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# sage **LINK**

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### Awards Categories:

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



**Celebrate with outstanding seniors who make our community a better place to live, work and play!**

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

11:00 am-1:30pm Chateau Lacombe, Edmonton

**Tickets on sale now!**

phone: 780-701-9017 email: [jlparenteau@MySage.ca](mailto:jlparenteau@MySage.ca)

## SAVE THE DATE!

Sage's Annual General Meeting is **Wednesday, May 24**

10:00am @ Auditorium

Please RSVP at 780-423-5510

## MESSAGE FROM THE PRESIDENT

Dear members and friends of Sage,

I have been a proud member of Sage's Board of Directors for the past three years, and am honoured to begin my service as the President.

Through my paid work as the Vice President of Alberta Innovates Health Division, I am actively involved in driving innovation and growth in Alberta's Health Sector. As President of Sage's Board of Directors, I look forward to leading our dedicated team of staff and volunteers as we continue to transform how our city and province engages its senior population.

Sage is an organization that not only has a profound impact on the quality of life of seniors, but maximizes the ability of seniors to impact the quality of our community as a whole. With the various programs that Sage has been delivering for years, along with exciting new initiatives, Sage is well-positioned to inform and advise on the development and trial of new programs and supports for seniors in Alberta. I am passionate about this organization's ability to take lead advisory role in the province of Alberta around seniors' issues, and am glad to be part of the team.

As we look ahead to an exciting new year at Sage, I would also like to extend my deep gratitude to Barb Burton for her leadership as President during her 2015-2016 term.

Reg Joseph  
Board President

### Connect with Sage!

15 Sir Winston Churchill Square

Edmonton AB T5J 2E5

Tel: 780-423-5510 Fax: 780-426-5175

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email: [info@mysage.ca](mailto:info@mysage.ca) [www.mysage.ca](http://www.mysage.ca)

## STAFF ANNOUNCEMENTS

**Lisa Neill** and **Elizabeth Ley** joined the Sage team in December as Community Navigators; we welcome **Alexis Lockwood** in the new role of Grants and Evaluation Coordinator; in the new role of Office Coordinator is **Milijana Setka**. Welcome, Lisa, Elizabeth, Alexis, and Milijana!

**Emily Weisbrot** transitions to the new roles of Facilities Coordinator and External Relations Coordinator; **Nicole Smith** steps into the new role of Director of Research and Community Engagement.

We say farewell to **Christie Smith** who is on maternity leave, and **Kathleen Kelly** who is moving to Calgary. We wish them both the very best and thank them for their good work at Sage!

**Give. Gift. Engage.**

[www.mysage.ca/supporting-sage/donate](http://www.mysage.ca/supporting-sage/donate)

### Board of Directors

President	Reg Joseph
President Elect	Joyce Tustian
Past President	Barb Burton
Secretary	Tammy Pidner

### Members at Large

Daniel Morrow	Jean Waters
Michael Phair	Hubert Kammerer
Gabrielle Betts	Raj Pannu

**Executive Director** Karen McDonald

## PHONE DIRECTORY

### Main Switchboard 780-423-5510

Life Enrichment	780-701-9016
Assessment and Housing Support Services	587-773-1764
Outreach	780-701-9020
This Full House (Hoarding)	780-701-9005
Community Navigators and Animators	780-423-5510
Guardianship/Trusteeship & CoDecision Making	780-701-9013
	780-701-9006
Safe House Intake	780-702-1520
Food Services	780-701-9022
Sage Savories Orders	780-701-9025

### Administration

Executive Director	780-701-9008
Director of Operations	780-701-9002
Director of Research and Community Engagement	780-701-9012
Manager, Finance	780-701-9003
Safe House Manager	780-628-1139
Office Coordinator	780-701-9009
Community Relations Coordinator	780-701-9017
Communications and Project Coordinator	780-701-9007
External Relations Coordinator	780-701-9010



### Did you know?

You can call  
**780-423-5510**  
**ext. 338**  
to hear a recording of  
current & upcoming  
Life Enrichment  
activities!

