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sage LINK

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HARVESTING A HEALTHY LIFESTYLE

There's a familiar fable about the Ants & the Grasshopper, in which the ants spend all summer busily storing up food for the winter, while the grasshopper fiddles and sings his time away. When winter comes, the grasshopper finds himself starving and approaches the ants for a hand-out. The ants are not impressed and refuse to assist him. Supposedly the moral of the story is: "There's a time for work and a time for play". But a case can be made that neither grasshopper nor ants were living a balanced lifestyle.

In our so-called "golden" years, we are thought to have finished much of the toil required to earn a living. At this time in our lives, perhaps our single most important "job" is to maintain a healthy lifestyle in order to benefit from our "time to play". This need not be a daunting task – staying healthy can involve a lot of fun. For example, getting enough exercise can be as easy as taking a yoga class; stimulating our mental faculties could mean learning a new board game or hobby; we can also maintain our social connections by attending an information session to meet new people and to hear different points of view.



Many of these healthy lifestyle choices can be incorporated into our lives with little effort and a lot of benefit – and, of course, Sage has a cornucopia of such activities available. So, why not come on down and harvest some of Sage's balanced lifestyle offerings?

Welcome to Autumn at Sage!

MESSAGE FROM THE PRESIDENT

As the season turns, on our calendars and in our lives, we enter a time of harvest. Preparing to live well in our golden years takes thought and consideration, and Sage, along with our community partners, can help along the way. See page 19 for details on the **Seniors' Housing Forum** (Sept 23) and **Seniors' Health & Wellness Forum** (Nov 4), which will feature workshops and a tradeshow on seniors' housing, finances, transportation, safety, community supports, and healthy aging options. Find upcoming Preventative Offerings workshops on page 11, including **Alberta Government's Benefits for Seniors** (Sept 19), **Mind Your Money Financial Presentations** (Sept 13, Oct 11, Nov 15), **Legal Documents You Should Have** (Sept 20), or **Advanced Care Planning** (Oct 4). Register for our **Aging in Place workshop series** (Sept 22-Oct 13) to gain the tools to plan to age in your own home. Adults of all ages are also encouraged to work through the **Aging-In-Place Toolkit** to make a plan to live your best life in your later years. Pick up a copy at Sage or request one by calling 1-800-O-CANADA, TTY phone 1-800-926-9105.

And like the Grasshopper in our cover story, be sure to make time to play! Sage offers a wide variety of activities, groups, events, and clubs – join us!

Reg Joseph
Board President



Like us on Facebook!
Sage Seniors Association



**Follow us @sageyeg
on Twitter!**

Sage thanks our advertisers for making publication of the Sage Link possible. Please note that the inclusion of an advertisement does not imply an endorsement by Sage.

STAFF ANNOUNCEMENTS

Ashley Peden, Finance Coordinator, and **Damon Monroe**, new Project Coordinator/Executive Assistant, joined Sage in July!

Welcome to the team, Ashley and Damon!

Give. Gift. Engage.

www.mysage.ca/supporting-sage/donate

Board of Directors

President	Reg Joseph
President Elect	Joyce Tustian
Past President	Barb Burton
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Members at Large

Daniel Morrow	Jean Waters
Michael Phair	Hubert Kammerer
Gabrielle Betts	Raj Pannu
Greg Springate	Kathleen Thurber
Peg Quinn	

Executive Director Karen McDonald

Connect with Sage!

15 Sir Winston Churchill Square
Edmonton AB T5J 2E5

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

email: info@mysage.ca

www.mysage.ca

PHONE DIRECTORY

Main Switchboard 780-423-5510

Life Enrichment	780-701-9016
Volunteer Services	780-701-9014
Assessment and Housing Support Services	587-773-1764
This Full House (Hoarding)	587-773-1764
Outreach Support	587-773-1764
Guardianship/Trusteeship & CoDecision Making	780-701-9013
	780-701-9006
Safe House Intake	780-702-1520
Food Services	780-701-9022

Administration

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



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
10am—2pm

Building success.

Our fund at Edmonton Community Foundation (ECF) enables us to contribute to building success in our community. The fund encourages our children to demonstrate our values of sharing and appreciation for our own good fortune.

Thank you ECF!

Maggie & John Mitchell



Give. Grow. Transform.

