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# sage **LINK**

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Do you know an  
outstanding senior  
in your community?



**NOMINATE A SENIOR FOR A SAGE AWARD!**  
**Nominations OPEN Dec 19 and CLOSE Jan 31**

### Awards Categories:

**Arts & Culture • Community Building • Education  
Environment • Health & Wellness • Public & Non-Profit  
Science & Technology • Social Justice & Peace  
Sport & Leisure • Transportation**

Nominees and Award Recipients will be honoured at our  
**11th Annual Sage Awards Luncheon**  
**Wednesday, May 10th, 2017 at the Chateau Lacombe**

Nomination forms are available:  
phone: 780-701-9017    email: [jlparenteau@MySage.ca](mailto:jlparenteau@MySage.ca)  
Online at [www.MySage.ca](http://www.MySage.ca)



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or call 780-701-9025 to order  
our made fresh and frozen meals.  
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## MESSAGE FROM THE PRESIDENT

### PASSING THE TORCH BARB BURTON

For some, a career is a source of income. For others, like our esteemed Executive Director Roger Laing, a career is a nineteen year journey to improve the quality of life of seniors.

It's been a journey steeped in a deep moral conviction that seniors are vibrant, essential members of our community fabric. A journey that has resulted in Edmonton and Alberta being better able to meet the needs of seniors and build on their strengths. A journey that has allowed our organization to flourish and grow into a leader in the seniors' serving sector that is positioned to inspire and support the next generation of seniors.

On behalf of our Board of Directors, staff, volunteers and seniors in our community, we extend our sincere appreciation and gratitude to Roger for his inspiring service and leadership.

The Board of Directors is pleased to announce that Karen McDonald, formerly Sage's Assistant Executive Director, has been appointed to the position of Executive Director.



**Connect with Sage!**  
15 Sir Winston Churchill Square  
Edmonton AB T5J 2E5  
Tel: 780-423-5510 Fax: 780-426-5175  
email: [info@mysage.ca](mailto:info@mysage.ca) [www.mysage.ca](http://www.mysage.ca)

## PARTNERSHIP PROFILE

Canada Revenue Agency



### 2017 INCOME TAX VOLUNTEERS NEEDED

Sage partners with the Canada Revenue Agency to provide **free income tax preparation services to low income seniors**. Our income tax clinic runs:  
**March 6 – April 27, 2017** 9am–4pm,  
Monday–Thursday.

Training sessions will be provided by the Canada Revenue Agency.

If you have some experience in preparing simple income tax returns and would like to volunteer for this important program, please contact:

Barb Carroll at 780-701-9014 or  
[bcarroll@mysage.ca](mailto:bcarroll@mysage.ca)

### Board of Directors 2015-2016

President	Barb Burton
President Elect	Reg Joseph
Past President	D. Lynn Skillen
Secretary	Tammy Pidner
Treasurer	John Schiel

### Members at Large

Daniel Morrow	Edwin Ryan
Michael Phair	Joyce Tustian
Gabrielle Betts	Jean Waters
Raj Pannu	Hubert Kammerer
<b>Executive Director</b>	Karen McDonald

<b>Main Switchboard</b>		<b>780-423-5510</b>
<b>Life Enrichment</b> - Rachel Tassone		780-701-9016
<b>Social Work Services</b>		
<b>Assessment and Housing</b>		587-773-1764
<b>Assessment and Housing</b> - Kathleen Kelly		780-701-9019
<b>Assessment and Housing</b> - Sheila Drewniak		780-701-9018
<b>Outreach</b> - Colleen Derksen		780-701-9020
<b>This Full House (Hoarding)</b> - Colleen Derksen		780-701-9005
<b>Community Navigators</b> - Christie Smith, Muno Osman, Amanda Harriman-Gojtan		780-423-5510
<b>Ageing To Sageing</b> - Shelly Sabo and Shelby Fellner		780-423-5510
<b>Guardianship/Trusteeship &amp; CoDecision Making</b> - Shelley McGowan		780-701-9013
<b>Guardianship/Trusteeship &amp; CoDecision Making</b> - Lana Gerbrand		780-701-9006
<b>Safe House Intake</b>		
<b>Safe House Manager</b> - Michele Markham		780-628-1139
<b>Safe House Coordinators</b> - Anjulie Talwar and Amanda Gravel		780-426-3746
<b>Safe House Follow-Up</b> - Laura Hamilton		780-628-1126
<b>Food Services</b>		
<b>Acting Food Services Manager</b> - Susan Kakeesim		780-701-9022
<b>Sage Savories Orders</b> - Uma Nath		780-701-9025
<b>Volunteer Services</b> - Barb Carroll		780-701-9014
<b>Administration</b>		
Executive Director	Karen McDonald	780-701-9008
Director of Operations	Bernice Sewell	780-701-9002
Manager, Finance	Colleen Jahns	780-701-9003
Administrative Coordinator	Emily Weisbrot	780-701-9009
Community Relations Coordinator	JoLynn Parenteau	780-701-9017
Community Relations/Stewardship Coordinator	Carlina MacInnis	780-701-9007
Acting Director, Community Relations	Nicole Smith	780-701-9012

### STAFF ANNOUNCEMENTS

**Amanda Harriman-Gojtan** joined Sage team in October as Part Time Community Navigator for the PEGASIS project. Welcome, Amanda!

The Sunshine Café welcomes **Leon Coates** as the new Casual Cook in the Food Services Program. Leon will be helping out when Food Services staff are away. Welcome, Leon!

**Sheila Drewniak** joined Sage in September in the role of Temporary Assessment and Housing Coordinator; The Ageing to Sageing Program gained **Shelly Sabo** in August the role of Community Animator and **Shelby Fellner** as Outreach Coordinator in September. Welcome!

