

March - May 2019

sage LINK

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Please note that Sage will be **closed** on the following days:

- April 19
- April 22
- May 20



THE 13TH ANNUAL SAGE AWARDS NOMINATIONS NOW OPEN!

Help us celebrate our community champions. The ones who build innovative, inspired, healthy, just, and sustainable communities. The knowledge holders. Gift sharers. Trail blazers. Ground breakers.

For over a decade, Sage has been honouring the contributions that people make after the age of 60. Help us do it again this year!

Celebrate seniors. Celebrate community. Nominate a senior you know today!

Nominations are now open and close **February 28, 2019**.

Nominees and Award Recipients will be honoured at the 13th Annual Sage Awards during seniors' week on **June 6, 2019**.

Tickets will be available for purchase beginning on **January 22, 2019**.

For event information, or to nominate a senior, please visit: www.mysage.ca/events/awards or call 780-701-9010.

MESSAGE FROM THE EXECUTIVE DIRECTOR

It's that time of year again when the Sage team begins preparations for the annual Sage Awards celebration.

The Sage Awards are the perfect opportunity to shout from the mountain tops, what we at Sage already know... that older adults in Greater Edmonton are making brilliant, impactful contributions to their communities every day. I'm happy to share that the Sage team has made some exciting updates to the Awards this year.

One of our goals this year is to share the inspiring stories of the Sage Awards with more people, both within our Sage community and beyond.

We have made tickets more affordable so that more Sage members can attend and contribute to this celebration, and we are distributing information about the event in new and exciting ways to reach a wider community.

A simplified nomination process makes it easier than ever to nominate someone who is doing something special in their senior years. The nomination process can be completed and submitted online or by email, and hardcopies can be picked up at Sage's office.

This year, the Award categories have been streamlined to better reflect the qualities that our community leaders work so hard to bolster. Nominate somebody you know for the Sage Award for Innovation, Social Justice, Health, Sustainability, or Inspiration.

Every day at Sage we work with and learn about seniors who are building inspired, healthy, and sustainable communities. I hope you will join us in celebrating and sharing these amazing stories!

Karen McDonald

Board of Directors 2019

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Food Services	780-701-9022
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Health Services	780-809-9402
Life Enrichment	780-701-9023
Safe House Intake	780-702-1520
Social Work Services	587-773-1764
Volunteer Services	780-701-9014

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

ANNOUNCEMENTS

ANNUAL GENERAL MEETING

Sage's Annual General Meeting will be held on **May 8, 2019 at 10:00 am** in the **Auditorium**. Proposed changes to the bylaws will be voted on at this meeting.

Proposed changes to the bylaws will be made available for review by members at both reception desks, and electronically by request, 21 days before the meeting (April 17).

NEW HEALTH SERVICES PROVIDERS

As part of our Health Services program, Sage is now offering the following services:

- **Optometry**
- **Denture Services**
- **Dental Hygiene**
- **Foot Care**

For more information, or to book an appointment, **please call 780-809-9402**.

BUS PROGRAM

We are providing free, wheelchair accessible bus service from participating senior residences to and from Sage on Thursdays. For information on bus routes, designated pick-up and drop-off times, locations, and how to sign up, please contact: **780-809-9401** or email Duncan at **dmaguire@mysage.ca**.

NEW STAFF

We would like to welcome Wayne Sand as our new Food Services Manager; Anna-Marie Yurkiw-Davies and Jacqueline Maclean, who will be cooking in the Sunshine Café; Nolvía Gutierrez, our Outreach Coordinator; and Iris Irwin, our Safe House Coordinator.

If you see Wayne, Anna-Marie, Jacqueline, Nolvía, or Iris please introduce yourself and pass along a warm Sage hello!

Enrich your life at The Churchill.



Join us for one of our upcoming events (lunch provided):

Speakers Symposium

February 13

11:00am - The Six Degrees of Wellness
1:00pm - Fall Prevention

March 13

11:00am - Financial Planning for Retirement
1:00pm - Signs of Isolation

April 10 & May 8

Speakers to be announced

Concert Series

February 20, March 20, April 17 & May 15

11:00am - Performance by members of the Edmonton Symphony Orchestra.

Call for more info or to reserve your seat.