Free Drop-in Single  
Session Counselling  
is available at Sage  
every Thursday from  
10:00 am—3:00 pm

See page 19 for more  
information

## Responsible stewardship.

We are comforted knowing our endowment  
with Edmonton Community Foundation is  
professionally managed. The proceeds will always  
be directed to specific causes we have identified.

*This is important to our family.*

*Salma & Dr. Zaheer Lakhani*



**Give. Grow. Transform.**

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

**EDMONTON  
COMMUNITY  
FOUNDATION**



## VOLUNTEER NEWS

**BARB CARROLL**  
VOLUNTEER COORDINATOR

If you are interested in volunteering or would like more information, please contact me at 780-701-9014 or email at [bcarroll@mysage.ca](mailto:bcarroll@mysage.ca).

### VOLUNTEER WITH SAGE

- ◆ Volunteering is FUN and a great way to meet new people
- ◆ Use your skills & learn new ones
- ◆ Boost your health & reduce your stress
- ◆ Flexible schedules....find one that works for you

**National Volunteer Week is April 23 – 29!**

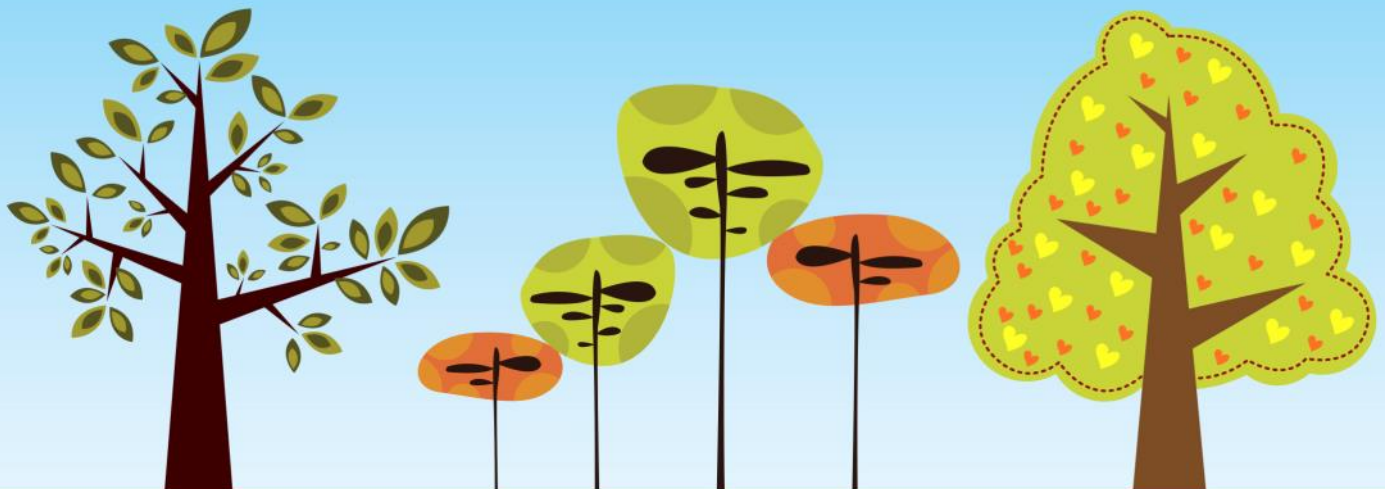
## SAVE THE DATE!

### Spring Volunteer Appreciation Event

April 26, 2017

1:00pm – 3:00pm

**WE**   
**VOLUNTEERS**



A partner in safe communities.

780-482-6561

 **Seniors  
Housing**

[www.gef.org](http://www.gef.org)

# LIFE ENRICHMENT PROGRAMS

Open to members and non-members

## TRIPS & OUTINGS

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.

**Must pre-register** at main floor reception or  
by calling 780-423-5510 ext 301. Refunds are  
not guaranteed. Please see Rachel for details.

### The 11th Annual Sage Awards

An amazing opportunity to celebrate seniors'  
accomplishments, challenge ageist stereotypes,  
enjoy a beautiful gala luncheon and support  
Sage all at the same time! Purchase tickets by  
May 1.