Executive Director **Roger Laing** retires Dec 31; **Karen McDonald** is appointed to the E.D. role.

# Christmas Caroling



## VOLUNTEER NEWS

**BARB CARROLL**  
VOLUNTEER COORDINATOR



*Holiday Wishes made with gingerbread hugs  
and peppermint kisses...*



*Volunteers... please join us for a delicious lunch,  
sweet treats and Christmas Caroling at the*



*Christmas Volunteer Appreciation Event*



*December 7, 1–3pm*



*Sage Auditorium*



*RSVP by Dec 1 at main floor reception  
or to Barb at 780-701-9014*



Debby Marcus passed away  
on July 14, 2016.

Debby was a Social Worker  
at Sage from 2002–2016 in the

roles of Housing Coordinator and Multicultural Liaison. She was instrumental in starting the English as Another Language program and Planting Roots urban gardening program at Sage.

She always showed warmth and compassion, not only to her clients, but towards volunteers and fellow staff. Debby was quick witted and had an amazing sense of humour.

She was also very creative. When The Society for Retired and Semi-Retired was looking for a new name, it was Debby's idea to call it SAGE (Seniors Association of Greater Edmonton). Debby will be deeply missed.

## *In Memoriam*



Jeanne Garland passed away on October 8, 2016. Jeanne volunteered at Sage for 17 years on the main floor reception desk. She greeted everyone with a big smile and warm heart. Jeanne was dedicated to Sage throughout the years and was always willing to give that little bit extra, wherever needed. Jeanne will be sadly missed.



Joan Bensted passed away on June 29, 2016. Joan volunteered at Sage for over 7 years as the Program Coordinator for the Happy Travelers Group. She had an avid interest in photography and travel and enjoyed coordinating travel presentations for the group. Joan will be sadly missed.

# LIFE ENRICHMENT PROGRAMS

Open to members and non-members

## TRIPS & OUTINGS

It's never too late to try new things (or age pro-actively)! Here are some opportunities at Sage to keep your body and brain sharp, try new things, as well as meet some great people. **Open to everyone, no membership required.** Please register at main reception or call 780-423-5510 ext 301.

Please join us as we venture out and about. Must be able to go up and down several stairs and some ground may be uneven.

### Hotel MacDonald Yuletide Feast

A delicious lunch buffet with the Hotel MacDonald's Christmas splendor.

**Must pre-purchase tickets no later than December 13 (limited seats available).**

Meet at Hotel Mac lobby.

**Date:** Tuesday, December 20

**Time:** Seating is at 11:30am.

**Cost:** \$55 includes tax & tip.

### Christmas Light Tour

Sponsored by Dignity Memorial. Join Sage as we take in some of Edmonton's beautiful Christmas light displays and enjoy some hot chocolate and goodies. Spaces are limited so book early!

**Date:** Monday, December 19

**Time:** Depart Sage at 6:00pm, return approx 8:00pm

**Location:** Meet at Sage

**Cost:** \$5.00 (\$20 per person supplemented by Dignity Memorial)

### Mayfield Dinner Theatre "Only In Vegas"

What happens in Vegas...also happens at the Mayfield! See the dazzling city of Las Vegas and the iconic performers that have entertained there - past and present. Only In Vegas features the great music, comedy and theatrics of "Sin City" – from its early (sketchy) beginnings, to the boom years of the 60's and 70's, to present day theatre spectaculars. Hurry! Tickets are limited.

Deadline is Dec 19th to guarantee a seat. Tickets may still be available after that date.

**Date:** Wednesday, January 25

**Time:** depart Sage at 9:45am

**Cost:** \$89 with school bus (or taxi) to and from performance

### Ernest's at Nait

Enjoy a lunch buffet with all of the talent and skills from the culinary arts students at Nait. From an entree buffet to a deluxe salad bar and more desserts than you can eat! Seats are limited. Deadline Feb 7.

**Date:** Friday, February 17

**Time:** Depart Sage at 10:30am (11:15 seating)

**Cost:** \$36 includes tax & tip (ETS bus fare not included)

### The Patsy Cline Project at Holden Dinner Theatre

As one of the most nominated and award-winning female vocalists in Canadian country music history, Lisa Brokop will transport the audience back to the hey-day of country music on a musical journey featuring some of Patsy Cline's most memorable songs. Enjoy a deluxe dinner at the community hall after the show. Register by Feb 17.

**Date:** Sunday, February 26

**Time:** Depart Sage at 12:00pm

**Cost:** \$59 includes school bus, show & meal

### River Cree Casino Monthly Outing

Hop on intrepid Charter's (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 gambling voucher. You must pre-register.

**Date:** Mondays - January 23 & February 27 (no December trip)

**Time:** Depart Sage at 10:00am

# LIFE ENRICHMENT PROGRAMS

Open to members and non-members

## PHYSICAL ACTIVITY OFFERINGS

### **\*New\* Gentle Yoga**

Enjoy an hour of senior-friendly, gentle yoga movements. Good for all ages and abilities. Pre-register or drop-in.

**Date:** Fridays, starts January 13- February 24

**Time:** 1:00pm-2:00pm

**Location:** 3rd floor Sage Room

**Cost:** Free

### **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, January 23-April 10

(11 weeks) resumes May 1-June 26 (8 weeks)

**Time:** 9:30am **Location:** Auditorium

**Cost:** \$20 for 11 weeks (regularly up to \$100) 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.

**Date:** Mondays until Dec 19, resume Jan 16

**Time:** 11:20am **Location:** Auditorium

**Cost:** Free! Bring a friend!

### **Senior's Line Dancing Classes**

A great opportunity to learn some line dances, have some fun and meet new people! Work out your body while you work out your brain learning new steps. Limited spaces are available.