Call 780-426-0015 or visit our website www.ecfoundation.org

**EDMONTON
COMMUNITY**
FOUNDATION



VOLUNTEER NEWS

BARB CARROLL
VOLUNTEER COORDINATOR

Interested in volunteering? For more information, contact Barb: 780-701-9014 or email bcarroll@mysage.ca



**Volunteer Service Awards at 2017
Spring Volunteer Appreciation Event**
(from left to right)

Shirley-10yrs, Joan-10yrs, Maureen-5yrs, Doris-30yrs,
Joanne-5yrs, Sharon-5yrs and Diane-5yrs.



Volunteers Needed!

- **Seniors' Housing Forum:
September 23**
 - **Seniors' Health & Wellness
Forum: November 3**
- Forums are held at Central Lions
Seniors Recreation Center
11113-113St.

Various volunteer positions are required, both for event set up the day before and for event day.

To learn more about these volunteer opportunities as well as others at Sage, contact Barb Carroll, Volunteer Coordinator or visit our website at www.mysage.ca

Canora Gardens 10160 - 151 Street
Edmonton
Now Accepting Applications
Opening January 2018

*"When Canora Gardens is done, it will be like a whole new building."
GEF Seniors Housing CEO Raymond Swonek*

The building will feature:

- Senior friendly suite layouts
- One bedroom, bachelor, and barrier-free suites
- New interior finishes
- Upgraded lighting
- Brand new fire sprinkler system
- Upgraded common area spaces
- New windows and exterior building finishes
- State-of-the-art building and suite access system
- Energy efficient mechanical systems



 **Seniors
Housing**
780-482-6561
gef.org

LIFE ENRICHMENT PROGRAMS

Open to members and non-members

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 all, no membership required.** Please register at main reception or call 780-423-5510 ext 301. Refunds are not guaranteed. Please see Rachel for details.

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.

Stettler Train Ride- Senior's Special (No.41 Steam) - Enjoy a scenic, fall drive to Stettler and then a train ride with all of the extras including a meal, sight-seeing and entertainment! Register by August 22 to get your seat!

Date: Sunday, September 10

Time: Depart Sage at 8:00am (Evening drop-off will be the Sutton Place Hotel)

Cost: \$138 (\$156 non-member)

Smoky Lake Pumpkin Festival - The Town of Smoky Lake hosts the Great White North Pumpkin Festival. See gigantic pumpkins and gourds, a farmers market, fair grounds, car show and more! A former Pumpkin Champ won with a 900 pounder! Must pre-register.

Date: Saturday, October 7

Time: Depart Sage at 9:00am

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



Still Recruiting! Seniors Needed!

Join the ACCESS Study for a 50% chance to receive FREE coverage (through your Alberta Blue Cross Seniors Plan) for YOUR diabetes and heart disease medications and/or a personalized health education program.

Helping seniors who have chronic diseases such as:

- | | |
|--|---|
| <input checked="" type="checkbox"/> Chronic Kidney Disease | <input checked="" type="checkbox"/> Diabetes |
| <input checked="" type="checkbox"/> Heart Disease | <input checked="" type="checkbox"/> High Cholesterol |
| <input checked="" type="checkbox"/> Stroke | <input checked="" type="checkbox"/> High Blood Pressure |

NO in-person visits & NOT testing new medications

Please call
1-844-944-8927
to get started today!



The study has been approved by the University of Calgary conjoint Health Research Ethics Board, Ethics ID: REB13-1241, and the University of Alberta Health Research Ethics Board.

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

SAGE CITY TOURS

St. Albert Farmers' Market - A day to wander downtown St. Albert and the farmers' market at your own pace. The St. Albert Farmers' Market is the largest outdoor market in Western Canada. Must pre-register.

Date: Saturday, September 16

Time: Depart Sage at 9:30am, return 1:30pm

Location: St. Albert Farmers' Market

Cost: \$10 member or \$12 non-member, bus only. Lunch, purchases, etc. not included.

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, October 15

Time: Depart Sage at 11:00am

Location: Santa Maria Goretti

Cost: \$25.00 per person plus ETS

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: Wednesday, November 29

Time: Depart Sage at 10:00am

Location: Greenland Garden Center

Cost: \$15 for bus. Lunch, purchases, etc. not included.