**Date:** Wednesday, May 10

**Time:** 11:00am-1:30pm

**Location:** Chateau Lacombe Hotel Ballroom,  
10111 Bellamy Hill NW

**Cost:** \$65 - call JoLynn at 780-701-9017 or  
email jlparenteau@mysage.ca

### LaRonde Brunch

A delicious Sunday brunch with spectacular  
revolving views. Meet in hotel lobby at  
11:15am. Must pre-register.

**Date:** Sunday, May 28

**Time:** reservation is 11:30am

**Location:** Chateau Lacombe Hotel,  
10111 Bellamy Hill NW

**Cost:** pay own meal costs at restaurant

### Ukrainian Village and Town of Mundare Tour

Travel back in time as we tour the Ukrainian  
Village followed by a trip to the town of  
Mundare. Lunch included.

**Date:** Tuesday, May 30

**Time:** Depart Sage at 9:00am

**Cost:** \$59.00 members, \$71.00 non-members

### 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.

**Date:** Mondays - March 27, April 24, May 29

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

*Home is where the heart is.*

Elegant Retirement Living for Independent Seniors.

**The Waterford**  
OF SUMMERLEA

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Ph. 780-444-4545

9395 - 172 Street, Edmonton. Visit our website: [www.thewaterford.ca](http://www.thewaterford.ca)

### Dim Sum Lunch in China Town

An adventure for your taste buds! Try a variety  
of steamed dumplings and buns as well other  
delights!

**Date:** Wednesday, April 19

**Time:** 11:00am

**Location:** meet at Sage main reception

**Cost:** \$18.00 plus ETS bus fare

### ESO & Winspear Overture Tours

The Edmonton Symphony Orchestra and the  
Winspear Centre invite you to a one-hour  
information session & backstage tour. Hear the  
history of the ESO & the Winspear and their  
vision for the future. You will then be taken on a  
fascinating backstage tour. Light lunch and  
beverages are provided! Spaces are limited!

**Date:** Friday, March 3

**Time:** depart Sage at 11:30am

**Location:** meet at Sage

**Cost:** \$5.00 - includes lunch and tour



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

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

## PHYSICAL ACTIVITY OFFERINGS

### **\*New\* Stretching Class with Master Ken**

A class simple stretching suitable for everyone. Stretching is an easy way to keep your body healthy. Details to be announced. Please give your name to main reception so you will be given class details when available.

### **Gentle Yoga for Seniors**

Volunteer yoga instructor Justine leads this class in an hour of senior-friendly, gentle yoga movements. Good for all ages and abilities. Drop-in welcome. Free!

**Date:** March 17 to April 28 (6 classes)

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

### **Zumba Gold**

A fun dance party with Latin-inspired dance styles. Zumba Gold simplifies the steps and makes them adaptable to all abilities. This is a great workout for everyone. Free!

**Date:** Mondays

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

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

Stay active with this easy and fun exercise series lead by a volunteer instructor. Free! All skill levels welcome.

**Date:** Fridays **Time:** 10:30am

### **Seniors' 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 you brain learning new steps. Limited spaces are available.

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

#### **Classes:**

A) Advanced - 12:15pm Wednesday & Friday

B) Intermediate - 2pm Wednesday & Friday

C) Beginner - 1pm Monday & 10am Tuesday

### **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. Free! Please pre-register.

**Date:** Wednesday, April 5

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

### **Pole Walking Group**

If you are looking for a regular opportunity to get out and get moving, this is the group for you.

Rain or shine! Guidance and trial poles available. Free! Drop-in but pre-registration recommended to be contacted about changes.

**Date:** Intro and demo April 5,

Group starts Wednesday April 12

**Time:** 1pm **Location:** meet at main reception

### **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. Focuses 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)

### **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:** \$20.00 for 8 weeks (regularly up to \$100) or \$5.00 weekly drop-in fee



Open to members and non-members

## BRAIN HEALTH

### BrainFitness Information Sessions

Thinking of signing up for BrainFitness but want to learn about it first? BrainFitness has been proven to help you think faster, improve problem-solving skills and improve memory & balance. Come in to try a demo or meet with Barb, our instructor, anytime. Must call to pre-book: 780-423-5510 ext 305.