**Location:** Auditorium **Cost:** \$2.00 a month

A) **Advanced** - 12:15pm Wednesday & Friday

B) **Intermediate** - 2:00pm Wednesday & Friday

C) **Beginner** - 1:00pm Mon & 10:00am Tues

### **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)

### **Everyday Fitness (Sit and be Fit)**

Stay active with this easy and fun exercise series lead by a volunteer instructor.

All skill levels welcome.

**Date:** Fridays until Dec 16, resumes Jan 13

**Time:** 10:30am **Cost:** Free

#### **THE TEGLER FOUNDATION**

is a Charity operating Independent Living  
Seniors Only residences.

#### **The Tegler Manor**

features 1 and 2 bedroom fully renovated suites. Rent includes ALL utilities and cable! Located downtown, this building is within a block of all major amenities including groceries, pharmacy, restaurants, churches and LRT. The Tegler Manor also offers on site laundry, chapel, social club and library.

#### **The Tegler Terrace**

features 1 and 2 bedroom suites with balconies. Rent includes heat, water and cable! Electricity is extra. The Tegler Terrace is located ideally in West Jasper Place. There is on site laundry and many extras such as a chapel, hairdresser, pool table and social club.

We offer a rent subsidy on 1 bedrooms  
for those seniors that qualify.

We are accepting applications now.

Please contact us by phone at 780-422-1531  
or email at TeglerAdmin@shaw.ca



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

## BRAIN HEALTH

### BrainFitness Information Session

Thinking of signing up for BrainFitness but want to learn about it first? This is an opportunity to learn about Sage's one-of-a-kind program that helps to keep your brain sharp. BrainFitness has been proven to help you think faster and improve memory & balance. Winter classes begin in January. Please pre-register.

**Date:** December 16

**Time:** 10:30am

**Location:** 3rd floor Sage Room

**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 winter session – it's not too late!

**Date:** Mondays and Fridays, starts Jan 9

**Time:** am & pm class available

**Location:** Sage Computer Lab

**Cost:** \$85.00, can be paid in \$20 installments

### 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 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month.

**Cost:** \$1.00

**Jan 4** - Passive Aggressive Behavior

**Jan 18** - Manipulation

**Feb 1** - Neurosis

**Feb 15** - Anger

### Jennie Wilting Discussion Group

A discussion group featuring interesting, controversial, and thought-provoking topics. Jennie will not lecture, only facilitate this group. Meets at 1pm on the 3<sup>rd</sup> Tuesday monthly.

**Dates:** Dec 20, Jan 17, Feb 21

**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 3<sup>rd</sup> Thursday of the month.

**Date:** Dec 15, Jan 19, Feb 16

**Time:** 10:30am

**Location:** Raye Dolgoy Room

**Cost:** Free

### Healthy Talk (formerly Holistic Twist)

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

**Date:** Dec 14 (Fall Prevention Presentation)

January 11 & 25, February 8 & 22

**Time:** 1:30pm

**Location:** Craftroom

**Cost:** Free

### Sudoku Class

Learn how to do these simple number puzzles, or come and sharpen your skills. They are not only fun but keep your brain sharp too! Offered the 2<sup>nd</sup> Wednesday monthly.

**Date:** Dec 14, Jan 11, Feb 8

**Time:** 10:30am

**Location:** Sage Lunch Room

**Cost:** Free

# LIFE ENRICHMENT PROGRAMS

Open to members and non-members

## GAMES AT SAGE

### Mahjong (Tile Game) Lessons

Learn the world's most popular tile game. Mahjong is very similar to gin rummy. Please pre-register.

**Date:** Tuesdays, January 24-February 28

**Time:** 1:00pm-2:30pm      **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. Mahjong is very similar to gin rummy. Caution: highly addictive! Open to everyone.

**Date:** Tuesdays      **Time:** 1:00pm

**Location:** Café      **Cost:** Free

### Scrabble Time

Join in a fun game of scrabble and spend time with some great people. If you've never played, this is a great time to start!

**Date:** Thursdays      **Time:** 10:00am

**Location:** Café      **Cost:** Free

### 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:** 10:00am-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

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

### Dominos with Udo & Jeff

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

### Games & Puzzle Room!

The Games Room is on the main floor of Sage. Come and play crib, scrabble, checkers, board games, mahjong or work on puzzles.

## SPIRITUAL OFFERINGS

### Soul Food

Facilitated by community chaplain Anthony White – Weekly non-denominational reflections, non-judgmental sharing and examination of our spirituality – our search for meaning in this life. Topics will include: our history, values, beliefs, legacy and end of life supports.

**Date:** Tuesdays, December–February

**Time:** 10:45am-12:00pm

**Cost:** Free      **Location:** Small Meeting Room

\*Whatever your beliefs, you may want someone to talk to. Individual appointments with Anthony are available through the Life Enrichment Coordinator or following weekly sessions.

Questions about seniors programs and services?

211 now provides enhanced information and referrals for a variety of seniors resources



Dial 2-1-1 to be connected to the Seniors Information Phone Line



## CREATIVE OPPORTUNITIES

### 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 - starts in March (dates TBA)

**Time:** 9:30am      **Location:** Boardroom

**Cost:** \$45.00

### 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 – resumes Jan 13

**Time:** 9:30am-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.

**1) 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.**

**2) Beginner/Intermediate:** for those who know a few chords

**3) Advanced:** (various strumming and picking styles)

**Date:** Tuesdays - Jan 10-March 28 (12 weeks)

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

Beginner/Intermediate: 2:30pm-3:15pm

Absolute Beginner: 3:30pm-4:15pm

**Cost:** \$65 Early Bird price (by Dec.23rd)

\$80 Regular Price (after Dec. 23rd)

\*Private ukulele lessons available - see Rachel

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!**

### 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:** 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:** Café      **Cost:** Free

### Piano Lessons and/or Vocal Lessons (individual lessons)

Always wanted to learn how to play the piano or brush up your vocal skills? It's never too late! These 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 starts Jan 12

**Time:** lessons start at 1:00pm

**Location:** Classroom A

**Cost:** \$15/lesson

**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. Knitting and crocheting are great ways to keep your hands and fingers nimble while exercising your brain!

