

sage LINK

What's Inside

Volunteer Services	4
New & Exciting	6
Classes	8
Information Sessions	9
Sage Vignettes	10
Annual Appeal	11
Day Trips & Outings	15
Old Favourites	16
2017 Donor List	20

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

- December 20 at 1pm
- December 24 - 31
- January 1
- February 18



WINTER IS COMING: PLAN AHEAD TO KEEP YOUR WALKWAYS CLEAR

Edmonton winters are notorious for one thing: snow. Icy walkways and snow buildup can be dangerous and prevent older adults from maintaining their independence and aging in their own homes.

The Edmonton Seniors Home Supports Program is a referral service that gives referrals to vetted service providers who can help with snow removal. Be proactive and prepared - call before the snow arrives to ensure you have someone in place to assist you.

For more information, dial **2-1-1** to be directed to the nearest seniors organization to you, or visit: seniorshomesupports.com.

Please note: the providers on the referral list charge for their services and costs vary. Terms of payment must be discussed with the service provider.

The program also provides referrals to providers who can help with yard work, minor home repair, and housekeeping.

MESSAGE FROM THE EXECUTIVE DIRECTOR

Karen McDonald

The theme of our Annual Appeal this year is: **It takes a community to build community. And we're still building.** The theme resonates for our team as we come to the end of a year that saw enormous change and growth within the Sage community.

I'm reminded that growth requires a strong foundation to build upon. Sage's 48 years of building to meet the needs of seniors in our community reflects the strength and commitment of the many seniors, volunteers and staff who contributed to that foundation.

Each day in my role, I am grateful for the work that was done before my time at Sage to develop strong organization structures, governance, trusting relationships, and a deep commitment to our mission and vision.

Our solid foundation continues to provide the stability and grounding that we require in order to stretch and grow to meet the needs of current and future seniors in our community. We will continue to build on our understanding of the importance of integrated social, health, life enrichment, and community development services in engaging and supporting people holistically. We will continue to build exceptional and impactful partnerships and collaborative relationships that allow us to respond to the evolving needs of those we serve.

We will continue to build with you. Because our foundation and our dreams are both equally dependent on your support.

Thank you for all you do throughout the year to support Sage and the people we serve. Please consider supporting the Annual Appeal as one way that you can keep building!

Board of Directors 2018

President	Reg Joseph
President Elect	Joyce E. Tustian
Past President	Vacant
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	

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

DIRECTORY

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

STAFF ANNOUNCEMENTS

We would like to welcome Shannon Brown as our new Data Management Coordinator; Ophilia Kumbah, our Assessment and Housing Coordinator; Miriam Salazar, our Human Resources Coordinator; and Jackie Maclean, who will be cooking in the Sunshine Café.

If you see Shannon, Ophilia, Miriam, or Jackie, please introduce yourself and pass along a warm Sage hello.

2018-19 DIRECTORY COMING SOON!

The latest edition of our Directory of Senior Services will be available early November. Each year, we distribute 45,000 copies to seniors and senior serving organizations across the city for free - pick yours up at Sage, or ask us about where it is available in your neighbourhood!

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

WILLS, ESTATES & NOTARY.



**MARRAZZO
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Lina Marrazzo B.A, LL.B



Call us today at (780) 756-5500

Fax: (780) 757-5505 | 9535 - 135 Avenue Edmonton, AB. T5E 1N8

Email: mlo@marrazzolawoffice.com

THANK YOU FOR THE WARM WELCOME AT THE SAGE HOUSING FORUM.

We hope you enjoyed the Senior Lounge.

We loved meeting you and we hope to see you at our Presentation Centre. To inquire for suite availability or reserve your suite today, please call **587-487-4032**.



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VOLUNTEER SERVICES

Barb Carroll
VOLUNTEER COORDINATOR



Pictured (L-R):
Karen McDonald, Executive Director of Sage; Lorraine Savary; The Honourable Senator Grant Mitchell; Val Chymko; Barb Carroll, Volunteer Coordinator.

