

# sage LINK

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## What Every Older Adult Should Know: Planning Ahead Matters

As we grow older, we need to think about how our needs might change over time, and ask ourselves questions that we might never have considered before. Do I have what I need to age in my own home? Will I be driving in the next 5 or 10 years? Will I still be able to shovel my sidewalk? Will I be able to afford the life I want after retirement?

Every fall, Sage helps host two free public forums so that you can answer some of those questions. The Seniors' Housing Forum and the Seniors' Health and Wellness Forum offer a wide range of information and resources that can help you get the answers you need and plan

ahead. Session topics include everything from seniors' housing options, downsizing, and transportation, to seniors' benefits, caregiver supports, and medical myths. More than 50 exhibitors from senior-serving organizations will also be there, providing information throughout the day.

Both forums are free, full day events - refreshments and a box lunch are included! Registration for the forums is strongly encouraged, to help us plan ahead.

Turn to page 10 for more information.

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

- September 2
- October 14
- November 11

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## MESSAGE FROM THE EXECUTIVE DIRECTOR

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As you'll see at Sage, most of the programs and services that we offer are delivered in partnership with other organizations. For example, thanks to the Edmonton Mennonite Centre for Newcomers, our classrooms are filled every day of the week with seniors learning English! Another way that Sage partners with groups in the community is to act as their intermediary (fiscal agent) – which means that we're able to help smaller community groups gain access to funding opportunities, and provide them with support for administrative tasks.

Over the past few years, the Pride Seniors Group has undertaken a feasibility study to determine the housing needs of LGBTQ2S+ seniors in the community as they anticipate transitioning from independent housing into supportive or facility living. The study indicated that a majority of seniors had concerns for their care and treatment in non-LGBTQ2S+ seniors housing. The Pride Seniors group has recently secured further funding from the Federal Government to continue with this important project!

As well, both the Housing and Health and Wellness Forums that we offer in the Fall are only possible through collaboration with community partners who contribute their time and resources to the advisory committees. These include the Alzheimer's Society, GEF Seniors Housing, the Multi-cultural Health Brokers Co-op, the Southside PCN, Lifestyle Options Retirement Communities, the Alberta Continuing Care Association, Age Friendly Edmonton, Alberta Health Services, Alberta Health, and the City of Edmonton.

It's gratifying to see all of the organizations and individuals in the city who are passionate about ensuring that seniors have the supports and resources that they need to age in place. As we move into the Fall, Sage will be involved in a provincial project looking to coordinate the community based seniors sector provincially. We look forward to sharing more information about this work as it progresses!

Karen McDonald

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### Board of Directors 2019

President	Joyce E. Tustian
President Elect	Vacant
Past President	Reg Joseph
Secretary	Vacant
Treasurer	Tammy Pidner

### Members at Large

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

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### DIRECTORY

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Main Switchboard	780-423-5510
Food Services	780-701-9022
Guardianship/Trusteeship	780-701-9013
Health Services	780-809-9402
Life Enrichment	780-423-5510
Safe House Intake	780-702-1520
Social Work Services	587-773-1764
Volunteer Services	780-701-9014

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

## ANNOUNCEMENTS

### WE HAVE SOME NEW FACES AT SAGE!

Help us welcome some new people to our team:

- Dara Kantypowicz - Finance Coordinator
- Amina Hussein - Health Services Navigator
- Dana McQuade - Mental Health Therapist
- Carolyn Stoddard - Nurse Practitioner
- Sharon Nickel - Project Coordinator
- Justine Pelletier, a former volunteer, is with us for the summer as a Life Enrichment Coordinator

Joanna James has moved back to her previous position as a Coordinator at the Seniors Safe House, and Penny Fernandez has moved to the Guardianship/Trusteeship program.

### RETIREMENT

After 16 years of service, Colleen Jahns, our Finance Manager, has retired. Ashley Peden, previously Sage's Finance Coordinator, has stepped in as the new Finance Manager. We will certainly miss Colleen, and are happy that Ashley is here to help us out!

### HEALTH SERVICES

A reminder that as part of our Health Services program, Sage offers 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 on Thursdays from certain senior residences to and from Sage. For information on how to sign up, bus routes, and designated pick-up and drop-off times and locations with participating senior residences, please contact: 780-809-9401 or [dmaguire@mysage.ca](mailto:dmaguire@mysage.ca).