# LIFE ENRICHMENT PROGRAMS

Open to members and non-members

## CREATIVE OPPORTUNITIES

### 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 3<sup>rd</sup> Tuesday of the month for this great drop-in program.

**Dates:** Dec 20, Jan 17, Feb 21

**Time:** 1:00pm

**Location:** 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.

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NASMM  
National Association of  
Senior Move Managers

Registered Provider  
Sage  
Home Services

## LEARNING OPPORTUNITIES

### Councilor Andrew Knack Visit

Learn what city hall is doing to help with senior's issues and concerns as well other city business. This is also a great 1-1 chance to meet a councilor.

**Date:** Thursday, December 1st

**Time:** 10:00am

**Location:** Sage cafe

**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).

Pre-register **Date:** Wednesdays, Jan 4-March 8

**Time:** 1:00pm-3:00pm

**Location:** Board Room

**Cost:** \$47 Early Bird (before Dec 23)  
\$57 Regular Price (after Dec 23)

### \*New\* Film Study Courses

These 90 minute classes are an interesting mix of film clips and discussion taught by a U of A (and ELLA) professor.

Each course is 4 classes:

#### 1) "Law on Film"

This film course will examine a broad range of representations of law in film, which, as a sub-genre, appears in a tremendous number of well-known films -Cape Fear, The Sweet Hereafter, A Few Good Men, The Accused, True Confessions, The Firm, The Silence of the Lambs, Presumed Innocent, To Kill A Mockingbird, Body Heat. Also includes a strong run of 80s films that featured women as lawyers. Pre-register.

**Date:** Fridays, Jan 13 - Feb. 17

**Time:** 1:00pm-2:30pm **Location:** Craftroom

**Cost:** \$5.00 for 4 weeks

## LEARNING OPPORTUNITIES

### 2) "Film Noir: Old Hollywood to Neo-Noir"

Examine the enduring genre known as film noir, a collection of films where the characters' social, romantic, and financial motives are as shadowy as the cinematography depicting them. Complex gender politics abound in film noir, as analytical men who are trained investigators of some sort (lawyers, detectives, insurance adjustors) are fooled against all better judgement by "femmes fatales" who are actually far more savvy and strategic than these supposedly sophisticated men. Includes film clips from *Double Indemnity*, *The Maltese Falcon*, *Sunset Boulevard*, *The Postman Always Rings Twice*, *Detour*, *Chinatown*, *Body Heat*, and even *Bladerunner*.

**Date:** Fridays, starting Feb 24-March 31

**Time:** 1:00pm-2:30pm

**Location:** Craftroom

**Cost:** \$5.00

### Good Guy/Bad Guy

Attend this session featuring Mike Ryan, a former addict, drug smuggler and inmate who turned his life around to become a university graduate, mentor for youth and award-winning community leader. Open to everyone.

**Date:** Thursday, February 9

**Time:** 1:00pm   **Location:** Classroom B

**Cost:** \$15.00

**Happy Travellers** Travel the globe without leaving your chair! This is an amazing opportunity to hear stories and see pictures right from the travelers themselves. Held the 3<sup>rd</sup> Thursday monthly at 1pm. \$1-2 donations appreciated. Join us for our upcoming travel presentations. Watch for our great travel destinations in the New Year (no happy Travellers in December).



**Like us on Facebook!**  
Sage Seniors Association

### Conversational Cree Group

Learning a new language is a great way to 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. Our group leader is Andre L'Hirondelle, 780-421-7915 - call for information.

**Date:** Tuesdays

**Location:** Craftroom

**Time:** 12:00pm

**Cost:** Free

## PREVENTATIVE OFFERINGS

### Aging in Place Workshop: Prepare Now to Live your Best Life Possible

Are you thinking about your future years and how you want to live? By being prepared you can be in control. Have you considered housing, finance, health, transportation and social supports you may need? Join us at Sage as we walk with you through all of the pieces you may need to consider. The classes run for 2.5 hours once per week for 4 weeks. A facilitator will help to work through topics and present resources. If you have ever found yourself thinking about the future, now is a good time to start setting the course to go in the direction you want to go. Must pre-register. Refreshments included.

**Date:** Fridays, Jan 20 & 27, Feb 3 & 10  
follow-up session March 10

**Time:** 12:30pm-3:00pm

**Location:** Classroom B

**Cost:** \$20 for 4 weeks (plus follow-up week)

### Dementia Presentation (organized by SALT)

All you need to know about Dementia- what it is, what can help, as well as caregiving and supports available.

**Date:** Tuesday, December 13

**Time:** 1:00pm

**Location:** Sage Auditorium

**Cost:** Free

# LIFE ENRICHMENT PROGRAMS

Open to members and non-members

## PREVENTATIVE OFFERINGS

### Mind Your Money — Monthly Financial Presentations with Wei Woo

(no cost, open to all, please pre-register)

#### 1. Year End Global Financial Market Review & 2017 Global Outlook

The latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. We will also look at forward guidance on what to expect for the coming year. Pre-register.

**Date: Dec 14 Time: 10:30am @ Auditorium**

#### 2. Retirement Income Blueprint

Feeling the burden of less money and high taxes? This program is designed to show retirees how to address special issues and draw out retirement income in the most tax efficient manner. Pre-register.

