives, power of attorney and wills. Help simplify your future. Please pre-register.

Date: Wednesday, October 26

Time: 10:00am

Location: Sage Room

Cost: Free

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

Hutterite Colony visit and Stony Plain Murals

Driving Tour Enjoy a visit to the Warburg Hutterite colony. Enjoy a homemade lunch as well as a tour. Bring some money if you wish to purchase fresh produce and homemade goods. Finish the day with a drive through the beautiful town of Stony Plain.

Date: Friday, September 2

Time: Depart Sage at 9:30am

Cost: \$48.00 members (\$53.00 non-members)

Smoky Lake Pumpkin Festival The Town of Smoky Lake hosts the Great White North Pumpkin Festival. In addition to the gigantic pumpkins and gourds there is also a threshing demonstration, a farmers market, fair grounds, car show and more! A former Pumpkin Champ won with a 800 pounder! Must pre-register. Hurry! Seats fill-up quickly!

Date: Saturday, October 1 - Depart at 9am

Cost: \$20 for coach bus (plus your own lunch and \$10 admission if you want see pumpkins)

Lois Hole Library Trip A great chance to see one of Edmonton's newest libraries with many great features.

Date: Tuesday, August 23^r

Time: Depart Sage at 1pm

Location: Meet in Sage lobby

Cost: Free (bring spending money if you want)

Italian Pranzo Lunch at Santa Maria Goretti A delicious, traditional, 7-course Italian pranzo lunch including antipasto platter, pasta, salad, meat & potatoes, dessert and coffee/tea.

Date: Sunday, September 18

Time: Depart Sage at 11:00am

Cost: \$25.00 per person plus ETS



Tacky Tourist Party at SWESA See a senior center you might not usually visit and enjoy a party with a little bit of everything: Mexican/Spanish/Hawaiian fusion dancers, Oktoberfest meal (Sausages, sauerkraut, potato salad and other fixings), fiesta/Luau decorations. Register by October 13.

Date: Tuesday, October 18

Time: Depart Sage at 11:15am

Cost: \$12 plus ETS bus fare

Greenland Garden Center Greenland decorates for Christmas like no other, so come along and get in the festive spirit! They also have a beautiful selection of poinsettias, a delicious café, and an amazing selection of Christmas decorations, giftware and home decor to suit every need. Please pre-register.

Date: Tuesday, November 29

Time: Depart Sage at 10:30am

Location: Greenland Garden Center

Cost: \$15 for bus- pay own lunch, etc.

River Cree Casino Monthly Outing Hop on intrepid Charter's (Alan's) bus the fourth 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: Mondays, October 24 and November 28 (no September trip)

Time: Depart Sage at 10:00am



FLAVOR{FULL}

“I have never eaten so many vegetables as I have since I came here!”

— *Juanita Ryan,*
Touchmark resident



Meet Juanita Ryan.

She serves on Touchmark’s Resident Council as food liaison and helps other residents with any issues, specific dietary requirements, or comments about the food.

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Seniors at Risk

Any time a vehicle strikes a pedestrian, it result in injuries. The sad truth is that seniors are particularly at risk of being injured fatally.

As people get older, their vision may diminish, reflexes may slow and the ability to move quickly and agilely may decrease. It can take longer to cross roads and may become harder to deal with situations that require evasive action.

Tips for Pedestrians

Cross at intersections

- Use crosswalks at all times, if possible, where there are traffic lights
- Start crossing at the beginning of the walk signal so you have enough time

Drivers need to see you

- Make eye contact and wait until drivers stop

Stay alert

- Watch for drivers turning and stay alert all the way across
- Watch for vehicles backing out of driveways or parking spots

Be prepared

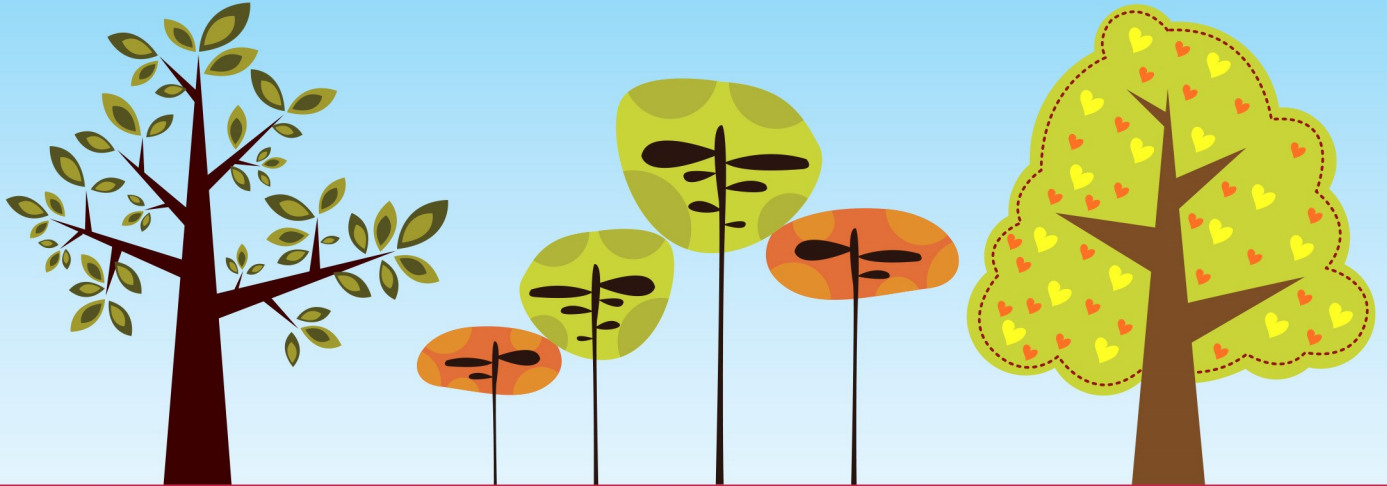
- Use walking canes or other aids as needed
- Wear suitable footwear to increase your balance
- Cross with someone when possible