### \*New\* Express BrainFitness Program

Interested in BrainFitness but the 12 week time commitment is too much? Try our new 4 week express program. Keep your brain in shape with tailor-made computer programs designed to stimulate the mind, sharpen hearing, enhance visual memory, improve problem-solving skills and improve memory & balance. These programs require no previous computer experience and are guided by an amazing instructor. Pre-register.

**Date:** Mondays and Fridays

March 27-April 25 or May 1-May 29

**Time:** am & pm class available

**Location:** Sage Computer Lab

**Cost:** \$35.00 for each 4 week session

### '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.

**Dates:** Held the 3rd Thursday of the month:

March 16, April 20, May 18

**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.

**Dates:** Mar. 8 & 22, Apr. 12 & 26, May 10 & 24

**Time:** 1:30pm **Location:** Craftroom

**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.

**Dates:** 1st and 3rd Wednesday of the month, March 1 - Guilt; March 15 - Worry; April 5 - Depression; April 19 - Stress; May 3 - Summary

**Time:** 1:30pm **Location:** Craftroom **Cost:** \$1

### Jennie Wilting Discussion Group

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

**Dates:** 3rd Tuesday monthly:

March 21, April 18, May 16

**Time:** 1:00pm **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! Free!

**Dates:** 2nd Wednesday monthly:

March 8, April 12, May 10

**Time:** 10:30am **Location:** Café **Cost:** Free!

## SPIRITUAL HEALTH

### Soul Food Weekly Gathering

Feed Your Soul. This group is facilitated by spiritual care provider 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 **Time:** 10:45am–12:00pm

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

\*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.

# MARCH 2017—MAY 2017

Open to members and non-members

## GAMES AT SAGE

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

### 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

### 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. You MUST pre-register for lessons.

**Date:** Mondays **Time:** 11:30am-1:30pm

**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 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 \$1.50 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 **Games & Puzzle Room** is on the main floor of Sage. Come and play crib, scrabble, checkers, board games, mahjong or work on puzzles.

## CREATIVE OPPORTUNITIES

### 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 **Time:** 9:30am-12:00pm

**Location:** Craftroom

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

### 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

### 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

### 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: April 18-June 20 (10 weeks)

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

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

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

**Cost:** \$65 Early Bird (Register by April 7)

\$80 Regular Price (after April 7)

\*Private ukulele lessons available - see Rachel



**Pre-register by calling 780-423-5510 ext.301  
or visit Main Reception**

### **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. **Cost:** \$45.00

**Date:** Tuesdays, March 28-May 16

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

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

### **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:** Wednesdays

**Time:** lessons start at 9:00am

**Location:** Classroom A **Cost:** \$15/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 3rd Tuesday of the month for this great drop-in program.

**Dates:** March 21, April 18, May 16

**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.

**Busy Fingers** is a year round crafting group that meets every Tuesday in the craft room from 9:00am-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!

### **How do you like to connect with Sage?**

**Stay engaged, your way!**

**Special thank you to our 2015**

**In Kind Donors:**

*CTV*

*Dignity Memorial*

*Edmonton Potterwatch*

*Hearts of Blue—Alberta Blue Cross*

*Millarcom*

*Ministry of Seniors—  
Government of Alberta*

*Dr. D. Lynn Skillen*

*University of Alberta—  
Human Resource Services*

*WCB*

**Sage is a **United Way** Member Agency.  
Supporting the United Way means  
supporting Sage!**



**United Way**  
Member Agency

In 2016, Sage Members voted to  
change the Association name to  
**Sage Seniors Association**

## Open to members and non-members

### LEARNING OPPORTUNITIES

#### Indigenous Culture Awareness Session

Topics covered will include the meaning of the medicine wheel, the purpose of the Sharing Circle and sacred traditional medicines.