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 - Sept. 25, Oct. 23, Nov. 27

Time: Depart Sage at 10:00am

Location: River Cree Casino

Cost: \$5.00

PHYSICAL ACTIVITY OFFERS

Yoga with Justine - Gentle, senior-friendly yoga. Can be done on a yoga mat or adapted to a chair. Open to everyone.

Date: Tuesdays - starting September 12

Time: 12:00pm-1:00pm

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 - Oct. 2 to Dec. 18

Time: 9:30am

Location: Auditorium

Cost: Free

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 - starting September 11

Time: 11:20am

Location: Auditorium

Cost: Free! Bring a friend!

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

Time: 10:30am

Cost: Free

YiXue Holistic Practice - Focus 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)

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

BRAIN HEALTH

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.

Date & Time:

A) Advanced classes - Wednesdays & Fridays at 12:15pm

B) Intermediate classes - Wednesdays & Fridays at 2:00pm

C) Beginner classes - Mondays at 1:00pm & Tuesdays at 10:00am

Location: Auditorium

Cost: \$2.00 a month

Senior Social Dance - A drop-in, multicultural opportunity for people who love social dance to come together and have some fun!

Date: Thursdays and Fridays

Time: 9:00am-10:30am

Location: Auditorium

Cost: Free

Walk and Talk Group - A social group that takes a weekly stroll to points of interest within walking distance. Open to all skill levels. Walking poles provided if you want to try them.

Date: Wednesdays until the end of October (will resume in the spring)

Time: 1:00pm

Location: meet at main reception

Cost: Free

Wellbeing Series with Jennie Wilting - Join Jennie, a retired nurse with a great sense of humour, as she discusses various topics relating to overall wellbeing.

Date:

A) September 20 - Dealing with Today

B) October 4 - Communication I

C) October 18 - Communication II

D) November 1 - Self Esteem

E) November 15 - Problem Solving

Time: 1:30pm

Location: Craftroom

Cost: \$1.00 per class

Jennie Wilting Discussion Group - a discussion group featuring interesting, controversial, and thought-provoking topics. Jennie will not lecture, only facilitate this group. Meets monthly on the 3rd Tuesday.

Dates: Sept. 19, Oct. 17, Nov. 21

Time: 1:00pm **Cost:** Free

BrainFitness Classes - Keep your brain in shape with these computer games designed to help you remember more, think faster and have better recall! No previous computer experience necessary. Pre-register.

Date: Mondays and Fridays - starting Sept. 15 for 4 weeks

Time: 12:30pm

Location: Sage Computer Lab

Cost: \$29.00 for 4 weeks

'Brainiacs' Drop-in Activity group* - Challenge your brain with games and new tips & tools on how to maintain an active, healthy brain.

Cancelled until further notice

Healthy Talk* - A presentation, discussion & sharing of ideas or articles on wellness and holistic lifestyle topics, from nutrition, to exercise, to brain teasers.

Cancelled until further notice

**If you are interested in leading one of these groups please speak with Rachel Tassone for details.*

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

SEPTEMBER 2017– NOVEMBER 2017

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. Must pre-register.

Date: Wednesdays for 6 weeks - Sept. 13, 20, 27 & Oct. 4, 11, 18

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 (although tiles are available for play anytime Sage is open)

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: 11:30-1:30pm

Location: Sage Raye Dolgoy Room

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

Raye Dolgoy Bridge Club - Club members gather to enjoy games of bridge and have fun. Want to learn how to play or refresh your bridge skills? Register by calling Rachel at (780) 701-9016

Date: Wednesdays and Fridays

Time: 11:30am-4:00pm

Location: Raye Dolgoy Room

Cost: \$1.50 per play

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.

CREATIVE OPPORTUNITIES

Blue Pencil Café (writing class) - Join instructor Melle in this very popular writing course. Melle will offer guidance and direction on whatever type of written work you happen to be interested in. Must pre-register.

Date: Tuesdays - Sept. 26 to November 14

Time & Location TBA

Cost: \$45

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

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

Sage Singers - This fun group performs sing-along favorites weekly in the Sunshine Café. Meet for a warm-up and then performance.
Join in! This is a fun-loving choir for all skill levels!

Date: Thursdays
Time: 10:45am - 12:30pm
Location: Sage Café
Cost: Free

Ukulele Classes - Sage is strumming and humming! Come and join the fun. Our instructor, Elaine Mann, offers 3 levels.