HONOURING OUR VOLUNTEERS

“On behalf of the Senate of Canada, the Senate Sesquicentennial Medal is hereby conferred upon you in commemoration of the one hundred and fiftieth anniversary of the Senate of Canada and in recognition of your valuable service to the nation.”

We are so proud of the Sage Volunteers for being awarded the Senate Sesquicentennial Medal. The medals are presented to Canadians actively involved in their communities who, through generosity, dedication, volunteerism and hard work, make their hometowns, communities, regions, provinces or territories a better place to live.

The medal was presented to the Sage Volunteers by The Honourable Senator Grant Mitchell (Alberta) and accepted on behalf of the Sage Volunteers by Lorraine Savary and Val Chymko.

SAVE THE DATE - DECEMBER VOLUNTEER APPRECIATION EVENT

Sage Volunteers - Please join us for some Christmas merriment, fabulous food and great entertainment on Wednesday, December 5, from 1-3pm in the Auditorium.

Please RSVP by November 26 at the main floor reception or with Barb Carroll by calling 780-701-9014 or bcarroll@mysage.ca.

2019 INCOME TAX CLINIC VOLUNTEERS NEEDED

Sage partners with the Canada Revenue Agency to provide free income tax preparation services to low income seniors. Our income tax clinic runs from early March to the end of April, Monday through Thursday from 9am-4pm. Training will be provided by Sage and through webinars by CRA.

If you have some experience in preparing simple income tax returns and would like to volunteer for this important program, please contact: Barb Carroll, Volunteer Coordinator at 780-701-9014 or bcarroll@mysage.ca.

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

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COMMUNITY
FOUNDATION**

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Delicious choices. Free delivery.***

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HeartToHomeMeals.ca

1. Beef Barley Soup (pg. 50)
2. Beef Stroganoff (pg. 10)
3. Shepherd's Pie (pg. 11)
4. Meatloaf with Rich Onion Gravy (pg. 14)

5. Chicken à la King (pg. 18)
6. Hunter's Chicken (pg. 19)
7. Turkey with Apple Sage Sauce (pg. 20)

**HEART TO
HOME MEALS**
DELICIOUS MEALS MADE FOR SENIORS™

*some conditions may apply.

NEW & EXCITING

Craft & Gift Sale Everything from knit and crocheted items from our Busy Fingers group to Avon and jewelry. Join us from 11-2pm in the Sage café. Stay for the birthday party at 1pm with free cake and live music!

Date: Thursday, Nov. 29

Christmas Dinner Delicious turkey lunch with all the trimmings: mashed potatoes, stuffing, veggies, gravy, cranberries, and a bun. Also includes dessert, coffee and tea. Live musical entertainment. Please purchase your tickets for dinner by December 10 for catering purposes. (Tickets can still be purchased day of event.)

Date: Thursday, Dec. 13

Time: 11:30am **Location:** Sage cafe

Cost: \$12.00

Ukrainian Christmas Celebrate Ukrainian Christmas at Sage with a Ukrainian plate lunch special for purchase as well as some entertainment in the café.

Date: Monday, Jan. 7 at 12pm in the cafe

Craft Space Come and do a "Craft of the Week" or just drop-in to create your own using supplies available. Bring your creativity or just an openness to being crafty. No supplies needed. Drop in. Free!

Date: Mondays **Time:** 1:30-3:30 pm.

Location: Classroom A or Sage café

Sunshine Sing-a-long If you love music, singing, and being among friends then join our weekly gathering of singalong favourites with Elaine. Everyone welcome! Free.

Date: Thursdays until December
Tuesdays starting Jan. 15.

Time: 10:30-11:15am

Location: Sage café

Valentine's Day Tea Have a lovely afternoon celebrating Valentine's Day with a delicious desert, coffee/tea and music from our talented ukulele group. Please pre-purchase your tickets by February 9 for catering purposes. (Tickets can still be purchased day of event.)