## THE VOICE OF SENIORS IN ALBERTA

Seniors' Advocate for: financial concerns, income thresholds, home care, continuing care, long term care, subsidized housing, public pensions, property tax deferment

**ATTEND A MEETING - EVERYONE WELCOME!**

[www.seniorsunitednow.com](http://www.seniorsunitednow.com)

Chapters:  
Edmonton (NE, NW, South)  
Sherwood Park, St. Albert  
Calgary



780-449-1816  
Toll Free: 1-855-786-8669  
Email: [unitenow@telus.net](mailto:unitenow@telus.net)

## VOLUNTEER SERVICES



**Barb Carroll**  
VOLUNTEER COORDINATOR

A big **Thank You** to our amazing volunteers for making Sage and the greater community a better place. *Birds of a feather volunteer together* was our theme for this year's Volunteer Appreciation event, which was held in April during National Volunteer week. Service awards were given out at the event.



From left to right: Barb Beirnes 10 yrs, Claire Redpath 5 yrs, Janetta Lynch 5 yrs, Grace Lam 5 yrs, Val Chymko 5 yrs, Margaret Roberts 15 yrs, Domingos Ho 20 yrs.

Not Pictured: Udo Lehmann 5 yrs, Art Pederson 5 yrs, Tammy Pidner 5 yrs.

## VOLUNTEERS!

Volunteer Christmas Party in the auditorium at Sage.

Wednesday, December 4 1:00 - 3:00 pm.



## VOLUNTEER OPPORTUNITIES

### Seniors Housing Forum

Saturday, September 28

### Seniors Health and Wellness Forum

Saturday, November 2

These forums are held at Central Lions Seniors Recreation Center  
11113 - 113 st

Various volunteer positions are available for these events:

- event set up on the Friday 1 - 5 pm
- event day on Saturday 8 am - 2 pm
  - parking, greeters, moderators, room assistants, event take down, and more!

### AT SAGE:

- TED Talks Group Facilitator
- Bridge Group Leader
- MOOC (Massive Open On-Line Course) Facilitator
- Sunshine Café Dishwasher
  - Wednesday 11- 2
- Photography Group Lead
- Sage Ambassadors

### For more information contact:

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

### Here's to being an "Nonagenarian"

Val Chymko

An article in the June 1988 edition of *News For Seniors* - Sage's monthly newsletter at that time - profiles the life of Munroe MacLeod, a Sage member and volunteer, who at the age of ninety referred to himself as an "nonagenarian". As the Oxford dictionary doesn't recognize this word, let's think of it to mean "a person who does not define themselves by their age". Mr. Macleod was described as an alert, positive person with ideas that he was prepared to express clearly and defend vigorously. When he became sufficiently stirred about issues in our society, he wrote letters to the editor to express his well thought out opinions.

Similarly, a newsletter item entitled "Age Is No Barrier to Learning", outlines the life of Otho Hunter (pictured here) who, with not much more than five years of formal education, spoke at length about what he had gained from his life-long learning experiences. At the age of 100, he was still an avid reader and a frequent borrower of material from the Central Library, part of his desire to remain aware of events as they unfolded in his community and the world. These two gentlemen are good examples of "nonagenarians" - people who have not let their age define them. They had both learned that "experience is the best teacher". One does not gain experiences without actually *doing* something, and age needn't be a limiting factor for that to happen.

Is Sage a good place for being an nonagenarian? Let's take a look back to the objective of the organization at its formation in 1970:

To do whatever may be necessary to help aging persons achieve the highest possible quality of life.

Note the use of the words "aging persons" rather than "the aged" or the "elderly". After all, we are all "aging" for our entire lives - it's not just something that happens after the age of 55, 65, or 70. Healthy aging is all about continuing to have new experiences, whether that be



Otho Hunter, 100 years young, September 1987

learning something new or meeting new people.

It has been shown that both mental stimulation and social engagement are so important for a healthy life-style at any age. As for learning and social opportunities at Sage, I think it can be safely said that no one has been turned away from a program or service here because they were too old - many activities are even purposely tailored according to a person's individual capabilities.

So let's all celebrate being nonagenarians as we continue to be inspired by Sage's current objective of being "the best that we can be", regardless of our age.