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 & picking styles. You can enter at one level, and switch to another at any time.

Date: Thursdays
Session 1 - Sept. 14 to Oct. 26
Session 2 - Nov. 2 to Dec. 14

Time:
A) Absolute Beginner - 12:00pm - 1:00pm
B) Beginner/Intermediate - 1:15pm - 2:15pm
C) Advanced - 2:30pm - 3:30pm

Cost: \$45 per session Early Bird price (by Sept.9 & Oct.30) or \$55 Regular (after Sept.9 & Oct.30)

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: Tuesdays
Time: 1:45pm
Location: Sage Café **Cost:** Free

Ukulele or Guitar Private Lessons - Work one on one with instructor Elaine Mann to learn either your choice of ukulele or guitar. Elaine can teach from absolute beginner to advanced. Its never too late to get started and learn!

Call Rachel at 780-701-9016 for details.

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: Tuesdays - Sept. 19, Oct. 17, Nov. 21
Time: 1:00pm
Location: Café
Cost: Free

SING! Seniors Intercultural & Newcomers Gathering - Enjoy sharing music while practicing English and meeting new friends.

Date: Wednesdays - Sept. 13 to Dec. 13
Time: 12:00pm-1:00pm
Location: Classroom B
Cost: Free

GeriActors and Friends - No acting experience required, just 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. Give it a try!

Date: Thursdays
Time: 1:00pm
Location: auditorium
Cost: \$30 per year

Busy Fingers - A year round crafting group that is 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!

Date: Tuesdays
Time: 9:00am-11:30am
Location: Craft room
Cost: Free

SEPTEMBER 2017– NOVEMBER 2017

Open to members and non-members

LEARNING OPPORTUNITIES

Restorative Justice Course (with Doug Heckbert) - How do we determine justice? Justice means different things to different people, depending the side of crime or conflict. Challenge how you look at headlines & outcomes in this interesting new course. Co-presented by Sue Hopgood, Restorative Practitioner. Pre-register.

Date: Tuesdays, Sept. 19 - November 21

Time: 9:30am

Location: Classroom D

Cost: \$38 before Sept.12 or \$46 after Sept.12

Aging in Place Workshop - Most people want to age in their own home. Is that possible? Do you have the resources you need? Have you thought about finances, transportation, health, safety, support & more? This workshop will help give you tools to really plan ahead. Pre-register.

Date: Fridays - Sept. 22 to Oct. 13 (4 weeks)

Follow-up meeting Oct. 27

Time: 12:30pm-2:30pm

Location TBA

Cost: \$20 (includes coffee & tea)

Spanish for Seniors - A great, fun, easy way to learn a new language. This course is a great introduction if you want to travel or just try something new! Register by Sept. 22.

Date: Fridays - Sept. 29 to Nov.17

Time: 12:30pm

Location TBA

Cost: \$20.00

Mandarin Introduction Classes - Learn one of the world's most popular languages in this exciting new class. Learning new languages is also a great way to keep your brain sharp!

Register no later than Thursday, September 8.

Date: Tuesdays & Fridays - starting Sept. 12

Time: Tuesdays 12:00pm - 2:00pm & Fridays 9:00am-11:00am

Cost: \$85 for the 12 weeks before Sept. 1st (\$100 Sept. 2-8). An amazing price for 48 hours of instruction!

Home is where the heart is.

Elegant Retirement Living for Independent Seniors.

The Waterford
OF SUMMERLEA

Call For a Personalized Tour
Ph. 780-444-4545

9395 - 172 Street, Edmonton. Visit our website: www.thewaterford.ca

Cree Conversation Group - This is a weekly gathering that is a great, informal opportunity to learn and share one of Canada's original languages. Group is open to everyone.

Date: Tuesdays

Time: 12:00pm

Location: Sage Craftroom

Cost: Free

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. See where we're headed next!

Date: 3rd Thursday of the month

A) September 21- Historic Downtown Edmonton

B) October 19 - Pacific Coast Highway Roadtrip

C) November 16 - Destination TBA

Time: 1:00pm

Location TBA

Cost: Free

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



United Way
Member Agency

PREVENTATIVE OFFERINGS

Alberta Government's Benefits for Seniors -

Learn about some of the provincial government's benefit programs for seniors as well as some of the rebates currently available.