The Churchill

10015 103rd Ave, Edmonton
780-420-1222 • reveraliving.com

VOLUNTEER SERVICES



Barb Carroll

VOLUNTEER COORDINATOR

NATIONAL VOLUNTEER WEEK APRIL 7 - 13, 2019

The theme for this year's National Volunteer Week is **The Volunteer Factor – Lifting Communities**. It is an opportunity to recognize the collective efforts of volunteers and reflect on the multitude of actions taken to help people and communities. Volunteering can also give volunteers a lift. Our spirits are lifted when we have the opportunity to volunteer and work with others. Our sense of purpose is lifted when we see how our efforts have helped someone else. And our confidence is lifted when we gain skills and experience through volunteering!

THANK YOU SAGE VOLUNTEERS

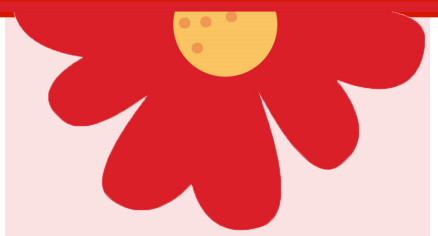
Sage Volunteers are **amazing**! We appreciate their support and dedication to Sage. Without the donation of their time, efforts, and skillsets, the programs and services at Sage could not exist. We acknowledge and appreciate our volunteers on a daily basis but during National Volunteer Week, we will have an opportunity to celebrate our amazing volunteers with a special Volunteer Appreciation event.



Notice: Sage Volunteers

Birds of a feather
volunteer together!

During National Volunteer Week, please join us for food and fun at the Spring Volunteer Appreciation Event on Wednesday, April 10, 2019 from 1:00 – 3:00pm in the Auditorium at Sage.



Volunteer Opportunities

Connect and contribute!

- Receptionist
- Sunshine Café Cashier
- Sunshine Café Dishwasher: Wednesday 11- 2
- Photography Group Lead
- Life Enrichment Program Assistants
- Sage Ambassadors: Greet seniors at Sage and share information about activities, clubs, events and the wide range of programs and services offered at Sage.
- Beginner Computer Class Instructor

For more information contact:

Barb Carroll at
780-701-9014 or
bcarroll@mysage.ca.



At Edmonton Senior Solutions our mission is to enrich lives. That begins with every life we encounter: our team, our valued clients, and those who love & care for them.



Our Services

We offer in-home services to enhance quality of life while preserving independence. Our professionals are trained to assess, plan, monitor and provide home care services to the elderly and their families.

Home care

- Nail & Foot Care
- Companionship/Transportation
- Groceries and Errands
- Nursing Care/Personal Care
- Caregiver Relief/Respite Care
- Meal Preparation
- Light Housekeeping

Care Management

- Assessments
- Regular Nursing Visits
- Monitoring Health Conditions
- Education & Advocacy
- Family Caregiver Coaching
- Consulting
- Care Planning
- Coordination of Care & Community Services
- Discharge Planning
- Housing/Placement
- Medical Management
- Referral Services

Edmonton, Alberta
780.993.CARE (2273)

www.EdmontonSeniorSolutions.com
contact@edmontonseniorsolutions.com



NEW & EXCITING

International Women's Day Pink Tea & Suffrage Discussion

March 8 is International Women's Day, a day to recognize women's achievements and acknowledge the challenges they continue to face in the quest for gender equality. Sage is celebrating with a **Pink Tea** to discuss the history of the suffrage movement while enjoying tea and goodies. Please pre-register.

Date: Fri Mar 8 **Time:** 1:30pm **Cost:** \$2.00

Introduction to the Arctic Climate

A four week course that examines the environment and climate of the circumpolar North. Learn why the Arctic is cold and ice covered, consider how the Arctic is connected to the rest of the world, and examine present day climate change. Course from the University of Alberta. Taught in a group format. Pre-register.

Date: Fri Mar 29 - Apr 26 (not Good Friday)
Time: 12:30-2:30pm **Cost:** \$5 for handouts

St. Patrick's Day Toonie Party

Join us for a party that includes live music, cake and lots of fun! Wear your green if you'd like!

Date: Fri Mar 15 **Time:** 12:30-1:30pm
Cost: \$2.00 **Location:** Sage Café

Easter Dinner

Celebrate Easter with a delicious baked ham lunch including dessert and coffee/tea. Entertainment provided. Must register by April 15. Easter dinner will not be available for purchase on the day of the event, but the café will be open. Entertainment until 1pm.

Date: Thur Apr 18 **Time:** 11:30-12:30pm
Location: Auditorium **Cost:** \$12.00

Craft Space

Drop-in to do a "Craft of the Week" or create your own! Bring your creativity or just an openness to being crafty. Supplies provided.