**Date: Jan 18 Time: 10:30am @ Auditorium**

#### 3. Optimizing the Retirement Benefits of a Tax Free Savings Account

The Tax Free Savings Account has been out since 2009, it is now 2016 and many retired Canadians are still confused about how to best use this tax saving investment shelter. Pre-register.

**Date: February 22**

#### 4. Fraud & Identity Theft Prevention

**Date: March 22**

#### 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. Please pre-register.

**Date: Tuesday, December 13**

**Time: 10:00am**

**Location: Board 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.

**Dates: Wednesday, December 14 at 1:30pm  
Tuesday, February 7 at 1:00pm**

**Cost: Free**

### 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. Please pre-register.

**Date: Thursday, January 26**

**Time: 1:00pm**

**Location: Auditorium**

**Cost: Free**

### 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, Feb 13

**Date: Wednesday, Feb 15**

**Time: 10:30am**

**Location: Boardroom**

**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: Thursday, February 9 Time: 10:00am**

**Location: 3rd floor Sage Room Cost: Free**

### Grief Support Group

Support for those who have dealt with grief and/or are still coping with grief. Includes an information session and a group support series about grief and loss. Must pre-register. Call Michael Yankowski at 780-454-1194 to register.

**Date: March 7-April 25**

**Time: 1:00pm-3:00pm**

**Location: Classroom A**

**Cost: Free**

# DECEMBER 2016 - FEBRUARY 2017

Open to members and non-members

## PARTIES, LUNCHEONS & MORE

### Roger's Retirement Party

A chance to say farewell to Roger Laing, Sage's Executive Director, and wish him well in his retirement (and the next exciting phase of his life!) Enjoy cake & refreshments as well as some of Sage's own groups entertaining.

**Date:** Tuesday, December 13    **Time:** 1:00pm  
**Location:** Sage Café    **Cost:** Free

### Sage Christmas Lunch

A Christmas dinner like no other including turkey with all the trimmings. Also includes desserts and coffee and tea. You'd better bring your appetite! Also includes entertainment. Tickets on sale now.

**Date:** Thursday, December 15  
**Time:** 11:30am    **Location:** Sage cafe  
**Cost:** \$15.95 members, \$17.95 non-members

### Christmas Party and Tea

Enjoy Christmas crafts, goodies, tea and coffee and even a Christmas gift! Sponsored by Academy of Learning CSW class. Must pre-register by December 15th to be on Santa's gift list.

**Date:** Thursday, December 22  
**Time:** 10:00am-12:00pm, birthday party to follow  
**Location:** Sage café    **Cost:** Free  
\*stay for December birthday party starting at 12:00pm. (Do NOT need to pre-register for birthday party)

### Ukrainian Christmas Lunch

Celebrate with perogies, cabbage rolls, Ukrainian sausage and sauerkraut. Pre-register or purchase in the café day of event.

**Date:** Thursday, January 12  
**Time:** lunch served is 11:30am-1:00pm  
**Location:** Café  
**Cost:** \$9.50 (Dessert & drinks are separate)

### Chinese New Year Lunch

Enjoy a delicious Chinese food lunch made by our Sage café. When you're done, join the Chinese New Year celebration downstairs! Can pre-purchase.

**Date:** Wednesday, February 1  
**Time:** 11:30am    **Location:** Sage Café  
**Cost:** \$9.50 pre-purchase or pay at Café

### Chinese New Year Celebration

An amazing celebration ringing in the Chinese New Year featuring dancers, line dancing, goodies and more! Join the fun!

**Date:** Wednesday, February 1  
**Time:** 1:00pm    **Location:** Auditorium  
**Cost:** \$2

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

**Cost:** must pay own lunch costs + ETS

**Oct 11** - State and Main - Jasper Ave

**Jan 10** - Sorrentino's - 100 St.

**Feb 14** - The Creperie - \*New time for Valentine's lunch\*: 11:30am. Depart Sage 11:00am. Register by Feb 9. Must be able to go down several stairs. Pay at restaurant.

### 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)**

**Dates:** \*New December Date & Time\*  
December 22, 12:00pm-1:00pm

January 26, February 23

**Time:** 1:00pm    **Location:** Café  
**Cost:** Free Cake and Live Music!



**Like us on Facebook!**  
Sage Seniors Association

CONNECT • INSPIRE • CONTRIBUTE

Dear **FAMILY** and **FRIENDS** of Sage,

The vision of a community where all seniors are valued and have the opportunity to live according to their beliefs, abilities, and aspirations is not ours alone.


It is a shared vision that has emerged over time from our members, clients, donors, partners, and volunteers.

**From you.**

We want all seniors to be celebrated for their unique perspective, for their potential, and for their contributions - past and present. But we know that not all seniors are being heard, understood, respected, and supported.

We're here to help when help is needed, and to encourage seniors to contribute as much as possible wherever possible. We're here to help seniors continue to reach their full potential.





# *We are building better communities together.*

**Seniors are vibrant, essential components in the fabric of our society and continue to build our communities every day.**

We all experience vulnerability in different times and in different ways. Life changes and transitions can require a variety of services and supports that allow seniors to continue to live their best possible lives.

We all also have strengths, abilities and passion, and we know that when those things are fostered and supported, it can lead to brilliant examples of community building.

Sage engages with seniors to meet both of these equally important aspects of aging: to increase resilience and reduce vulnerability when needed, and to inspire and support seniors to continue to contribute and build community every day.

Ageing to Sageing, for example, was an intergenerational community development opportunity for seniors to explore their gifts and possibilities for supporting children living in poverty in northeast Edmonton. The project successfully showed how mutually beneficial intergenerational relationships can be, how older people can support their community, and how valuable their contributions are.