**Date:** Details to be announced. If you are interested give your name to main reception to be contacted. **Cost:** \$2.00

#### Women's Sharing Circle

Bringing women together to connect and share. Sharing circles are an essential part of the oral tradition of Indigenous communities. Join Sophie Laboucan from Bent Arrow Healing Society. Women's Sharing Circles are open to everyone and are held at Sage several Wednesdays a month. See April and May monthly calendar for more dates.

**Date:** Wednesdays, March 15 & 22

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

**Location:** 3rd floor small meeting room

**Cost:** Free

#### Cree Conversation 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, call 780-421-7915 for information.

**Date:** Tuesdays **Location:** Sage Craftroom

**Time:** 12:00pm **Cost:** Free

#### Happy Travelers

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 3rd Thursday monthly at 1:00pm. \$1-2 donations appreciated. Join us for our upcoming travel presentations. Watch for our great travel destinations!

#### Power of Positivity Presentation

Join Barb Rankin as she discusses how our thoughts and what we focus our attention on can impact many aspects of our lives in either a positive or a negative way. Please pre-register.

**Date:** Thursday, March 9 **Time:** 10:30am

**Location:** Craftroom **Cost:** Free

#### Canada Eh? Canadian Politics 101 & More

Civic, provincial and federal politics as well as interesting facts and tid-bits are covered in this unique course. Attendance to the City Hall tour and Legislature tea in June encouraged....

Pre-register by May 19 **Cost:** \$5.00

**Date:** Thursdays, May 25-June 29

Canada Day Party is June 29 after class at 1pm

**Time:** 10:00am **Location:** Craftroom

#### Spanish for Seniors

Whether you are want to learn Spanish for travelling, are learning a new language, or you want a refresher course - this is the class for you! Instructor Grace mixes culture and song in with the learning. This Spanish for Seniors course runs for 7 weeks. Register by April 21.

**Date:** Fridays, starts May 5

**Time:** 12:30-3pm **Location:** Classroom A

**Cost:** \$20 for 7 weeks

**Cooking for one is a lot of work.**

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Made for Seniors



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\*some conditions may apply.

Pre-register by calling 780-423-5510 ext.301  
or visit Main Reception

## PREVENTATIVE OFFERINGS

### 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:** Wednesday, March 29 **Time:** 1:00pm

**Location:** Craftroom **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 **Cost:** Free

**Time:** 1:00pm-3:00pm **Location:** Classroom A

**Randy Boissonnault MP/Député  
Edmonton Centre**

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

Ottawa office/bureau  
House of Commons  
Chambre Des Communes  
Ottawa ON K1A 0A6  
613 992 4524

[Instagram](https://www.instagram.com/rboissonnault) [Facebook](https://www.facebook.com/rboissonnault) [YouTube](https://www.youtube.com/rboissonnault)

**Randy.Boissonnault@parl.gc.ca**

**Proud to serve the people of Edmonton Centre**  
---  
**Fier de servir les résidents d'Edmonton-Centre**

### Mind Your Money

Monthly Financial Presentations with Wei Woo:

#### 1) The Role of Exchange Traded Funds in Retirement Portfolios

Like mutual funds, ETFs allow investors to spread risk over a series of investments, as opposed to one or two stocks or bonds. Like all types investments, there are both benefits and risks, as there is no such thing as a perfect investment. Come join Wei Woo as we discuss the pros and cons of using this category of investments in a retirement portfolio.

**Date:** March 22 **Time:** 10:30am

#### 2) Implications of a Trump Presidency for your Retirement Portfolio

One of the major questions many retirees may have is what does this presidency mean for our economies, the markets, and ultimately how it impacts their retirement finances. Come join Wei Woo as we discuss how to position one's retirement portfolio for success with the new political and economic environment.

**Date:** April 19 **Time:** 10:30am

#### 3) Estate Planning

More than just investments, a successful estate plan is about caring for family, friends and special organizations through some simple preplanning. Its never too early to plan for your family's future. A lawyer will be present to answer legal questions, while Wei Woo will answer the financial and investment questions. Included in this presentation are the new increased taxation rates with setting up an estate testamentary trust.