Date: Tuesday, Feb. 12

Time: 1pm **Location:** Sage cafe

Cost: \$2.00

Justice Presentation: What Does the Alberta Review Board Do? The Alberta Review Board makes or reviews dispositions concerning any accused person for whom a verdict of "not criminally responsible because of mental disorder" or "unfit to stand trial" is rendered based on Canada's criminal code. The board works with a team of professionals to manage the safety of the public and the individual. Join Murray Billett, Review Board member, for this thought provoking presentation.

Date: Tuesday, Dec. 4

Time: 1:30pm **Location:** Sage Room

iPad classes (6 weeks) It is amazing what an iPad can do: internet, email, pictures, games and more! Learn the basics of how to use an iPad in this 6 week course taught by an EPL community librarian. Please pre-register by January 7, as space is limited.

Date: Wednesdays,

Jan. 9, 16, 23, 30, Feb. 6 & 13

Location: Class C **Time:** 2-3:30pm

Cost: \$2.00 for all 6 weeks

Better Choices, Better Health® Workshop A six-week workshop designed to support people living with or at risk of developing long-term health problems (e.g. diabetes, heart disease, asthma, chronic pain). Topics include eating well, stress, activity, medications and more. Only 12 spots available. Please re-register.

Date: Tuesdays, Jan. 29 - March 5

Time: 9:30-12pm **Cost:** Free

Location: Classroom C

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

Mental Health Week Mental health and wellness is an important part of our lives and is often a topic no one discusses. Join us during Sage's Mental Health Week January 21-25 for a variety of free activities and sessions including:

Monday (Blue Monday):

Craft Space, Tai Chi Intro, Zumba Gold, also: **Coffee Talk:** Social Isolation and Loneliness (includes coffee) 11am, **"Not so Blue Monday" Party** with cake and live music at 1pm in the café. Cost: Free

Tuesday: Colouring Group, Busy Fingers

Wednesday: Coffee Group, Pet Visit (11am), Dominos Drop-in, Jennie Wilting-Mental Health & Wellness Talk at 1:30pm

Thursday: Sunshine Sing-a-long

Friday: Brainiacs, Gentle Yoga

Chinese New Year Celebration Join Sage in a celebration including various performances, line dancing, as well as goodies. Free!

Date: Wednesday, Jan. 30

Time: 1pm **Location:** Auditorium

Black History Month Sage joins the Canadian Multicultural Education Foundation for an event celebrating Black History Month in February. Details to be announced. **Put your name on the list at main reception to be contacted with details.**

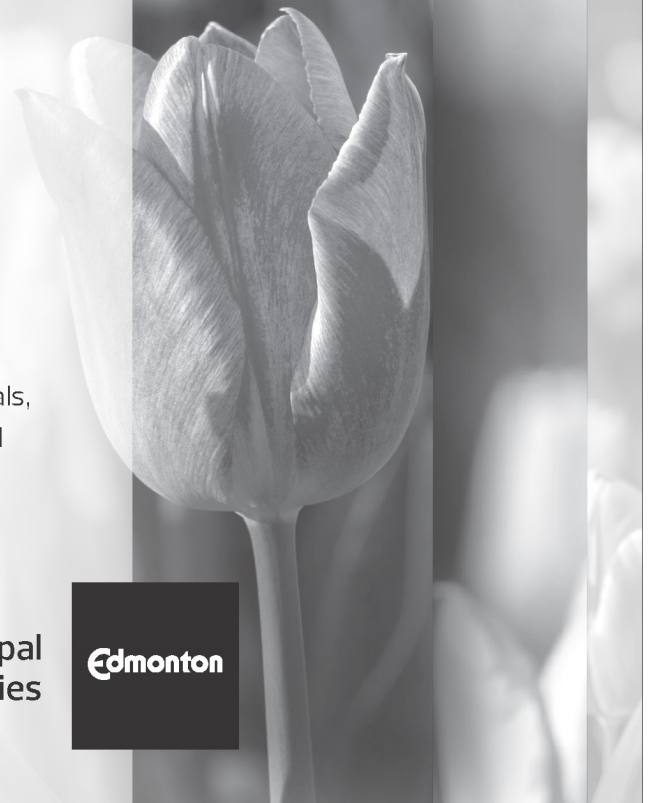
When it comes to cemetery services, you have options.