The Annual Sage Awards are another great example of how seniors build better communities, as the recipients of this prestigious award truly exemplify the many ways individuals make a difference in their community regardless of age.

Recipients of the most recent Sage Awards included seniors who use artistic talents to improve the lives of others and make an imprint for social change, devote themselves to emergent issues, dedicate themselves to environmental protection and excel in educating and mentoring others. The eclectic and diverse assortment of award recipients only speaks to the distinct contributions seniors make to our community.

The Pan-Edmonton Group Addressing Social Isolation of Seniors (PEGASIS) project aims to reduce social isolation of low-resourced seniors in Edmonton. For this project, outreach workers are working in neighbourhoods and communities to help create more opportunities for seniors to connect and be supported.

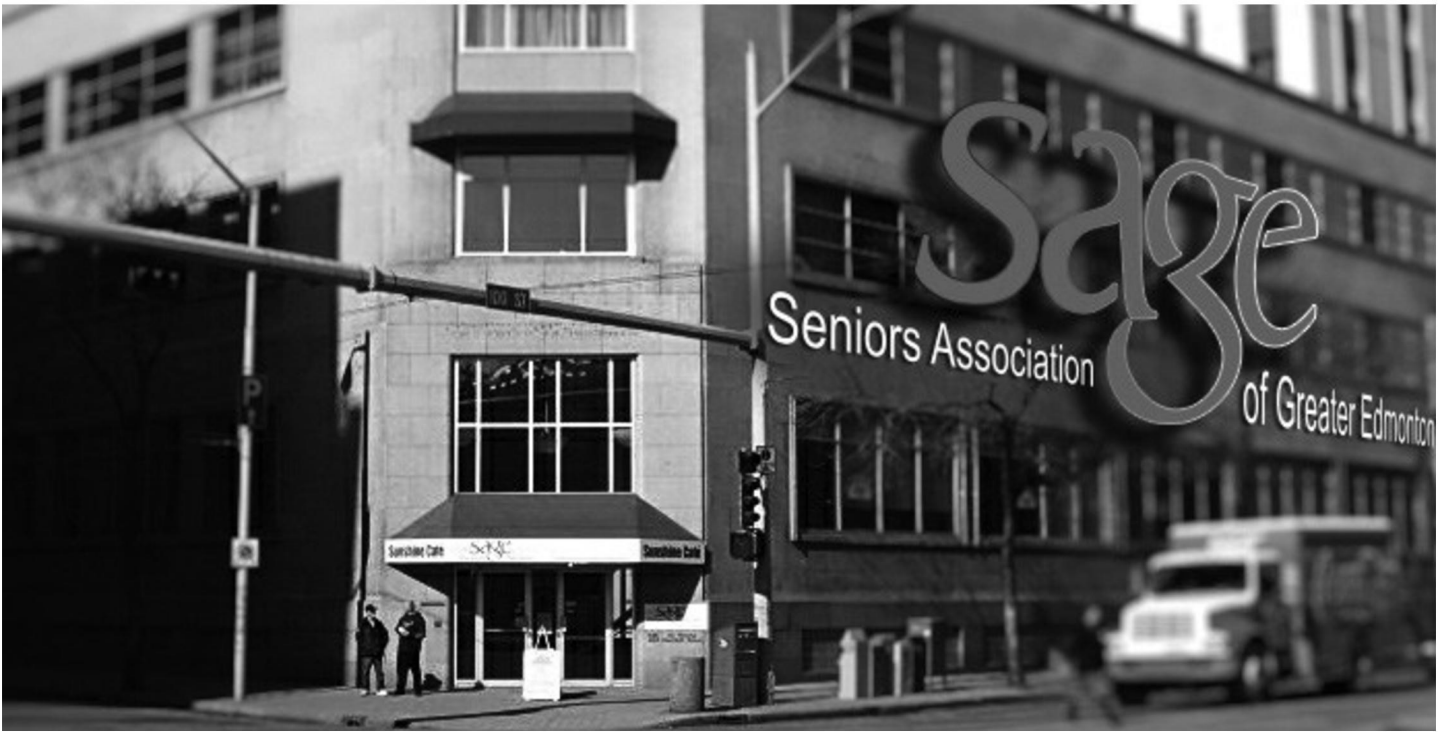
For us to remain responsive to social trends and the unique needs of people as they age, to make a difference in people's lives, and to help seniors continue to build better communities, we need your support.

**By supporting Sage, you are helping seniors in Edmonton live their best lives possible. Together, we not only make a difference in the lives of Edmontonians, we build healthy communities.**

With gratitude,

**Barb Burton**

Volunteer Board Chair, Member and Donor



## Jan's Story

When Jan's daughter and son-in-law decided to move away from Edmonton, she took it as an opportunity to leave an abusive situation without compromising the relationships that are the most important to her. While living with her daughter, Jan had been subjected to emotional and verbal abuse from her son-in-law, and had watched both her daughter and granddaughter suffer the abuse (sometimes physical) as well. She thought that declaring a need to stay in Edmonton to be close to her doctor was a good way to escape without 'making waves' - that way, she would be allowed to stay in touch with her daughter and granddaughter.

Sage operates a Seniors Safe House, and Jan was certainly eligible to stay there while she looked for housing. But she was afraid that knowing she had sought shelter from abuse would lead her son-in-law to break off contact, and that was the one thing she could not bear.

Instead, we worked with Jan to apply for her senior's pensions and benefits, and to expedite affordable housing for her so that she could leave the abusive situation as soon as possible.

A social worker from our Seniors Safe House Outreach program joined Jan's team, and worked with her as she got settled and began to live her life free from abuse.

Now she spends her days working with the social committee in her building, attending Life Enrichment programs at Sage, and volunteering with us twice a week. When she sees friends in need, she brings them here to us.