Date: Mon **Time:** 12:30-2:30pm
Location: Café **Cost:** Free

Sunshine Sing-Along

If you love music, singing and being among friends, then join our weekly gathering of sing-along favourites with Elaine. Everyone welcome!

Date: Tues **Time:** 11:00-11:45am
Location: Sage Auditorium **Cost:** Free

New Ballroom Dancing Lessons

Experience the magic, elegance, and fun of ballroom dance! Never danced before? Well let's get started! No partner required. Taught by a volunteer instructor. Pre-register, limited spaces available.

Date: Wednesdays **Cost:** \$2 per session
Time: 10-11:30am **Location:** Auditorium

Session 1: Feb 20, Feb 27, Mar 6, Mar 13
Session 2: Mar 27, Apr 3, Apr 10
Session 3: May 15, May 22, May 29, Jun 5

Coffee Group

Want to meet new people or visit and don't know where to start? Join us each week for a warm cup of coffee (or tea), some friendly faces, and a chance to connect with others.

Date: Wed **Time:** 10:30-11:30am
Location: Sage Café **Cost:** Free (coffee/tea voucher provided)

New Spanish Chat Group

A chance to practice your Spanish conversational skills, learn vocabulary, and meet some great people in this new, free group with a volunteer lead!

Date: 2nd & 4th Fri May to Aug
Time: 10:30-12pm **Location:** Café

GeriActors and Friends Performance

An exciting inter-generational theater experience! A student ensemble from the U of A is joined with seniors to tell stories and share a passion for performing in front of audiences. Coffee and cookies will be served. Pre-register.

Date: Thur May 16 **Time:** 1:30pm

Cost: \$5.00 **Location:** Sage Auditorium

GeriActors Workshops: The Senior Actor

Learn the storytelling and performance techniques developed by GeriActors. Stress-free acting, no lines to learn, and lots of laughs to be had! Please pre-register:

- **Spring session (12 weeks):** Mar 8 - May 31 (minus Good Friday) **Time:** 3-5pm
Location: Classroom C **Cost:** \$120 per person
- **Summer session (6 weeks):** Jul 5 - Aug 9
Time: 3-5pm **Location:** Classroom C
Cost: \$60 - Interested in registering for both sessions? \$150 bundle (save \$30)

Brain Fitness Information Session

Learn about this amazing program that keeps your brain sharp, has informative discussions and brain-healthy snacks. Speak with the instructor and even give the games a try.

Date: Wed Mar 13 **Time:** 1-2pm

Location: Classroom C **Cost:** Free

Pole Walking Information Session & Demo

Learn all of the amazing health benefits of pole walking. Get a chance to try out the techniques yourself in this informative session!

Date: Wed May 8 **Time:** 1pm

Location: Classroom C **Cost:** Free

New Pen-Pal Program with Elementary Students

Exchange one letter a month, followed by a get together in the Spring. Interested? See main reception or call 780-423-5510 ext. 301 for more details!



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Walk & Talk Group

Meet new people, get some fresh air and exercise with this group that takes a weekly stroll. Open to all skill levels. Walking poles may be provided. Group has a volunteer instructor.

Date: Wed starting May 15. Depart Sage at 1pm.

Mahjong (Tile Game) Lessons

Learn the world's most popular tile game from Aaron and his helpers. Mahjong is very similar to gin rummy. Must pre-register. 12 people limit.

Date: Tues Apr 9, 16, 23, May 7, 14, 21

Time: 10:30-12pm **Location:** Sage Café

Cost: \$5.00 for 6 weeks

Open to everyone - no membership required!

Register at main reception or call 780-423-5510.

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DAY TRIPS & OUTINGS

Must be able to go up and down several stairs and ground may be uneven. Trips are rain or shine. Please bring snacks or beverages as needed.

Senior Choir Fling in Athabasca

Every year seniors' choirs from across small town Alberta get together for a concert. This year's theme is music of the 50s. Trip includes lunch in Athabasca. Pre-register by Apr 26.

Date: Fri May 3 **Time:** Depart Sage at 9:00am
Cost: \$48.00 includes lunch and bus

RCMP Dog Training and Red Deer Tour

Enjoy a tour of Red Deer's Fort Normandeau, have lunch at The Golden Circle Senior Center and end the day with an amazing show from the RCMP dogs! Pre-register by May 21 to ensure a spot.