City of Edmonton Municipal Cemeteries offer a variety of products and services—from traditional and garden burials, to cremation and tributes. Our seven picturesque municipal cemeteries serve to honour you and your loved ones in a peaceful, protected environment.

It's never too early to make arrangements. Explore your options at edmonton.ca/cemeteries or contact us at 780.442.0974 cemetery@edmonton.ca

Municipal
Cemeteries

Edmonton



CLASSES

Mountains 101 is a 12-lesson Massive Open Online Course (MOOC) teaching a comprehensive overview of Mountain Studies. Mountains 101 will cover an interdisciplinary field of study focusing on the physical, biological, and human dimensions of mountain places in Alberta, Canada, and around the world. Offered online through the University of Alberta (but held at Sage). Classes will be Fridays 9:30 - approx. 11am. Jan. 18 - Apr. 5.
Cost: \$10.00 for all 12 weeks of hand-outs.

Better Balance Classes Join Physical Therapy students from the U of A for classes focusing on helping to improve balance and strength. For all skill levels. Must pre-register as space is limited.

Date: Fridays, Jan. 18-Mar. 29 (minus Reading Week Feb. 22)

Time: 1:30-2:30pm **Cost:** \$5.00 total

Location: Classroom C

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.

Date: Tuesdays, starts Jan. 8 (6 weeks)

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

Cost: \$5.00 for 6 weeks

Cree for Beginners Learn Cree at this weekly gathering that is a great, informal opportunity to exercise your brain, and learn and share one of Canada's original languages. Group is open to everyone and all skill levels. Free.

Date: Tuesdays **Location:** Classroom A

Time: 12pm

Spanish for Seniors (Beginner) 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 Feb. 1.

Date: Fridays, Feb. 8-Mar. 22 (7 weeks)

Time: 12:30-2:30pm **Cost:** \$20.00

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. Pre-register.

Date: Mondays and Fridays (4 weeks)

Nov - Dec: starts Nov. 19 ends Dec. 14

Jan - Feb: starts Jan. 7 ends Feb. 1

Feb - Mar: starts Feb. 11 ends Mar. 11

Location: Sage Computer Lab

Cost: each 4 week session is \$29.00

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. Call Rachel at 780-701-9016 if you are looking for an absolute beginner class. Please pre-register.

Date: Tuesdays (7 weeks)

Jan. 15 - Feb. 26 and Mar. 5 - Apr. 16

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

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 are offered in small groups. You must pre-register.

Dates: Dec: 5, 7, 10, 12, 14, 17, 19

Jan: 9, 11, 14, 16, 18, 21, 23

Feb: 6, 8, 11, 13, 15, 18, 20

Time: 2:30pm

Cost: only \$5 (for each set of 7 classes)

Thanks to ECALA grants

Open to members and non members
Register at main reception or call 780-423-5510

INFORMATION SESSIONS

***New* Poetry Workshop** Examine various styles of poetic expression. Participants will write some poems to share or to keep private. Taught by Melle Huizinga. Pre-register. Free!
Date: Jan. 31 **Time:** 10-12pm
Location: Sage Room

French Chat Group Coming to Sage in 2019! For those who have a bit of knowledge of the language and those who are fluent. This will be a fun and laid back way to practice your French and meet other French speakers. Free!
Date and Time TBA
Location: Sage café

***New* Memoir Writing Workshop** Writing your memoirs can be challenging. Where do you start? How do you structure narrative? This class will provide some helpful hints to get you started. Taught by Melle Huizinga. Pre-register.
Date: Wednesday, Feb. 6
Time: 10-12pm **Cost:** Free
Location: Sage Room