When Walking After Dark

- Wear bright-coloured or reflective clothing
- Use reflective stickers on your bag, jacket or walking aid
- Use a flashlight: It will help you see and helps others see you



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5711 - Calgary Trail

Visit our two Edmonton locations
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12604 - 118 Ave

DROP-IN ACTIVITIES AT SAGE

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

September 16 - "Joy" (Oscar nominated)

October 21 - "The Martian"

November 18 - "Ricky and the Flash"

Jennie Wilting Discussion Group A discussion group featuring interesting, controversial, and thought-provoking topics. Meets at 1pm on the third Tuesday monthly.

Dates: September 20, October 18, November 15

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

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.

Dates: September 15, October 20, November 17.

Time: 11-1pm

Location: Sage Café

Over The Rainbow 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: boveejeff@gmail.com.

Date: Every Thursday

Time: 1:00pm

Location: Sage Cafe

Cost: FREE

The **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 on down and join us! The club accepts loonie/toonie donations for Sage.

September 15 - Destination TBA

October 20 - Destination TBA

November 17 - Bolivia

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COMPUTER CLASSES

Internet and Computer Safety Tips on internet safety and awareness. Covers topics like password/personal info management, scams, spam, websites to avoid, etc.

Date: Wednesday, October 12

Time: 2:00-3:30pm

Location: Sage Room

Cost: Free

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 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. Come to one session or both. Please pre-register.

Date: September 7 and 14

Time: 2:00pm

Location: Sage Room

Cost: \$2.00 total for both sessions

Computers for Beginners An introduction to computer basics including learning how to use the mouse and working up to using internet and e-mail. Classes will be offered in small groups. You must pre-register.

Dates:

September Classes - Sept. 7, 9, 12, 14, 16, 19, 21

October Classes - Oct. 5, 7, 12, 14, 17, 19, 21

November Classes- Nov. 2, 4, 7, 9, 14, 16, 18

December Classes - Nov. 30, Dec. 2, 5, 7, 9, 12, 14

Time: 2:30pm Monday/Friday, 1:00pm Wednesday

Cost: \$5.00- thanks to ECALA grants

Device and Computer Help Drop-in for some 1-1 volunteer help—whether it is computer question, laptops, iPad's, cell phones, etc.

Date: Wednesdays

Time: 10-12pm

Location: Computer Lab

Cost: Free

Facebook Help 1-1 sessions with a friendly volunteer. Learn more about Facebook, get help setting up or managing your profile.

Date: Tuesdays

Time: 10:00-11:00am (drop-in)

Cost: Free

ETS Trip Finder Course Learn how to use ETS' trip planning tools on your technological devices. ETS offers a variety of technical tools to make using Edmonton Transit easy, quick, and efficient. Class taught in small groups.

Date: Tuesday, August 23

Time: 2 classes - 10:00am and 11:00am

Location: Computer Lab

Cost: Free



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GROUPS AND CLUBS

The **Raye Dolgoy Bridge Club** meets each **Monday, Wednesday and Friday** from 11:30-4:00pm 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 is available.

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

The **Next Page Book Club** will meet for a new reading adventure on the second 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 second Thursday of every month at 1pm in the Raye Dolgoy Room. This group is free to join!

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2:00 pm



VOLUNTEER SERVICES

BARB CARROLL
VOLUNTEER COORDINATOR

What a TEAM we have at Sage!



Within Sage, there is an engaged community where management, staff and volunteers are TEAM partners in co-creating the future. Volunteers are fully embraced as a valuable part of the TEAM and are critical to the health and sustainability of Sage.

Volunteers bring a unique perspective and are a source of valuable information for TEAM planning and evaluation. Throughout the year, the Sage TEAM connects on various occasions to engage and share information and most importantly, to socialize and have fun together.



In June, the Sage TEAM got together for a Pot Luck Lunch and Social. Everyone had fun solving the “Bingo” ice breaker, engaging with TEAM members to see if they could match the statement to the person. There was plenty of delicious food, lots of laughter and a great opportunity to socialize. A great time was had by all!



Volunteers: Save the Date - Volunteer Appreciation Event , Dec. 7, 2016


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