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# sage LINK



## PROGRAMS AT SAGE

In March 2020, we closed the Sage building temporarily and began to offer our programs and services remotely – by computer or phone, and sometimes (weather permitting!) in outdoor spaces. Our staff, volunteers, and others at Sage all shifted the way we do things to make sure we could still connect seniors in Edmonton to information, resources, and each other.

This past fall, we began to return to on-site programs and appointments and continue to add more activities each month. We are keeping our doors locked for now, but staff or volunteers are here to let you in for appointments or Life Enrichment

programs. We have also added a buzzer to ring for admittance (see page 3).

Most of our on-site Life Enrichment activities require pre-registration, and the Sunshine Café remains closed at this time. But we have also started some drop-in programs and the puzzle and games area is open for drop-in Monday through Thursday from 10:00 am -2:00 pm.

We are also using Zoom to offer a livestream of some of our in-person programs (see page 9), which means that you can use Zoom to remotely join a class while it is happening at Sage.

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

**Monday, Dec 26 -  
Tuesday, Jan 3**  
Winter Holidays

**Monday, Feb 20**  
Family Day

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## MESSAGE FROM THE EXECUTIVE DIRECTOR



Heading into the holiday season, Sage's community is reflecting on the many ways that we share our gifts with one another throughout the year.

I'm so pleased to share that our very own Kristine Nutting was recently nominated by a community member for a 2022

Minister's Seniors Service Award for 'exceptional service in improving the lives of Alberta seniors and their communities'! Congratulations Kristine, and thank you for sharing your many gifts and talents so generously with our community through your work.

Similarly, we've had many volunteers come back to share their talents and time in-person over the last few months, and it has been such a genuine pleasure to see volunteers providing support to program participants in the building again! I want to say an especially big **thank you** to these volunteers, as I know that the transition has been a challenging one as we continue to work together to navigate the best approach to managing security at the front door. Everyone

has been extremely patient and supportive in their volunteer efforts!

Punch Jackson recently shared the story of Men's Sheds at a Sage event, and the story of the many Sheddors who share their gifts with each other and their communities to make our City a more supportive place for older men. Such a unique way of sharing assets and building community!

The Virtual Seniors Forums was two days filled with speakers and volunteers sharing the gift of their expertise and wisdom with community, making us all a bit wiser, better prepared and informed, and hopefully in some cases, feeling a bit lighter and with some gratitude in our lives.

Everyone has gifts to share, and this is what makes Sage's community so special. People contribute and engage in different ways, at different times, when they choose and are able. In sharing our gifts, we make our community great and our own lives more meaningful.

Our Stewardship and Development Specialist, Shelaine Sparrow, has been working hard this year, sharing her gifts with Sage to help us develop different ways for people to make

## DIRECTORY

### Board of Directors

|                 |                   |
|-----------------|-------------------|
| President       | Kathleen Thurber  |
| President Elect | Michael Solowan   |
| Past President  | Joyce Tustian     |
| Secretary       | Gregory Springate |
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### Members at Large

|                 |                 |
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| Anne Smith      | Kathy Classen   |
| Arielle Whitham | Paul Taylor     |
| Cathy Giblin    | Sharon Anderson |

15 Sir Winston Churchill Square  
Edmonton, AB T5J 2E5

### Phone

|                      |              |
|----------------------|--------------|
| Main Switchboard     | 780.423.5510 |
| Fax                  | 780.426.5175 |
| Life Enrichment      | 780.423.5510 |
| Safe House Intake    | 780.702.1520 |
| Social Work Services | 587.773.1764 |
| Volunteer Services   | 780.701.9014 |

**Email** [info@mysage.ca](mailto:info@mysage.ca)

**Online** [www.mysage.ca](http://www.mysage.ca)

**Facebook** Sage Seniors Association

**Twitter** @sageyeg

## ANNOUNCEMENTS

financial gifts in support of the services and programs that we provide to community.

Sage's Resilience Fund is a very real way that we can raise awareness of the financial need of Sage as an organization and the critical resources to support essential services that Sage provides and people depend on! We're grateful that Shelaine is sharing her talents and gifts with Sage, as we expand the ways our community can engage and support the work Sage does through financial gifts.

If it is within your means during this holiday season, I hope you'll consider supporting Sage's Resilience Fund and the essential programs and services at Sage that the fund supports.

Wishing you and yours all the best in the New Year!

**Karen McDonald**



### STAFF UPDATE

We welcome Laura Kim and Desiree Roberts as part of our Social Work team, and Warren Turner as our new Operations Coordinator as Beth Mansell has taken on a new role with Healthy Aging Alberta.

As many of you know, Barb Carroll – Sage's Volunteer Coordinator – has moved on to new adventures after 11 years with our organization. Barb's kindness, diligence, and legendary volunteer appreciation events will be greatly missed. We wish her all the best as she moves forward!

### VOLUNTEERING AT SAGE

If you are interested in volunteering at Sage, check our website [www.mysage.ca](http://www.mysage.ca) for current volunteer opportunities, email us at [volunteer@mysage.ca](mailto:volunteer@mysage.ca), or call our main phoneline at 780-423-5510.