Date: Wed May 29 **Time:** Leave Sage at 9:00am
Cost: \$55.00 member (\$67.00 non-member)
Includes lunch, coach bus and show

Telling Stories Through Dance: Ancestors & Elders

The Ukrainian Shumka Dancers and multi-disciplinary Indigenous artists, share a story of the first Ukrainian newcomers to Canada, exploring the shared values and respected differences between these hopeful settlers and the First Nations people they encounter.

Date: Thurs Mar 7 **Time:** 1pm **Cost:** \$10
Meet at Jubilee Auditorium North doors
Fully wheelchair accessible; please state accessibility needs when registering.

Greenland Garden Center

Walk the beautiful outdoor space and plants, browse the gift center, buy lunch at the Café.

Date: Tues May 28
Time: Depart Sage at 10am-2pm
Cost: \$10 for a school bus to and from Sage

Walking Tour of the River Valley

Highlights the funicular and Frederick Todd lookout. Walk is organized with the Community Engagement Committee for the River Valley Alliance (RVA). Walk will start and end at Sage and is for varying skill levels.

Date: Wed May 22 **Cost:** Free
Time: 1-2:30pm (walk is approx. 60 minutes)
Location: Meet at Sage Café

River Cree Casino Outing

Hop on the River Cree bus the 3rd Thursday every month (starting March) for a fun day at the casino. **You must stay for four hours** to get a voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. 24 people maximum.

Date: Thur Mar 21, Apr 18, May 16
Time: Depart Sage at 10:00am return 2:30pm
Cost: \$5.00 (includes bus to and from casino, lunch and \$5 gambling voucher).

Italian Pranzo Lunch at Santa Maria Goretti

A delicious, traditional, 7-course Italian pranzo lunch, including antipasto platter, pasta, salad, meat and potatoes, dessert and coffee/tea.

Date: Sun April 14 (register by April 10)
Time: Depart Sage at 11:00am
Cost: \$37.00 per person including lunch, tax and tip, and school bus to and from Sage

Let's do Lunch

Venture out to a new dining experiences on the second Tuesday of each month at 12:30pm (or 1:00pm at restaurant). Must pre-register by the Friday before.

Cost: Pay own lunch costs + ETS

- **Mar 12** - Pampa Brazilian Steakhouse (9929-109St)
- ***New Date* Apr 11** - Langanos Skies (9920-82Ave)
- **May 14** - Northern Chicken (10704-124St)

Refunds are not guaranteed. Must pre-pay to register.

CLASSES

Canadian Eh? Course

Learn levels of government, as well as politics, history, and trivia about Edmonton, the provinces and our great country in this fun workshop series! Attendance to the City Hall tour and Legislature tea in June encouraged. Please register by May 23.

Date: Thur May 30 - Jun 20

(Canada B-day Celebration Jun 27 at 1pm)

Time: 1:30-3pm **Location:** Classroom B

Cost: \$5.00 (includes all course handouts)

French Social Chat Group

For those who have a bit of knowledge of the language or those who are fluent. A fun and laid back way to practice your French and meet other French speakers. **Cost:** Free

Dates: First and third Friday of each month

Time: 11-12pm **Location:** Sage Café

Computers for Beginners

An introduction to computer basics including learning how to use the mouse and working up to using internet and email. Classes are offered in small groups. You must pre-register.

Dates: **Mar:** Mar 15, 18, 20, 22, 25, 27, 29

Apr: Apr 12, 15, 17, 22, 24, 26, 29

May: May 15, 17, 22, 24, 27, 29, 31

Time: 2:30pm **Cost:** \$5 (for each set of 7 classes) thanks to ECALA grants.

Ukulele Lessons

The ukulele is a small instrument with BIG possibilities - especially when you play with friends! This multi-level class is for beginners and beyond. Participants need to know a few chords. There will be chording, strumming and picking styles for every level. Please note: This class is not suitable for Absolute Beginners. Please call Rachel at 780-701-9016 if you are looking for an absolute beginner class. Pre-register for classes. Classes held on Tuesdays.

Dates: Session 1: Mar 5-Apr 16 (7 weeks)

Session 2: May 7-Jun 11 (6 weeks)

Session 3: Jun 18-Jul 30 (7 weeks)

Cost: \$20.00 **Time:** 2-4pm



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Brain Fitness 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. Also includes brain health discussions, tips & snacks. Please pre-register.