Jan worked with the social workers at Sage to safely leave an abusive situation while remaining connected to her daughter and granddaughter. And once she was safe and settled, she was able to use her independence and experience with Sage to better support them both.

This summer, Jan has a safe and stable home, a thriving social life, and the ability to contribute meaningfully to a community she cares about. And she doesn't worry anymore, she says, because she knows she has "Sage on my side".



# WHEN YOU SUPPORT SAGE YOU SUPPORT SENIORS

- connections to information and resources
- support for seniors looking for safe and affordable housing
- help for people who are dealing with hoarding behaviours
- mentorship for students learning to work with seniors and older adults
- English language learning for immigrant, refugee, and newcomer seniors
- a safe place for seniors seeking refuge from elder abuse
- income tax preparation for low-income seniors
- help filling out government forms
- a welcoming space for seniors to stay mentally, physically, and socially active
- outreach to lonely, isolated, and vulnerable seniors



**YES! I want to support seniors.**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

Prov

Postal Code

\_\_\_\_\_  
Email

\_\_\_\_\_  
Phone Number

- I want to join the **Silver Threads** program with a monthly gift of \$25.00. Please contact me.
- Contact me about a gift of **stocks, securities, or bequest.**
- Please send me email updates about Sage.

**I want to make a**

one-time  monthly  quarterly  annual

donation in the amount of \_\_\_\_\_

Cheque enclosed

Credit Card

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Signature

# LIFE ENRICHMENT PROGRAMS

Open to members and non-members

## SOCIAL OPPORTUNITIES

### 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:** Café              **Cost:** Free

### Coffee Group

Drop-in and join Barb Rankin for interesting conversation and a great chance to meet new people. Participants are encouraged to bring news clippings to discuss. Coffee available in café for purchase if you like.

**Date:** Tuesdays      **Time:** 10:00am  
**Location:** Café      **Cost:** Free

### Women's Sharing Circle

Sharing circles are an essential part of the oral tradition of Indigenous communities. Join Sophie Laboucan from Bent Arrow Healing Society. Open to everyone.

**Date:** Wednesdays twice a month  
**Time:** 1:00pm-3:00pm

### 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:** Dec 22, Jan 26, Feb 23

### Avon Calling!

A chance to look at the latest Avon products, and to place or pick-up orders.

**Dates:** Dec 15, Jan 19, Feb 16  
**Time:** 11:00am-1:00pm  
**Location:** Sage Café

### 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.

**"Meet The Coopers"** (dramedy) - Dec 16  
**"Whiskey Tango Foxtrot"** (comedy) - Jan 20  
**"My Big Fat Greek Wedding 2"** - Feb 17

### Drop-in Travel Films

Join us Mondays as we travel around the globe.

**Date:** Every Monday      **Time:** 1:00pm  
**Location:** Sage Lobby      **Cost:** FREE

### The Next Page Book Club

Meets for a new reading adventure on the 2<sup>nd</sup> 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.

### 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)**

**Dates:** \*New Dec Date+Time\* Dec 22, **12-1pm**  
January 26, February 23  
**Time:** 1:00pm      **Location:** 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

# DECEMBER 2016 - FEBRUARY 2017

Open to members and non-members

## COMPUTERS

### iPad for Beginners Session (6 lessons)

**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 both sessions.

Please pre-register.

**Date:** January 23, 30, Feb 6, 13, 20, 27

**Time:** 2:00pm-3:30pm

**Location:** 3rd floor Sage Room

**Cost:** \$2.00 total for both sessions

### Intro to E-Books presented by EPL

An introduction to ebooks. Includes an overview of what ebooks are, different formats, where they can be read & ways to access books. Please pre-register.

**Date:** Monday, January 27

**Time:** 2:00pm-3:30pm

**Location:** 3rd floor Board Room

**Cost:** Free

### EPL ebooks on iPads

Why pay for ebooks when the library has so many books at your fingertips? Find out how to access EPL ebooks and how to download them onto your iPad. Must pre-register.

**Date:** Friday, February 24

**Time:** 2:00pm-3:30pm

**Location:** 3rd floor Boardroom

**Cost:** Free

### 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:** January 4, 6, 9, 11, 13, 16, 18

February 1, 3, 6, 8, 10, 13, 15

**Time:** 2:30pm Monday/Friday,

1:00pm Wed

**Cost:** \$5.00 - thanks to ECALA grants

### Device and Computer Help

Drop-in for some 1-1 volunteer help - whether it is a computer question, laptops, ipads, cell phones, etc.

**Date:** Wednesdays **Time:** 10:00am-12:00pm

**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

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



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Sage Seniors Association

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is where  
the heart is.*

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10235 - 124 Street/Rue  
Suite/Bureau: 103  
Edmonton AB T5N 1P9  
780 442 1888



Ottawa office/bureau  
House of Commons  
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[Randy.Boissonnault@parl.gc.ca](mailto:Randy.Boissonnault@parl.gc.ca)