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## NEW & EXCITING

**Pen-Pals** Join Sage's exciting new program where you meet an elementary school student through monthly letter writing, plus a chance to meet in person in June! Join us Sep 13 at 12:30 pm in the Café to learn about the program and sign-up if interested.

**Anxiety/Depression Presentations** by Sage's Mental Health therapist. Call 780-423-5510 for more information on registering.

**Coffee with Cops** is a great chance for EPS to meet the community they serve and for the community to meet them! Join us in the Café for coffee and cookies and a chance to learn and socialize. Pre-registration is requested for catering purposes, but drop-ins are welcome.  
**Date:** Wed, Sep 11 **Time:** 1:30 - 2:30 pm

**Speaker Series** presented by the Downtown Men's Shed. Join these free, interesting learning opportunities at 1:00 pm on the last Friday of the month in Classroom A. Open to everyone, not just men or members of a Men's Shed!

- **Sept 27 Dementia and Alzheimer's** what is the difference? What caregiver and patient supports are available? Presented by the Alzheimer's Society.
- **Oct 25 History of Edmonton** told through photos and stories. Presented by the Edmonton Public Library.
- **Nov 29 City Politics** an easy-to-understand look at the politics of our city.

**Kookum Group** Join Sophie from Bent Arrow for a group that brings women together to share in a cup of tea and some activities or crafts.

**Dates:** Sep 9 & 23, Oct 7 & 28, Nov 4 & 2  
**Time:** 12:30 - 2:30 pm in Classroom A

**Karaoke Korner** Ever wanted to sing Karaoke but didn't know where to start? Drop-in to sing your favorite song in a welcoming non-judgmental atmosphere. Most Thursdays in the Café. **Time:** 12:30 - 1:30 pm

**Flu Shot Clinic** Getting your flu shot is an important and easy way to help yourself stay healthy this fall and winter! Please bring your Alberta Health card with you. More details coming soon!

**El Salvador Lecture Series** If you love to learn check out these free, interesting presentations by Carlos R. Colindres, a librarian, scholar, and researcher from El Salvador. Pre-register.

- **Archeology in El Salvador** Sep 25, 1:00pm
- **Nayib Bukele** the young Salvadoran president who won by a landslide in 2019 and governs by Tweets Oct 2, 1:00 pm

**Happy Travelers Presentation** Join Justine on September 17 at 12:30 in the Sage Room as she shares photos, videos, and stories from her journey in a camper van through Mexico, Guatemala, El Salvador, Nicaragua, Costa Rica and finally down to Panama.

**Craft Space** Drop-in to do a "Craft of the Week" or create your own using the supplies provided. Bring your creativity or just an openness to being crafty! Mondays from 1:30 - 3:30 pm in Classroom A or the Sage Café.

**Sunshine Sing-a-long** If you love music, singing, and being among friends, then join us in the Auditorium every Tuesday from 11:15 - 12:00 pm for our weekly gathering of singalong favourites with Elaine. Everyone welcome!

**Coffee Group** Want to meet new people and don't know where to start? Join us in the Café every Thursday from 10:30 - 11:30 am weekly for a warm cup of coffee or tea (provided!), some friendly faces, and a chance to connect with others.

**Computer Information Sessions** Join these great, informative presentations on a variety of technology and computer related topics. Help stay informed and connected in this technology-based world! Held the third Thurs of the month at 10:00 am in the Computer Lab. Pre-register.

- **iPhone/iPad Basics** Sept 19
- **Android basics** Sept 19 at 11:15 am
- **Scam and Virus Protection** Oct 17
- **Keeping in Contact Socially** Nov 21

Open to everyone - no membership required! Register at main reception or call 780-423-5510.

## OLD FAVOURITES

Full information and details can be found on the Sage monthly calendar or on Sage's website.

- 'Brainiacs' Drop-in Activity group
- Avon Calling
- Busy Fingers
- Colouring Group
- Crib Games
- Device and Computer help
- Dominos with Udo & Jeff
- Downtown Men's Shed
- EAL Chat Group
- Everyday Fitness
- Games & Puzzle room
- Jennie Wilting Discussion Group
- Ludo
- Mahjong (Tile Game) Drop-in
- Next Page Book Club
- Oil Painting Drop-in
- Over the Rainbow Support Group
- Raye Dolgoy Bridge Club
- Sage Tours
- Scrabble Time
- Senior Social Dance
- Seniors Line Dancing Classes
- SING! Seniors Intercultural & Newcomers Gathering
- Tai Chi Introduction with Master Ken
- TED Talks Discussion group
- Ukulele Jam Sessions
- Wellbeing Series with Jennie Wilting

### A FEW UPDATES:

Starting Sept 3, **Scrabble** will be Tues at 1:00 pm and Thurs at 10:00 am. Still free and in the Café!