Date: Tuesday, September 19

Time: 1:00pm

Location: Classroom B

Cost: Free

Mind Your Money - Monthly Financial Presentations with Wei Woo

Date: Wednesdays

A) September 13 - Exchange Traded Mutual Funds in a Retirement Portfolio

B) October 11 - Robot Financial Advisors & Your Investments

C) November 15 - Selecting Suitable Financial Institutions & Financial Investors

Time: 10:30am

Location TBA

Cost: Free

Legal Documents You Should Have - Learn about important legal documents you should have such as Wills, Personal Directives, Power of Attorney and more. Pre-register.

Date: Wednesday, September 20

Time: 10:30am

Location TBA

Cost: Free

Diabetes Presentation - Learn about some of the best ways to manage diabetes or to help prevent yourself from getting this disease.

Date: Monday, November 20

Time: 10:00am

Location TBA

Cost: Free

Recognizing Healthy Boundaries - Learn how to recognize and develop healthy boundaries around your finances with family & friends.

Date: Wednesday, November 8

Time: 10:00am-12:00pm

Location: Auditorium

Cost: Free

Seniors & Isolation: Coffee Talk Presentation

Discussion covers factors that lead to social isolation, learn about work being done in Edmonton to address isolation, as well as what we can each do to promote healthy connections among seniors, caregivers & communities. Refreshments provided.

Date: Tuesday, October 17

Time: 1:30pm

Location TBA

Cost: Free

Advanced Care Planning presentation -

Your Goals of Care Designation as well as your Personal Directive are documents discussed at this presentation. Presented by Alberta Health and Office of the Public Guardian.

Date: Wednesday, October 4

Time: 10:00am-12:00pm

Location: Auditorium

Cost: Free

SOCIAL OPPORTUNITIES

Kookum Senior Women's Group - A group for senior women to get together, share stories, connect and enjoy a cup of tea. Kookum is the Cree word for grandma. This group is open to everyone to join and led by Sophie Laboucan from Bent Arrow Healing Society.

Date: Mondays. Call 780-423-5510 ext 301 or see calendar for future dates.

Time: 12:30pm

Location: Craft room

Cost: Free

Coffee Group - Drop-in 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

SEPTEMBER 2017– NOVEMBER 2017

Open to members and non-members

Student & Senior Interviews - Help elementary students practice their interviewing skills by answering a few fun, reminiscent questions. Interviews last 15-20 minutes.

Date: Thursday, September 21

Time: 11:15am

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. Drop-in.

Date: Thursdays

Time: 12:00pm-1:00pm

Location: Classroom B

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. Meet at main floor reception.

Date: Thursdays, Sept. 28 & November 30
Tuesday, October 31 (***new date, replaces Oct. 26**)

Time: 12:30pm

Location: Sage

Cost: Free

Sage Monthly Birthday Party - Sage celebrates birthdays the last Thursday of every month with birthday cake and **live entertainment**. This party is for everyone, so join in the fun, even if it isn't your birthday month! **Sponsored**

by Dignity Memorial. (Hainstock's Funeral Home 9810-34 Ave & Memories Funeral Home 13403 St. Albert)

Date: Thursdays, Sept. 28 & November 30

***New date for October - moved to October 31 (Halloween Party) instead of the 26**

Time: 1:00pm

Location: Sage Café

Cost: Free Cake and Live Music!

Monthly Movie & Popcorn - Come and join us the third Friday of the month for a movie and popcorn.

Date: Fridays

A) September 15 - Hidden Figures

B) October 20 - Beauty & the Beast (2017)

C) November 17- La La Land

Time: 1:00pm

Location: Classroom B

Cost: \$1.00 (for popcorn)

Drop-in Travel Films - Join us on Mondays as we travel around the globe.

Date: Mondays

Time: 1:00pm

Location: Sage Lobby

Cost: Free

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

Dates: 3rd Thursday of the month
Sept. 21, Oct. 19, Nov. 16

Time: 11:00am-1:00pm

Location: Sage Café

Cost: Free. Purchases not included.

The Next Page Book Club will meet for a new reading adventure on the 2nd Thursday of every month. The style of book will vary from mystery to biographies. Please register at the front desk.

Date: 2nd Thursday of the month - Sept. 14, Oct. 12, Nov. 9

Time: 1:00pm

Location: Raye Dolgoy Room

Cost: Free



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Our Parents' Home

**MAKE IT
HAPPEN**

VOTE!