**Date:** May 17 **Time:** 10:30am

### Cancer Presentation

Join Barb Rankin as she discusses the latest in research, treatment and findings in the cancer realm. Please pre-register.

**Date:** Thursday, April 13

**Time:** 10:30am

**Location:** Craftroom **Cost:** Free

## Open to members and non-members

### SOCIAL OPPORTUNITIES

#### 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:** Sage Café **Cost:** Free

#### EAL Chat Group

A great chance to get out of the classroom and practice speaking English while meeting friends. Group has a volunteer leader. Open to all.

**Date:** Drop-in Thursdays starting in February

**Time:** 12:00pm-1:00pm

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

#### 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.

**Dates:** March 30, April 27, May 25

#### 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.

March 17: "The Intern" (a senior as an intern)

April 21: "42" (the Jackie Robinson Story)

May 19: "The Wild" (based on a true story)

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

#### Drop-in Travel Films

Join us every Monday at 1:00pm as we travel around the globe.

**Location:** Sage Lobby **Cost:** FREE

#### Avon Calling!

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

**Dates:** March 16, April 20, May 18

**Time:** 11:00am-1:00pm **Location:** Sage Café

#### 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 Trail)

**Dates:** March 30, April 27, May 25

**Time:** 1:00pm **Location:** Sage Café

**Cost:** Free Cake and Live Music!

**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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Memories Funeral Home

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*— Edwin Ternes, Touchmark resident*

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

### PARTIES, LUNCHEONS & MORE

#### St. Patrick's Toonie Tea

Be Irish for a day! Join Sage for some live entertainment, cake and tea/coffee. Drop-ins welcome.

**Date:** Friday, March 17 **Time:** 11:30am  
**Location:** Sage Café **Cost:** \$2.00

#### Easter Dinner Buffet

Join Sage for a delicious Easter dinner including baked ham, meatballs, scalloped potatoes, veggies, salads, dessert, coffee/tea and more.

Pre-registration recommended

**Date:** Wednesday, April 12  
**Time:** 11:30am **Location:** Sage Café  
**Cost:** \$15.95 members, \$17.95 non-members

**Let's Do Lunch** is a group that comes together on the second Tuesday of each month at 12:30pm (or meet at 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  
March 14 - Japanese Village (10238 104 St)  
April 11 - Cactus Club (Jasper Ave)  
May 9 - Haweli Indian buffet (Boardwalk 103 St)

### COMPUTERS

#### 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:** Wednesday, April 19 **Cost:** Free  
**Time:** 2:00-3:30pm **Location:** Boardroom

#### 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 TBA

**Time:** 2:30pm Monday/Friday, 1:00pm Wed.  
**Cost:** \$5.00 thanks to ECALA grants

#### EPL and other Free Learning Resources

So much to learn, so little time! Find out about about all of the resources available to your local library as well as other options. Includes your library's hidden gems like how-to books, foreign and local magazines and newspapers, movies, music, books and more! Pre-register.

**Date:** Wednesday, May 17  
**Time:** 2:00pm-3:30pm  
**Location:** Board Room **Cost:** Free

#### Windows 10 or Microsoft Word Help

Need help with Windows 10 or Microsoft Word? Bring you device or use the Sage computers to navigate the new Windows environment or Word! Includes opportunities for questions and 1-1 help.

**Dates:** March 13 & 15, April 21 & 24,  
May 15 & 17  
**Time:** Mondays 2:30pm & Wednesdays 1pm  
**Location:** Computer lab **Cost:** Free

#### Internet Safety Basics

Tips on internet safety and awareness. Covers topics like password/personal information management, scams, spam & websites to avoid.

**Date:** Wednesday, May 31 — Pre-register.  
**Time:** 2:00pm-3:30pm **Location:** Sage Room  
**Cost:** Free

#### Device and Computer Help

Drop-in for some 1-1 volunteer help - whether it is a computer question, Microsoft Word, emails, internet, 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. Must pre-register.