**Crib Games** are now Mon at 1:00 pm.

**Gentle Yoga** is now twice a week. Space in each class is limited. Please register for each four-week session at main reception. Held in Classroom C from 12:00 -1:00 pm.

#### **Fridays**

Session 1: Sept 6, 13, 20, 27

Session 2: Oct 4, 11, 18, 25

Session 3: 1, 15, 22, 29

#### **Wednesdays**

Session 1: Sept 4, 11, 18, 25

No Wed session Oct and Nov

**Walk & Talk Group** Meet new people, get fresh air and even get some exercise with this group that takes a weekly stroll. Open to all skill levels. Walking poles may be provided. Group has a volunteer instructor. This group meets every Wed until the end of Sept. Depart Sage at 1:00 pm.

### DID YOU KNOW?

October 1 is the International Day of the Older Person.

Watch our website and calendar for information on how we plan to celebrate!



Are you a **veteran** or  
**family** member of a  
veteran?  
Do you have **problems**  
**sleeping**?  
If so- this research study  
is for you.



We are recruiting veterans and their family members to test the impact of self-applied hand Shiatsu on sleep. This technique is drug free and has no cost. Participants can withdraw from the study before completion and will be compensated for parking. This study is funded by Veterans Affairs Canada, supported by the Royal Canadian Legion Alberta- NWT Command, has been approved by the Canadian Institute for Military and Veterans Research (CIMVHR ), and the Health Research Ethics Board of the University of Alberta.

To learn more email Dr. Cary Brown, Faculty of Rehabilitation Medicine, University of Alberta at [cary.brown@ualberta.ca](mailto:cary.brown@ualberta.ca) .



**UNIVERSITY OF ALBERTA**  
**FACULTY OF REHABILITATION MEDICINE**  
Department of Occupational Therapy



**Saturday, September 28**

9:00 a.m. to 2:30 p.m.

Central Lions Seniors Recreation Centre  
11113 113 Street

Topics: housing options and community resources available for older adults

**Registration opens September 4**

Please call **780-809-8604** and leave a voicemail with the number of people attending and any dietary concerns.

Wheelchair accessible  
Closed captioning  
Free lunch and refreshments  
Free parking on site



**Saturday, November 2**

9:00 a.m. to 2:30 p.m.

Central Lions Seniors Recreation Centre  
11113 113 Street

Topics: health, wellness, and the social supports vital to healthy aging

**Registration opens October 1**

Please call **780-809-8604** and leave a voicemail with the number of people attending and any dietary concerns.

Wheelchair accessible  
Closed captioning  
Free lunch and refreshments  
Free parking on site



# HELP OTHER SENIORS FIND THE INFORMATION THEY NEED!



The Seniors Communication Access Network (SCAN) is collecting feedback on four seniors' services directories in Edmonton. By sharing your input in a one-hour focus group, you can help us improve user experiences and access to information.



We're looking for seniors 55+ to support this project. Participants will receive a \$10 gift card and focus groups will be scheduled at a convenient, public location.

Interested in participating or getting more information? Get in touch with Mandy Chan at 780-496-4938 or [mandy.chan@edmonton.ca](mailto:mandy.chan@edmonton.ca) to register for a focus group. Deadline to register is September 6, 2019.

**Please note that space is limited and we may not be able to accommodate all interested seniors.**



## DAY TRIPS & OUTINGS

Please join us as we venture out and about on these Day Trips and City Trips. Must be able to go up and down several stairs, ground may be uneven, and you will need to be able to walk short distances. Trips are rain or shine. Refunds are not guaranteed. Bring snacks or beverages as needed.

**Smoky Lake Pumpkin Festival** Sat, Oct 5  
Limited seats still available!

**Mushroom Farm (Gruger Family) & Rig Hand Distillery Nisku** Come see how mushrooms are grown and how spirits are distilled on a day of fun and informative tours. Closed toe shoes are required (no sandals). Please bring spending money for the trip.