Edmonton votes **Monday, October 16, 2017**
Can't get to a voting station on Election Day?
You can still make your vote happen...

Apply for a Special (Mail-In) Ballot Today!

Ballot packages will be delivered starting
September 22, 2017.

Online: www.edmonton.ca/SpecialBallot
Email: specialballots@edmonton.ca
Phone: **780-442-VOTE (8683)**

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#yegvote

Mayor • City Councillors • School Board Trustees



 **EDMONTON**
elections

edmonton.ca/election

Don't forget,
Edmonton votes
Monday,
October 16, 2017!

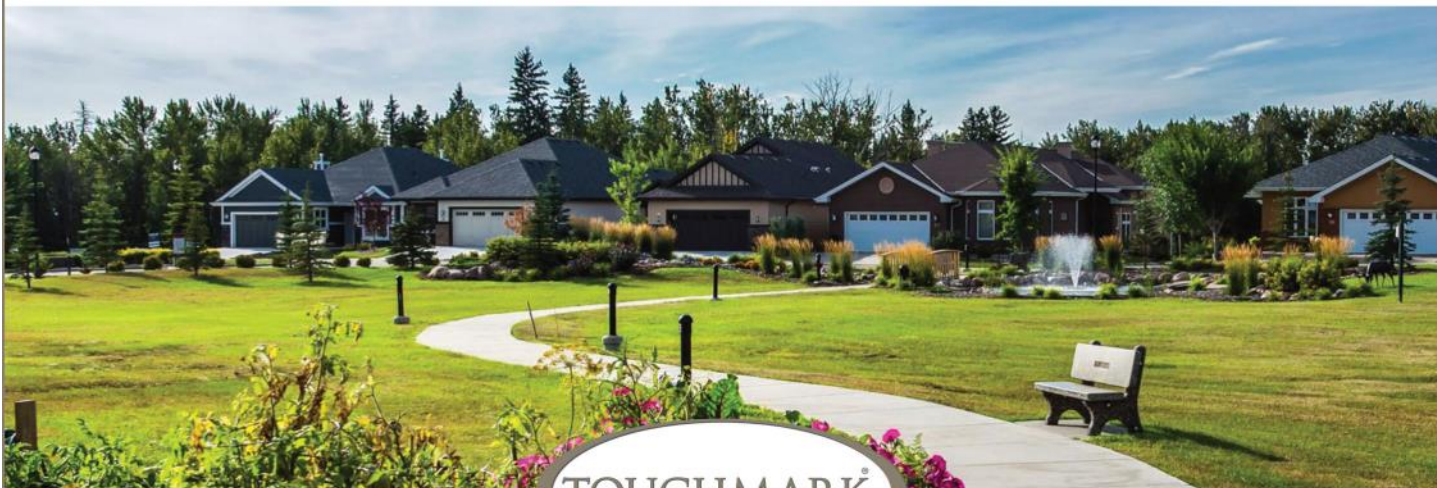
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PRE-REGISTER for computer classes
Call Rachel at 780-701-9016

PARTIES, LUNCHEONS & MORE

Let's Do Lunch - A group that ventures out to new dining experiences. Must pre-register.

Date: 2nd Tuesday of the month

A) Sept. 12 - Moxie's (Kingsway)

B) Oct. 10 - Café Caribe (Rice Howard Way)

C) Nov. 14 - Alberta Hotel (Jasper Ave)

Time: 12:30pm at Sage or 1:00pm at restaurant

Location: see date

Cost: Must pay own lunch costs + ETS

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. Please purchase your tickets by October 2.

Date: Thursday, October 5

Time: 11:30am

Location: Sage Café

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: Tuesday, October 31

Time: 1:00pm

Location: Sage Café

Cost: Free - *thanks to Dignity Memorial*

Rodeo Lunch (Celebrate CFR) - Yee-haw! Get out your western wear, enjoy a chili lunch and listen to live country music.

Date: Wednesday, November 8

Time: 11:30am-1:00pm

Location: Sage Café

Cost: pay at Café on Nov. 8th for chili lunch special (\$7.50). Entertainment is free.

Christmas Lunch Buffet - A delicious Christmas dinner with turkey and all the trimmings- including desserts and coffee and tea. You'd better bring your appetite!