Time: 1-2:30pm (includes time on computers followed by snack & discussion)

Dates: Mondays and Fridays (4 weeks)

▪ Mar: Mar 18 ending Apr 12 (no class Good Friday & Easter Monday)

▪ May: Apr 29 ending May 27 (no class Victoria Day holiday)

▪ Jun: Jun 3 ending Jun 28

Location: Sage Computer Lab

Cost: \$29.00 each 4 week session

INFORMATION SESSIONS

Banking & Finance Information Series

Come to one or come to all. These free sessions are helpful and informative. Sessions are Mondays at 1-2pm in Classroom B.

- **Introduction to Basic Banking** - Choosing a bank account to suit your needs, account fees, reaching financial goals.
Date: Mar 11
- **Introduction to Basic Budgeting** - How to create a budget, benefits, reach goals
Date: Mar 18
- **Debt Smarts** - Tips to manage debts, when to get a consolidated loan, bankruptcy vs. consumer proposal
Date: Mar 25
- **Identity Theft & Fraud Prevention** - Fraud & identity theft awareness, guard your info, protect your computer
Date: Apr 1
- **Loans you Don't Want** - Calculate the real cost of bad loans, pawn shops, & credit card cash advances
Date: Apr 8
- **Financial Wellness for Seniors** - What is financial abuse, how to recognize it & protect yourself.
Date: Apr 15

New Here's to Your Health Presentations

Join Sage for presentations on different health related topics including diet, exercise, wellbeing & more. Offered 4th Tuesday monthly at 1:30pm in the 3rd floor Boardroom.

- **Apr 23** - Vision Loss Resources and Information Session - presented by CNIB
- **May 28** - The Importance of Sleep & How it Impacts Your Health
- **Jun 25** - Diet Planning Information Session

Types of Housing Explained

Condos, apartments, long-term care, supportive living, assisted living...what do they mean? Join Sage's Housing Coordinator for this free, informative presentation.

Date: April 17 at 11am. Pre-registration preferred.

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

Getting Ready: Paperwork, Documents & More!

Do you have your important information together in case something happens to you? Not just your will but store cards, banking, etc.? Learn more on what to do & how to organize it. Based on a volunteer's personal experiences and journey through helping loved ones. Please pre-register.

Date: Tuesday, May 21 **Time:** 1-2:30pm

Location: Classroom B **Cost:** \$2.00 (includes handouts)

Mind Your Money

Monthly Financial Presentations with Wei Woo: Held the 2nd Wednesday monthly at 1pm in Classroom A

- **Mar 13** - Protecting your Retirement Portfolio in Today's Economy - The global economy is presently in an uncertain state due to prolonged low oil prices. For your retirement savings, it is important to have specific financial strategies to manage the volatility of the markets, take advantage of compelling opportunities, look at options in securing the principle of your retirement investments, and ensuring you have the cash flow you need regardless of the economic situation. **Time: 10:30am**
- **April 10** - Selecting a suitable financial advisor and financial institution - Who we choose as our financial advisor has a great influence on our satisfaction with financial services, as well as personal financial well being. Quality of financial planning advice, investment performance, amount of client communication, pay structure of the advisor, among others, are very important factors in selecting the right advisor and financial institution.
- **May** - No "Mind Your Money" in May

OLD FAVOURITES

Tai Chi Introduction with Master Ken

Introduction to Tai Chi, including simple Tai Chi movements, warm up exercises, sitting & walking Tai Chi movements, and Qi-Gong movements. Health benefits include improving balance, coordination and range of movement!

Date: Mondays **Time:** 9:30am

Location: Auditorium **Cost:** Free

Gentle Yoga

Gentle, senior-friendly yoga. Can be done on a yoga mat or adapted to a chair. Open to all!

Date: Fridays **Location:** Classroom C

Time: 12-1pm **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 **Location:** Auditorium

Time: 11:20am **Cost:** Free - Bring a friend!

Everyday Fitness

Stay active with this easy and fun exercise series. Build strength and balance. All skill levels welcome.

Date: Thursdays **Time:** 10:30am

Cost: Free

Seniors Line Dancing Classes

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

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

Classes:

- 12:15pm - Wed & Fri (currently full)
- 2:00pm - Wed & Fri (space available)
- 1pm - Mon & Tues 10am (currently full)

Jennie Wilting Discussion Group

A discussion group featuring interesting, controversial, and thought-provoking topics. Jennie will not lecture, only facilitate this group. Meets at 1:30pm on the 3rd Tuesday monthly.