Internet Security: Protect Yourself

Presentation from Edmonton Public library on how to stay safe on-line and on your computer, password safety, and more! Pre-register. Free
Date: Feb. 27 **Time:** 2-3:30pm

Funeral Pre-planning and 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 a this free presentation. Pre-register.
Date: Thursday, Feb. 28 **Time:** 11am

***New* Here's to Your Health Presentations**

Join Sage for presentations on different health related topics. Offered the 4th Tuesday of the month at 1:30pm in the 3rd floor Boardroom.
Jan 23 (not 22) - Mental Health
Feb 26 - Heart Smart presentation

Federal & Alberta Government's Benefits for Seniors Presentation Learn about some of the federal and provincial government's benefit programs for seniors. Free.

Date: Monday, Feb. 25
Time: 10am Federal pres./11am Alberta pres.
Location: Sage Room

Legal Documents you Should Have A

lawyer presenting on wills, personal directives, power of attorney and more. Free.
Date: Tuesday, Feb. 26 at 10:30am
Location: Sage Room

Mind Your Money - Monthly Financial Presentations with Wei Woo:

Dec. 12 Understanding basic paperwork from your investment institution - 10am in Sage Room

Jan. 9 Optimizing the Retirement Benefits of a Tax Free Savings Account -10:30am in Sage Room

Feb. 13 - Understanding basic paperwork from your investment institution at 10:30am in Sage Room

VOLUNTEER!

We're looking for volunteers to ring the bells at the kettles. Bring your family and help us continue to give the gift of hope.

All donations stay local to support our year-round programs & services.

Volunteer shifts are just 2 hours!

Please volunteer today:
780-412-2627



yegkettles.ca



SAGE VIGNETTES

KEEPIN' THE WHEELS ON THE WAGON

Val Chymko

Keeping the wheels on the wagon, financially speaking, is a challenge for most non-profit organizations, and Sage is no exception. Nowadays we have support from several government entities, other institutions, and corporate sponsors (if you're interested, these are posted on our website). But historically, this wasn't always the case, and when times got tough it took a lot of effort, and often creativity on the part of members/volunteers, to make ends meet.

In the early years (1970s), volunteers began by working bingos - remember the names Trocadero and Rainbow Ballroom? And in 1980, we had an opportunity to work our first Casino - these have become an important revenue source ever since. Then in 1985, volunteers organized what was quite likely the largest garage sale the city has ever seen. The venue was the Prince of Wales Armoury, still an open drill hall at that time, and proceeds from this event (~\$17,000) were a welcome addition to our coffers. 1991 saw the first "Walk For Seniors": thoughtful planning, plus great comradery, food, and entertainment afterwards, led this fundraiser to become a favourite among members and their families for several years.

In 1994, a new singing group, the Down Home Singers, was formed. This talented and lively group soon began to stage an annual Variety Show concert, which didn't take long to become a sell-out. Skits, costumes, song and dance - a tremendous amount of work went into these popular shows, with all proceeds going towards Sage (known at the time as the Society for the Retired and Semi-Retired).

Another group worthy of recognition is Busy Fingers, the practitioners of yarn and craft. Over the years this collective has held many fundraising bazaars, and also ran a Busy Fingers Shoppe, at which it is reported that one could do most of one's Christmas shopping.

Too many to mention are all the other campaigns and individual efforts that have contributed to the work of the society - the



raffles, 50/50 draws, the fashion shows, bake sales and auctions, the sale of calendars and cookbooks, and many more. But here's a last one (to make you smile) - The "Rockathon" of 2000. This might sound like it involved rock music, but it was a group of members who volunteered their time to rock away the hours in rocking chairs (donated by local stores). All the while, they garnered funds by the hour from the pledges they had collected.

Now that's my idea of a great way to "keep the wheels on the wagon"!