**Date:** Nov 19 **Time:** Depart Sage at 10:15 am; return around 4:00 pm **Cost:** \$35 (\$40 non-member) Includes lunch, school bus, and both tours.

**Let's do Lunch** is a group that comes together on the second Tuesday of each month at 12:30 pm at Sage (or 1:00pm at restaurant) and ventures out to new dining experiences. Must pre-register by the Friday before. Cost: Your lunch costs + ETS fare. **\*Please note new date for September\***

- Sep 17 **The Moth** (plant-based vegan)  
9449 Jasper ave
- Oct 8 **Huma Mexican Restaurant**  
9880 63 ave
- Nov 12 **Grandin Fish & Chips**  
9902 109 st

**High Level Bridge Streetcar & Block 1912** A ride on the historic Edmonton streetcar across the High Level bridge to Whyte Avenue, where we will take a short walk and enjoy the dessert selection at Block 1912 before returning downtown on the streetcar. The streetcar is heated this time of year but still dress for the weather. Bring your own spending money for dessert. Pre-register. **Cost:** \$8.00 + money for dessert. **Date:** Sep 6 **Time:** Depart Sage at 12:30 pm (Streetcar is 1:20 pm from Jasper terminal)

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

**Century Mile Racetrack** Join us on Sun, Oct 20 for an outing to watch the horses! We will begin with a barn tour (optional, free) and head to The Finish Line Restaurant to enjoy a buffet and see the action. **Cost:** \$39 per person (includes deluxe buffet, school bus. Bring extra money if you want to bet on the races.) **Time:** Depart Sage at 9:45am

**Shadow Theatre presents "The Roommate"**  
A unique, live theatre production described as the Odd Couple meets Breaking Bad! Shadow Theatre is a company that brings world-class productions to Edmonton. They received a grant to offer senior matinees for almost half price! Must pre-register - only 20 tickets available.

**Date:** Oct 30 **Time:** Depart Sage at 11:30 am; show begins at 12:30 pm  
**Cost:** \$20 per ticket (regular seniors price is \$36) + ETS bus fare

**Greenland Garden Center** This garden centre 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 a selection of Christmas decorations, giftware, and home decor that suits every need. **Cost:** \$10 for school bus + lunch and shopping. Please pre-register.

**Date:** Tues, Nov 26 **Time:** Leave Sage 10 am

**LaRonde Brunch** (10111 Bellamy Hill Rd) A delicious Sunday brunch with spectacular revolving views. Meet in the hotel lobby at 11:15 am. Pay own meal costs at restaurant (approx. \$45 including tax and tip). Must pre-register by September 20. **Date:** Sun, Sep 22

**Arabian Horses Visit** An amazing day out in the country visiting Millar Venture Arabians. Sit back and enjoy looking at the horses, or get up close to pet them and visit. Bring a bagged lunch. Only 20 spaces available for this amazing sponsored trip! Must pre-register.

**Date:** Wed, Sep 18 **Time:** Depart Sage at 9 am return at approximately 1:30 pm **Cost:** \$5.00 (includes visit and coach bus).

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*Made for Seniors*

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\*Some conditions may apply.

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when you're ready to place your order or if you have any questions about the service.

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- Hash Brown Breakfast
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- Turkey with Cranberry Orange Sauce
- Slow Cooked Beer Flavoured Beef
- Tomato Vegetable Lasagna

Quote code **FALL19** to take advantage of this offer. The special offer is available by phone only until **November 30th, 2019**. One redemption per customer.



## CLASSES

**Zumba Gold** A fun fitness class that incorporates many Latin dance styles. Moves can be adapted for all abilities. New class added Fridays starting Sept 13. New class is \$2/person payable directly to the instructor. Monday classes will continue to be free.

- Fri 11:15 - 12:00 pm
- Mon 11:20 - 12:10

Location: Auditorium

**Spanish for Seniors (Beginner and Intermediate)** A great, fun, and easy way to learn a new language. This course is a great introduction if you want to travel or just try something new! Must pre-register.