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 30

Time: 10:30am-1:30pm

Location: Sage Café

Cost: Free

COMPUTERS

iPad classes (6 weeks) - Learn the basics of how to use an iPad in this 6 week course taught by an EPL community librarian. Please pre-register.

Date: Sept. 13, 20, 27 & Oct. 4, 11, 18

Time: 2:00pm-3:30pm

Location TBA

Cost: \$2.00 for all 6 weeks

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:

A) September: 6, 8, 11, 13, 15, 18, 20

B) October: 4, 6, 11, 13, 16, 18, 20

C) November: 1, 3, 6, 8, 10, 15, 17

Time: Monday & Friday- 2:30pm or Wednesdays - 1:00pm

Location: Computer Lab

Cost: \$5 per set of 7 classes - *Thanks to ECALA grants*

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

(Pre-booked 1-1 sessions are also available: contact Rachel at 780-701-9016 to book or for info)



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HARVESTING MEMORIES

VAL CHYMKO

Volunteer Contributor

Don't forget to harvest your memories with gratitude for their abundance. Choose your fruits and vegetables with care to nourish the soul. Preserve them well in beautiful jars. Lovely clear jellies, a reflection of your tears, and flavourful chutneys for memories of laughter. Be sure to make enough to share with friends. Post pictures online! Serve them with tea and biscuits, savouring each flavour and using your best china not just for special occasions but every day of the year! Cherish and relish those memories in every season and for any reason. And when the jars are empty be sure to plant more seeds and watch them grow to harvest again, in memory of Barb.



In Barb's own words...

"I've grown in many ways since I came to Sage. It gives me a purpose. How much more could you wish for than to wake up in the morning and have a place to go. A place I want to go."

"I love to share my learning experiences in my life. I've had many through the years. I get so much from my students in my classes and in my community. The more you give the more you get. But it's not just about getting, it's about sharing ourselves."

In Memoriam



It is with a sad heart that we inform everyone of the passing of Barb Rankin on June 19. Barb was a very special Volunteer. She had been with Sage for over 9 years, providing her skills as a retired nurse in various roles in the Life Enrichment program.



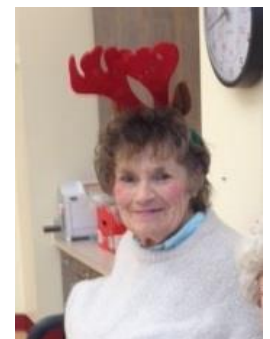
Barb regularly taught the Brain Fit Program along with leading the coffee group plus Sudoku, Brainiacs, Holistic Twist and Book club groups. Barb loved to share her knowledge of brain fitness through various presentations, both at Sage and out in the greater community. Barb will be sadly missed but never forgotten.



There are so many lives she touched in a positive way.

So many memories that bring a smile and show the wonderful person she was.

So many stories about how she made a difference or made someone's day.



Quoted

"Barb is more than a volunteer... she is Sage." - Sage Volunteer



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Seniors' Housing, Health & Wellness Forums

COMMUNITY EVENTS

Housing, community resources and maintaining good health as we age are complex topics, and an understanding of these areas leads to independence, empowerment and wellness for older adults.

The **Seniors' Housing Forum** taking place on **Saturday, September 23rd** will feature panel discussions and presentations on the issues seniors commonly face when it comes to housing. It is a great opportunity for seniors, their families, and caregivers to learn about the range of **housing options and community resources** available for older Edmontonians. FREE lunch, FREE parking, FREE registration, phone 780-809-8604 starting Sept 1st!

The **Seniors' Health & Wellness Forum** on **Saturday, November 4th** will feature discussions on health, wellness and social supports vital to healthy aging. It is an excellent opportunity for seniors, their families, and caregivers to learn about **health and wellness resources** available for older Edmontonians. FREE lunch, FREE parking, FREE registration, phone 780-809-8604 starting October 1st!
www.mysage.ca/events



SENIORS' HOUSING FORUM
SATURDAY, SEPTEMBER 23rd, 2017
Central Lions Seniors Recreation Centre
11113 113 St. 9am-2:30pm
Participant registration opens Sept 1st



Seniors' Health & Wellness Forum
SATURDAY, NOVEMBER 4th, 2017
Central Lions Seniors Recreation Centre
11113 113 St. 9am-2:30pm
Participant registration opens Oct 1st

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