**It takes a
community
to build
community.**

**And we're
still building.**



In the late 1960s, a small group of forward-thinking seniors lobbied the City for the creation of an organization that could coordinate, support, and help develop ways to meet the needs of older adults. The result was the founding of The Society for the Retired and Semi-Retired, which opened its doors in October, 1970. One of the first things the Society did was bring people and organizations together to connect and listen and learn from each other, so that they might begin to address issues affecting seniors.

It's almost 50 years later and a lot has changed since then. What seniors need and want has changed. Where we choose to live and play has changed. What it means to grow older has changed.

And The Society has changed too: what started with a board of directors and a couple of staff members has blossomed into a vibrant organization with over 200 staff, volunteers, and community partners providing information, support, resources, and opportunities across a wide range of programs and services.

And now we're known as Sage Seniors Association. What hasn't changed is why we do what we do – nor has the way we do it.

We're still listening. We're still learning. We're still connecting. And we're still building.




We're still listening.

Our programs and services are driven by the people who use them. Because we listen to seniors and follow their lead, we know that we are helping seniors to live their best lives possible.

We're still learning.

There is no such thing as one kind of seniors' program, because there is not one kind of senior. As our population continues to grow and change, we continue to learn with and from each other, and to use it to make our community stronger.





We're still connecting.

We connect seniors to the information and resources that they need to live where and how they want to as they age. More importantly, we connect them to each other.



We're still building.

We are proud of the community that we are building at Sage: one that is welcoming, responsive, and inclusive. We know that everyone - regardless of age - has strengths, abilities, and gifts to share. We also know that everyone experiences vulnerability at different times in different ways as we transition through life. And we're here to offer support when it's needed, and to help seniors shape and enrich our communities. But we know that we can't do it alone.

As a non-profit organization, we rely in part on the generosity of our donors to help us build a community where all seniors are able to thrive, and where we all have the opportunity to listen, learn, and connect.

Because it really does take a community to build a community.



When you support Sage you support seniors.

- Connections to information and resources
- Health services
- Support for seniors looking for safe and affordable housing
- People who are dealing with the effects of hoarding behaviours
- Outreach to lonely, isolated and vulnerable seniors
- Seniors seeking refuge from elder abuse
- English language learning for immigrant, refugee, and newcomer seniors
- Income tax preparation for low-income seniors
- Help with filling out government forms
- A welcoming space for seniors to stay mentally, physically, and socially active
- Students who are learning to work with seniors and older adults

 To donate, complete the section below and send it to 15 Sir Winston Churchill Square, Edmonton, AB T5J 2E5

YES! I want to support seniors.

I want to join the **Silver Threads** program with a monthly gift of \$25 dollars, please contact me.

.....
Name

I want to make a
 one-time monthly
 quarterly annual

.....
Address

donation in the amount of:
 20.00 100.00 500.00
 50.00 250.00 1000.00
 OTHER :

.....
City Province Postal Code

Please contact me about a gift of **stocks, securities, or bequest.**

Please send me email updates about Sage.

Cheque enclosed

Credit Card

.....
Email

Card No.



www.mysage.ca

Expiry Date

Charitable Registration No. 11915 4839 RRR0001

Amount

DAY TRIPS & OUTINGS

Please join us as we venture out and about on these Day Trips and City Outings. Must be able to go up and down several stairs and ground may be uneven. Trips are rain or shine.

LaRonde Festive Lunch Buffet Treat yourself to a Christmas feast with the touches and splendor of LaRonde, plus beautiful views of the city. Must pre-register and pay at Sage by December 3.

Date: Tuesday, Dec. 11

Time: 11:30am seating. Meet at hotel.

Cost: \$40 per person including tax and tip

Christmas Light Tour See the beautiful Christmas lights around Edmonton while enjoying hot chocolate and a treat. **Special thanks to Dignity Memorial for sponsoring this trip.** Must pre-register, spots are limited!