**Date:** Fri Sept 27 - Nov 15 **Time:** 12:30 pm  
**Cost:** \$20.00

**Vision Board (or Treasure Map) Workshop** A Vision Board is a collage made up of images, pictures, words, or affirmations that reflect your dreams, goals, and the things that inspire you and bring you joy. Join this 4 week adventure in creating your own Vision Board in a fun and encouraging group atmosphere. Pre-register. Only 6 spots available.

**Date:** Tues, Sept 17 - Oct 8 **Time:** 1:00 pm  
**Location:** Classroom A **Cost:** \$5 - all 4 weeks

**Mahjong Lessons** Join instructor Aaron in the Café for this 6 week class teaching the basics of mah-jong, a popular and addictive tile game similar to gin rummy. Must pre-register. Tues, **Dates:** Sept. 10, 17, 24 and Oct. 1, 8, 15  
**Time:** 10:30 - 12:00 pm **Cost:** \$5.00

**Ballroom Dance Classes** Learn many of the different ballroom dances in this fun class. Open to all levels. No partner required. **Cost:** \$5 for the 12 week session.

**Date:** Sept 11 - Nov 27 **Time:** 10:00 - 11:30am  
**Location:** Auditorium

**Healing through Writing** Presented by author Adele Fontaine. Learn how therapeutic writing can be in this free workshop. Contact main desk for details.

**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. Also includes brain health discussions, tips, and snacks. Every Mon and Fri for 4 weeks. Pre-register.

- Sept Session: Sept 6 - 30
- Oct Session: Oct 7 - Nov 4 (no class Thanksgiving)
- Nov Session: Nov 18 - Dec 13

**Location:** Sage Computer Lab

**Cost:** \$29.00 each session.

**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. There will be chording, strumming, and picking styles for every level. Please note: participants need to know a few chords - this class is not suitable for Absolute Beginners. Call Rachel at 780-701-9016 if you are looking for an absolute beginner class. Please pre-register. **Cost:** \$30.00

- Session 1: Tues, Sept 17 - Oct 29
- Session 2: Tues, Nov 5 - Dec 17

**Time:** 2:00 – 4:00 pm

**Bugs 101: Insect-Human Interactions MOOC**

A 12-week online U of A course where you will learn from Canadian experts all about insects and their roles in human society. Pre-register.

**Cost:** \$10 **Date:** Fri, Sept 13 - Nov 29

**Time:** 9:30 am - approximately 11:30 am (each week varies). **Location:** Sage Room

**Better Balance Classes** Join Physical Therapy students from the U of A for classes to help improve balance and strength. For all skill levels. Call Rachel at 780-701-9016 for more information.

**French Chat Group** For those who have a bit of knowledge of the language and those who are more fluent. This will be a fun and laid-back way to practice your French and meet others. Free.

**Date:** Fridays, 11:00 am – 12:00 pm

**Location:** Classroom D

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

**Computers for Beginners** An introduction to computer basics, from learning how to use the mouse and working up to using internet and e-mail. Classes will be offered in small groups. Pre-register. **Cost:** only \$5 for each full session thanks to ECALA! **Time:** 2:30 - 3:30 pm

- Sept Session: Sept 4,6,9,11,13,16,18
- Oct Session: Oct 2,4,7,9,11,16,18
- Nov Session: Nov 1,4,6,8,13,15,18

**iPad classes (6 weeks)** An iPad can do almost everything a home computer used to do and more! Learn the basics of how to use an iPad in this 6-week course taught by an EPL community librarian. Some iPads can be provided. Please pre-register. **Cost:** \$2.00 for all 6 weeks.

**Date:** Wed, Sep 11 - Oct 16

**Time:** 2:00 - 3:30 pm **Location:** Classroom B

**Writer's Group** A drop-in, monthly group to help each other with writing - memoirs, stories, and more. A chance to share your work for critique or help support others. The last Tuesday of the month. Free.

**Date:** Sept 30, Oct 28, Nov 25

**Time:** 10:00 am - 11:30am **Location:** Sage Room



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Alberta  
Association  
of Optometrists



## PARTIES AND EVENTS

**Sage Monthly Birthday Party:** Sage celebrates birthdays the last Thursday of every month at 1:00 pm with birthday cake and live entertainment. This party is for everyone, so join us in the Café, even if it isn't your birthday month! Free, thanks to Dignity Memorial. (Hainstock's Funeral Home 9810-34 Ave & Memories Funeral Home 13403 St. Albert)  
**Dates:** Sep 26, Oct 31 (Halloween Party!), Nov 28

**Halloween Party** Get out your Halloween costumes or come as you are and join is for some fun in the Café! There will be live music, cake, Halloween treats and more! Free.  
**Date:** Thurs, Oct 31 **Time:** 1:00 pm

**Craft and Gift Sale** A great chance to do some early holiday shopping or treat yourself. There will be knit and crocheted items from Sage's Busy Fingers group, plus Avon, Fifth Avenue and more! Call 780-423-5510 if you are interested in having a table.