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. Talks are held at 1:30pm in the Classroom A the 1st and 3rd Wednesday of the month. **Cost** is \$1.00.

'Brainiacs' Drop-in Activity Group

Challenge your brain with games and new tips & tools on how to maintain an active, healthy mind. Great chance to meet people, too!

Date: 2nd & 4th Fridays monthly

Time: 10:00am **Cost:** Free

Location: Classroom B

TED Talks Discussion Group

TED Talks are influential videos from expert speakers on science, tech, creativity and more. In this free, monthly group we will watch and then discuss a thought-provoking video.

Date: Last Wednesday of the month

Time: 1:30pm **Cost:** Free

The Sage Singers no longer perform at Sage

But if you love to sing and be with people, try our SING! Intercultural Chorus or Sunshine Sing-a-long.

SING! Seniors Intercultural & Newcomers Gathering

Enjoy sharing music while practicing English and meeting new friends.

Date: Tuesdays **Time:** 12-1pm

Location: Auditorium **Cost:** Free

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: 9-10:15am Thursdays, 9-12pm Fridays

Location: Auditorium

Cost: \$1 per month or \$10 a year

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

Crib Games with Margaret

Play some crib and have some fun each Wednesday at 1pm in the café. Free and open to everyone!

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: Mondays & Wednesdays (although tiles are available for play anytime Sage is open)
Time: 1pm **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 **Cost:** Free
Time: 10:00am **Location:** Sage Café

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:** 10:00-1pm
Location: Sage Café **Cost:** Free

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.

Dates: Mon - Mar 11, 25, Apr 8, 15, May 6, 13
Time: 12:30pm **Location:** Class A
Cost: Free



Downtown Men's Shed

Men's Sheds are an opportunity for men to have a welcoming space to meet, have a coffee, visit, and decide on meaningful projects for the group to work on. Open to all skill levels and ages.

Date: Fridays at 2:00pm in Sage's Classroom A and Tuesdays at 7:00 pm at the Churchill Residence. **Cost:** Free

Drop-in 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: Fridays at 10am
Location: Classroom C **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.

Date: Mar 28, Apr 25, May 30

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

Dates: The 3rd Thursday of the month
Time: 11-1pm **Location:** Sage Café

Games & Puzzle Room!

Join us on the main floor of Sage to play crib, scrabble, checkers, board games, mahjong or work on puzzles.

Sage Monthly Birthday Party

Sage celebrates birthdays the last Thursday of every month at 1:00pm with birthday cake and live entertainment. This party is for everyone, so join in the fun, even if it isn't your birthday month! Sponsored by Dignity Memorial: Hainstock's Funeral Home 9810-34 Ave Memories Funeral Home 13403 St. Albert
Date: Mar 28, Apr 25, May 30
Time: 1pm **Location:** Sage Café
Cost: Free Cake and live music!

Writer's Group

A drop-in, monthly group to help each other with your writing- memoirs, stories and more. This group is currently not meeting as it needs a new group leader. If you are interested please contact Rachel at 780-701-9016.

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:** 10-11am
Location: Café **Cost:** Free

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:** 9:30-12pm
Location: Class A **Cost:** Supply costs only (Approx. \$8/canvas and \$10 for paint and brushes as needed)

The Raye Dolgoy Bridge Club meets each Monday, Wednesday and Friday from 11:30-4:00pm Club members gather to enjoy games of bridge and have fun. The cost is \$1.50 per play. Open to everyone.

The Next Page Book Club meets the 2nd Thursday of every month at 1:00pm. The style of book will vary and is chosen by the group. All participants get their own books (either through the library or purchase, etc.). Held in the 3rd floor Boardroom.

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Device and Computer Help

Drop-in for some 1-1 volunteer help with computer questions, Microsoft Word, emails, internet, laptops, iPad's, cell phones, etc.

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

Location: Computer lab **Cost:** Free

Device and Computer help pre-booked 1-1 sessions are available if the drop-in sessions don't work for you. Please contact main reception at 780-423-5510 ext. 301 for info.

Busy Fingers is a year round crafting group that meets every Tuesday in the Classroom A 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.

Over The Rainbow Group

This support group is for gay, bisexual, or transgendered seniors, and/or seniors who would like to understand their gay family members. You can drop-in or email Jeff Bovee, group leader directly, at boveejeff@gmail.com. For more information, call Sage main reception at 780-423-5510 ext. 301.

Date: Every Tuesday **Time:** 1-3:30pm

Location: Sage Café **Cost:** Free

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