Date: Wednesday, Dec. 19

Time: Depart Sage at 6pm (to approx. 8pm)

Cost: \$5.00 (\$20 subsidized by Dignity Memorial)

“Mamma Mio” at Jubilations Dinner Theatre

A story of love lost, found, and rediscovered while enjoying the music of the 70s (including ABBA). Dine on a delicious 3-course meal and be entertained by the Jubilations' cast. Please pre-register by January 15. Tickets are limited! Meet at Jubilations (Phase 1, Upper Level) at West Edmonton Mall, not at Sage.

Date: Tuesday, Jan. 29.

Time: Seating begins at 11:00am

Cost: \$56.00 member, \$62 non-member (with taxes & tip). Must pay for own beverages.

Royal Alberta Museum Haven't seen the new museum yet or want to go again with some great company? The new museum features extensive human and natural history halls chronicling the history of Alberta's people, landscapes, and animals. Please pre-register by February 15.

Date: Wednesday, Feb. 20

Time: 10am leave from Sage

Cost: \$2 ONLY!

NAIT - Ernest's Lunch Buffet Enjoy a tasty buffet from the culinary arts students at NAIT. Please pre-register as seating is limited.

Date: Friday, Feb. 8

Time: Depart Sage at 11am (11:30am seating). Please indicate if not coming to Sage.

Cost: \$42.00 (tax & tip included) plus ETS

Holden Dinner Theatre: “The Best of George Jones”

Venture to the town of Holden, where we will enjoy a performance with the amazing songs and stories of the great George Jones as performed by Duane Steele. Followed by a delicious country dinner. Pre-register, limited seats available!

Date: Sunday, Feb. 24

Time: Depart Sage at 12pm

Cost: \$68.00 members, \$79 non-members

River Cree Casino Outing Hop on Intrepid Charter's (Alan's) bus the 4th Monday every 2nd month for a fun day at the casino. If you stay for four hours, you get a voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. You must pre-register.

Date: Monday-Jan. 28

Time: Depart Sage at 10am

Cost: \$10.00 (includes bus to and from casino, lunch and \$5 gambling voucher)

Let's do Lunch is a group that gets together on the second Tuesday of each month at 12:30pm (or 1pm at restaurant) and ventures out to new dining experiences. Must pre-register by the Friday before.

Cost: Pay own lunch costs+ ETS

December 11 La Ronde Festive Lunch Buffet. Pre-pay at Sage by Dec. 3 to attend.

January 8 Bottega 104 - Italian (82 Ave)

February 12 - Bistro Praha (10117-101 St.)

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

OLD FAVOURITES

Tai Chi Introduction with Master Ken

Introduction to Tai Chi, which includes simple Tai Chi movements, warm up exercises, sitting and walking Tai Chi movements. Health benefits include improving balance, coordination, and range of movement! Free.

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

Location: Auditorium

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

Date: Fridays **Location:** Classroom C

Time: 12-1pm

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

Date: Mondays **Location:** Auditorium

Time: 11:20am

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

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

Seniors Line Dancing Classes A great opportunity to learn some line dances, have some fun, and meet new people! Workout your body while you workout your brain learning new steps. Limited spaces are available.

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

Classes:

A) 12:15pm Wed and Fri (currently full)

B) 2:00pm Wed and Fri (space available)

C) 1pm Mon and 10am Tues (currently full)

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

Date: Thursdays and Fridays

Time: 9-10:15am **Location:** Auditorium

Avon Calling! Look at the latest Avon products, and to place or pick-up orders. The 3rd Thursday of the month.

Time: 11-1pm **Location:** Sage café

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 Classroom A the 1st and 3rd Wednesday of the month. Cost is \$1.00.

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.

'Brainiacs' Drop-in Activity Group Challenge your brain with games and new tips and tools on how to maintain an active, healthy mind. Great chance to meet people, too! Free.

Date: 2nd & 4th Fridays monthly

Time: 10:00am **Location:** Classroom B

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!

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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. Free.

Date: Last Wednesday of the month

Time: 1:30pm

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.

Drop-in groups, classes, games, and more that have become staples at Sage!

Ukulele Jam Sessions Grab your ukulele and join the fun in our newest drop-in group! Strum and hum along. For all skill levels and open to all. Free.