**Date:** Thurs, Nov 21 **Time:** 11:30 - 1:30 pm  
**Location:** Sunshine Café

**Sponsored by The Churchill by Revera:**

**Fall Welcome Back** Help us say farewell to summer with a fall picnic in the park. There will be music and treats, but please bring your own lunch. Park will have a covered area in case of bad weather. See or call main reception for more details. Must pre-register as space is limited. **Date:** Tues, Sep 10

**Seniors from Around the World** Sage is celebrating the International Day of Older Persons with a world-class party! Celebrate your heritage, enjoy musical performances, dancing, goodies, and more! More details available at Sage main reception. Free!

**Date:** Tues, Oct 1 at 1:00 pm in the Auditorium

**Thanksgiving Dinner** Give thanks at Sage as we enjoy a delicious Thanksgiving Dinner including turkey, stuffing, mashed potatoes, gravy, veggies, cranberry sauce, dessert, and coffee/tea. Enjoy live music too! Please purchase your tickets for dinner by Oct 4 - tickets cannot be purchased day of event.

**Date:** Wed, Oct 9 **Time:** 12:30 pm  
**Location:** Auditorium **Cost:** \$14.00



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## INFORMATION SESSIONS

**Here's to Your Health Presentations** Join us at 1:30 pm on the fourth Tues of the month for presentations on different health-related topics including diet, exercise, wellbeing, and more.

- Sept 24: Insomnia and The Importance of Sleep
- Oct 22: Anxiety
- Nov 26: please give your topic suggestions to main reception and help us know what you want to learn about!

**Location:** Ray Dolgoy Room

**Federal and Provincial Benefits** Join us on Sept 24 to hear about the benefits and programs offered for seniors both federally and provincially.

- Federal Benefits 10:00 am
- Provincial Benefits 11:15 am

**Funeral Pre-planning and Other Important Conversations** Nothing is certain but death and taxes, isn't that what they say? And yet dying, last wishes, funerals, and important documents are hard conversations to have. Join Dignity Memorial for this free presentation. Pre-register.

**Date:** Thurs, Nov 28 **Time:** 11:00 am

**Getting Ready: Paperwork, Documents & More!** Do you have your important documents together in case something happens to you? Not just your will, but store cards, banking, etc.? Learn more on what to do and how to organize it. Based on a volunteer's personal experiences and journey through helping loved ones. **Cost:** \$5.00 (includes information folder and handouts). Pre-register.

**Date:** Tues, Oct 15 **Time:** 1:00 - 3:00 pm

**Location:** Sage Room

**Legal Documents You Should Have** A lawyer presenting on wills, personal directives, power of attorney and more. What are these important documents and why should you have them? Free.

**Date:** Tues, Oct 29 **Time:** 1:00 pm

**Location:** Sage Room

**Mind Your Money** Monthly Financial Presentations with Wei Woo at 1:00 pm in the Sage Room.

- Oct 9: New Retirement Realities
- Nov 13: Estate Planning

**Digital Resources at the EPL** Find out all the amazing things offered at your local library - from movies to international newspapers to magazines, music, and more! Pre-register. Free **Date:** Tues, Sept 24 **Time:** 2:00 pm - 3:30 pm **Location:** Sage Room

**Fake News! Presentation** Do you know if what you see or read is real or not? Come to this free, interesting presentation that focuses on the ability to distinguish real news from disinformation/fake news. Presented by the EPL. Pre-register. **Date:** Tues, Oct 1 **Time:** 2:00 - 3:30 pm **Location:** Sage Room.

### COMING SOON!

A new Wills Clinic is coming to Sage in October. These free clinics will be presented by Student Legal Services under the supervision of a lawyer. Please call 780 423 5510 or check our website ([www.mysage.ca](http://www.mysage.ca)) 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

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