**Date:** Tuesdays  
**Time:** 10:00am-11:00am (drop-in) **Cost:** Free



## Mobility & Home Medical Equipment

Stay comfortable in your home. Continue to enjoy the level of independence you expect with home medical equipment solutions from MEDmobility.

You can visit us at either of our two Edmonton locations or contact us and we would be pleased to bring the products to you for your evaluation.

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[www.medmobility.ca](http://www.medmobility.ca)

### MEDmobility North

Ph: (780) 451-5445  
12604 - 118 Ave





## WELLNESS MATTERS

### LISTENING BARB RANKIN



#### What it means to be THERE for others...

One of the greatest gifts is to be fully present when we are in the company of another person or others. This means to be fully focused on them as if there is nothing else in the whole world. We are all guilty of being only half present; often this occurs when someone starts up a conversation with us while we are doing something else.

Barriers to being present with another person:

- Your mind is on other things and that's when pretending to listen occurs. This is the time to refocus on now.
- You really don't want to interact, but you don't want to say so - this is the time that you decide whether you have the time to set your activity aside and really listen or whether you are going to speak out and claim this time as your own.
- Feeling defensive.
- You will notice triggers that jar your emotions and stories in your own mind so you interrupt the other person with your story, and then that person says "I know exactly what you mean". Focus on the other person, not yourself.

Distracted listening:

- Listening with only half an ear
- Interrupting
- Reacting
- Jumping to false conclusions
- Taking everything personally

We have all been guilty of only half listening, reacting, taking things personally, false conclusions, or rehearsing what we're going to say next - it only points out a very unskillful

habit, described as a form of distracted listening. Once we learn how to listen fully then we will feel calmer, more connected and in the present moment. Thus we will have much better communication.

Connected listening: There are wonderful ways to listen in a new way:

- There are feelings behind everybody's words.
- When you are deeply listening, you are truly present with the other person.
- You must let go of any prejudices or beliefs you may have about the other person.
- You then should be prepared to walk along beside the other person on whatever journey they are on and be supportive. Avoid trying to fix them or trying to impact the outcome. Try and give them whatever information they requested but handle accordingly.

Don't overwhelm the person. It's not about doing something, it's about really listening. You can still be great friends or acquaintances even if there is great distance separating you. We often lose touch with people that live right across the street as we all get busy on our own tasks. Neither of us has taken the time to make even a brief phone call to one another recently.

We often need to make connections with others. Don't wait for people to be friendly - show them how: make time for others. We should be able to hold space for each other. We will live much more simply if we learn how to live in the present.

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



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# FREE Drop-in Single-Session Counselling at Sage

## PROGRAM PROFILE

When life throws us lemons it's been said that we can learn to make lemonade with what's been thrown at us; however, it can help to have someone walk with us through our difficulties and move us towards healing.

Our single sessions are often a start for individuals who need someone to listen to their story, provide confidential support and discover solutions collaboratively with respect to their life journey.

Single Session Drop in Counselling is a counselling program provided by the Family Centre's Intern Therapists to be a listening ear to individuals in need of non-judgmental support for issues not limited to: Grief, bereavement, relationships, depression, anxiety, stress, abuse, parenting, sexual identity, addictions, and mental health. There is no cost to you and no appointment necessary. Sessions are offered on a first come first serve basis.

### What to Expect from One Session?

50 minutes where you will have an opportunity to explore with a therapist the nature of the problem, identify areas of growth and work at developing solutions.

### What are the Benefits??

- Provide you with new perspectives on situations beyond your control.
- Increase Confidence in tackling issues by solution building.
- Professional Service that's Free

**Who Can Attend?** Anyone can attend

**When?** Thursdays from 10:00am to 3:00pm. The last appointment is at 2:00pm.

The City of Edmonton-Family and Community Support Services and United Way of Alberta Capital Region fund this service.

## EDMONTON

### 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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### 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.



### EXECUTOR & TRUST SERVICES

Home inventory, document search, distribution & clearing services.