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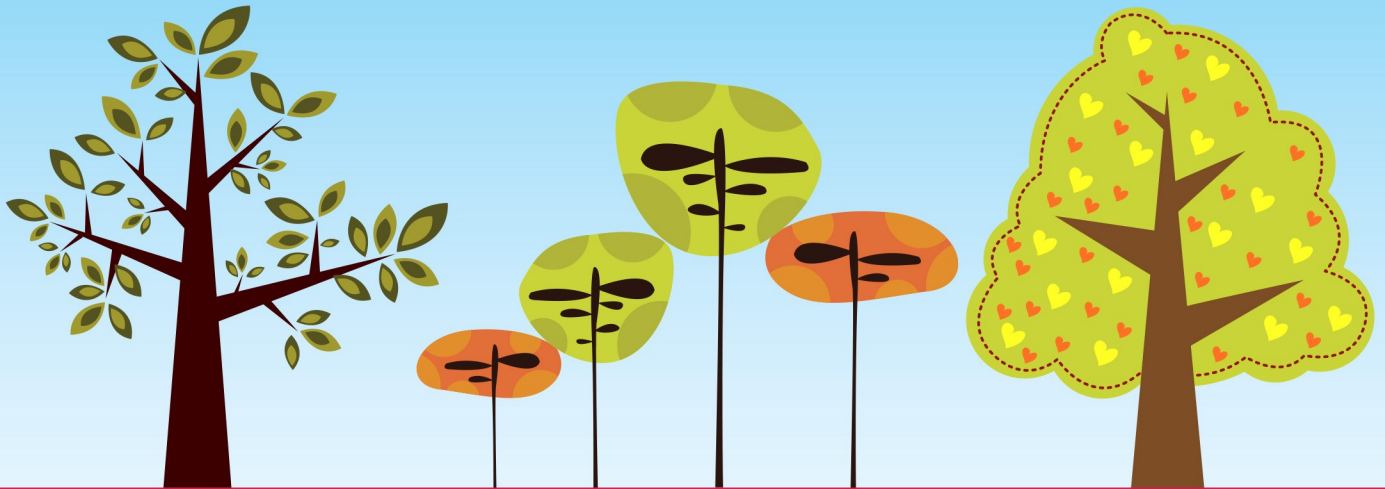
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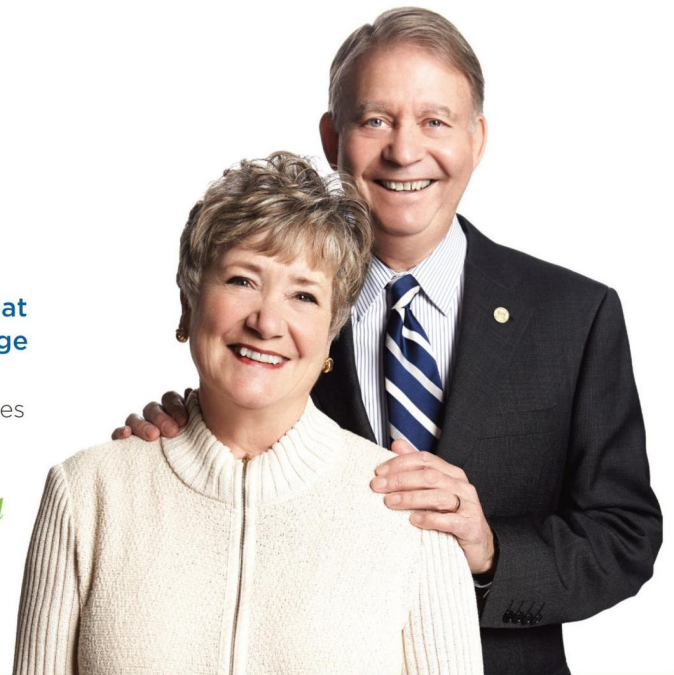
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*Gay & Ralph Young*



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Call **780-426-0015** or visit our website [www.ecfoundation.org](http://www.ecfoundation.org)



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# DELIGHT{FULL}



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## WELLNESS MATTERS

### WINTER BLUES

#### BARB RANKIN

#### Are you battling the winter blues?

Temperatures are dropping and nights seem never-ending. All you want to do is curl up in your favorite chair as winter approaches in full force. Days get shorter and the nights get colder; even the best of us can become a little down.

Winter Blues are characterized by lack of motivation and lower energy; thus many people where we live experience these doldrums as our winter advances. The primary symptoms are sleep difficulties, lethargy, overeating, and irritability.

Fortunately, there is a lot you can do to both prevent the blues from taking hold and keep yourself on an even keel:

- Dress warmly and get outside within two hours of rising. Talking yourself into taking a stroll is not always easy as the day's temperature plummets. Sunlight provides you with Vitamin D and also improves your energy. Lack of sunlight can cause many people to become depressed with no way of knowing why. Sunlight releases neurotransmitters that affect our mood. Using brighter light bulbs in your home will mimic light and have positive effects on your mind.
- Exercise is not only for weight loss. A light to moderate workout will be an excellent stress reliever and you will have more energy throughout the day. Your metabolism will remain at a higher level; also your exercising will assist your brain by releasing healthy happy chemicals that will improve your mood.
- Improve your nutrition with a healthy diet high in nutrients and antioxidants. Your feelings will become more positive and provide you with the ability to handle the blues. You may get urges

of craving carbohydrates and perhaps consuming too many breads and pastas.

- Connect with your friends and family and people you care about. Accept social invitations as it is good for your mental health and helps ward off winter blues.
- Set a sleep schedule for yourself to prevent you from over sleeping each day. Sleeping many times in a day is not a healthy habit to develop.
- Turn on the tunes and listen to happy music or light-hearted music.
- Volunteer at a soup kitchen - preparing or serving a hot meal. Helping others will improve your mental health and life satisfaction.
- Open your drapes/blinds to allow sunlight in.
- Learn something new or take up a new hobby such as knitting or line dancing.
- Write a blog. That activity will give you something to look forward to regularly.
- Keep warm as being cold can be depressing.

The winter blues are manageable; however, if you experience ongoing symptoms of depression that are disruptive, debilitating and exhausting, speak to a doctor.

The winter blues are manageable!




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### DECLUTTER

Strategically remove things that you don't need or love.



### DOWNSIZE

Create a plan for the new location that makes the best use of the space and the things you would like to move with you.



### RELOCATE

Packing, move management/oversight, and unpacking in a way that makes it easy and stress free for the senior and their family.



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