Date: Tuesdays (Thursdays starting January)
Time: 1:45pm **Location:** Sage café

Private Ukulele or Guitar 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. It's never too late to get started and learn! Call main reception at 780-423-5510 ext. 301 for details.

Ludo A fun board game that is a great chance to meet people and is easy for all skill levels to learn. Instruction provided. Drop-in. Mon, Wed, and Thurs at 1pm.

Crib Games with Margaret Play some crib and have some fun every Wed at 1pm in the café. Open to everyone! Free.

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. Free.

Date: Mondays and Wednesdays (tiles are available for play anytime Sage is open)
Time: 1pm **Location:** Café

Scrabble Time Join us in the café for a fun game of scrabble and spend time with some great people. If you've never played, this is a great time to start! Free.

Date: Thursdays **Time:** 10am

The Sage Singers no longer perform at Sage. But if you love to sing and be with people, try our Sunshine Sing-a-long or SING! Intercultural Chorus.



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OLD FAVOURITES

The Next Page Book Club meets the second 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 (e.g. library or purchase). Held in the 3rd floor Boardroom.

Sage Monthly Birthday Party We celebrate birthdays the last Thursday of every month at 1pm 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:**

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Date and Time: Dec. 20, 11:30-12:30pm as we are closing at 1pm for our staff Christmas party. The Jan and Feb birthday parties are still at 1-2pm as per usual.

Location: Sage café **Cost:** Free cake and live music!

Dominos with Udo & Jeff Drop-in each week and enjoy the fun of dominos. Instruction or a game - open for everyone to join in! Free.

Date: Wednesdays **Time:** 10am-1pm

Location: Sage café

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

SING! Seniors Intercultural & Newcomers

Gathering Share music while practicing English and meeting new friends. Free!

Date: Tuesdays (Thursdays starting Jan. 15)

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

Colouring Group Colouring is not just for kids! This is a great chance to express your creativity, de-stress, and meet new people. Free

Date: Tuesdays and Thursdays

Time: 10:00am **Location:** café



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Busy Fingers is a year round crafting group that meets every Tuesday in Classroom A from 9-11:30am. They are currently focusing on knitting and crocheting. Come and join these amazing women (men are welcome!) as they create beautiful pieces. Guidance and instruction is available. Knitting and crocheting are great ways to keep your hands and fingers nimble while exercising your brain!

Device and Computer Help Drop-in for 1-1 volunteer help - whether it is a computer question, Microsoft Word, emails, internet, laptops, iPad's, cell phones, etc. Free.

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

Location: Computer lab

Note: 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.

Over The Rainbow Group This support group is for Gay, Bi-Sexual, or Transgendered seniors, and/or seniors who would like to understand their gay family members. You can just drop by or e-mail Jeff Bovee, group leader directly, at email: boveejeff@gmail.com. Or call Sage main reception at 780-423-5510 ext. 301 for more information. Free.

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

Location: Sage café

Writer's Group a drop-in, monthly group to help each other with your writing - memoirs, stories and more. A chance to share your work for critique or help support others. Group leader is Melle Huizinga.

Date: Last Tuesday of the month at 10am. January 31 will be a special Poetry Workshop (details in classes).

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.

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. Free.

Date: Fridays at 2:00pm in Classroom A and Tuesdays at 7:00 pm at the Churchill Residence.

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. Free.

Time: 12:30pm **Location:** Class A

Date: Mondays:

Dec. 3, Dec. 10, Jan. 14, Jan. 28, Feb 4 and Feb. 18.

Coffee Group Want to meet new people? Join us weekly for a warm cup of coffee (or tea), some friendly faces, and a chance to connect with others. Free.

Date: Wednesdays starting January 9

Time: 10:30 - 11:30am **Location:** Sage café

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. Free.

Date: Fridays at 10am

Location: Classroom C

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: *New Date* Dec. 20, Jan. 31, Feb. 28

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