## NEW BUZZER!

We have installed a new buzzer to help people coming to Sage access the building while our doors are locked. It is located on the right-hand side of our doors when you are facing the building (**pictured below**). The buzzer is equipped with video and rings through to our front desk.

Staff and volunteers are monitoring the buzzer during our building hours: Monday through Thursday from 9:00 am to 4:00 pm.

When you arrive, just ring the buzzer and someone will connect with you right away to let you in!





## INCOME TAX CLINIC

Sage continues to offer free income tax services year-round for low-resourced seniors. Bookings for the income tax clinic will begin in mid-February.

Appointments will begin March 1, and are available to any qualifying seniors in Alberta, including those who are hospitalized or in care facilities. Services will be offered primarily by phone, but we may offer some in-person appointments. Please note, in-person appointments may be subject to change.

For more information, or to book an appointment, please call 780.809.9424 and leave a message with your name and phone number. We will return your call to confirm your eligibility and schedule an appointment with one of our registered income tax volunteers. Please do not call until February 15 as we will not be starting appointments until March 1.

### Eligibility Requirements

Annual income:

- No more than \$35,000 for a single person
- No more than \$45,000 for a couple

Simple return: can only have T3, T4 and T5 slips

Cannot have income from rental properties, farming, or capital gains (capital gains income listed on a T3 or T5 slip is OK).

Age 55+ (can be younger if on AISH)

Couples must file taxes together, and must both be present for the appointment to give verbal consent to their taxes being filed.

## OPPORTUNITIES

### Amazing Elders

Amazing Elders is an arts and education series curated by seniors for seniors. Programming runs every Friday from 1:00 pm - 3:00 pm in Northeast Edmonton at the C5 Hub.

Please join us for exciting speakers, field trips, dinners, talks, educators, and important connections to other events in the Northeast. Starts again in the last week of January and all are welcome.

Contact Kristine at 780.446.3569 or email [knutting@mysage.ca](mailto:knutting@mysage.ca) for information on how to join.

### Fraud Alert Course for Older Adults

The YEG Seniors Alliance has launched a free fraud prevention tool for seniors to learn how to identify fraud and protect themselves from it.

Visit [seniorfraudalert.ca](http://seniorfraudalert.ca) for more information.

### Parent of Estranged Adult Children Circle of Support

This group focuses on de-stigmatizing experiences of family estrangement and provides important information to assist those going through this difficult process.

Programming runs Mondays 2:30 pm - 4:00 pm beginning January 16 through to April 3. The material covered is created by the needs of the group and is gathered by a researcher and educator who has worked with adult education for over 20 years.

Please note, this group is virtual (online or by phone) and is anonymous. Please register with Seniors Centre Without Walls at 780.395.2626 or with Kristine at 780.446.3569.

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# *The Waterford of Summerlea*



The Waterford of Summerlea is a senior residence located on beautiful mature grounds in West Edmonton. We provide Red Seal Chef nutritious and delicious meals, afternoon tea time with snack, 24-hour in house monitored emergency call bell/security system, free shuttle bus service, lots of fun activities/exercise classes and weekly housekeeping. Offering bachelor (\$1800 includes all 3 meals!), studio, 1 & 2 bedroom suites.

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**Edmonton, AB**

**780-444-4545**

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## LIFE ENRICHMENT PROGRAMMING

Please note that Sage's doors are locked but staff or volunteers are here to let you in. We have also added a buzzer to ring for admittance (see page 3).

Please do not attend programming if you have any new signs and symptoms of illness at all, COVID or otherwise.

We ask that you wear a mask at all times while you are at Sage, and recommend physical distancing where possible.

As always, circumstances may change. For calendar and building updates, restriction updates, and other Sage program updates please visit [www.mysage.ca](http://www.mysage.ca) or call our main phone line at 780.423.5510.

**No computer? No problem!** Most programs offer a call-in option. Here's how to join by phone:

1. Find the program you want to join
2. Call the toll-free number (1.855.703.8985)
3. Enter the meeting ID and press the # key
4. Press the # key again when asked for participant ID
5. Say your name and press the # key again



### PHYSICAL ACTIVITY DISCLAIMER

This symbol indicates that the activity requires some physical exertion. It is your responsibility to be aware of the risks associated with the activity and to safely guard yourself by ensuring that you are physically able, exercise safely, and do not participate beyond your capabilities.

## ZOOM PROGRAMMING (ONLINE OR PHONE-IN)

### Downtown Men's Shed (Winter- Zoom Only)

Join the group for some discussion, learning opportunities, friendly chat, and a chance to meet new people. For Zoom link, please email [ahgojtan@mysage.ca](mailto:ahgojtan@mysage.ca).

**When:** Thursdays 10am-12pm

### Busy Fingers & Crafts (Drop-in)

Join Sage's Busy Finger and Craft Group volunteers as you work on your knitting, crocheting, crafts, or doodling while enjoying a visit. Teaching help with some projects may also be available.

**When:** Tuesdays 9am-10am

**Zoom Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.8985

### Zumba Gold with Carina (Drop-in)

Enjoy music, fun, and dancing! Zumba Gold takes the popular Latin dance-inspired workout of Zumba and makes it accessible for seniors, beginners, or others needing modifications in their exercise routine.

**When:** Fridays 1pm-2pm

**Zoom Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.8985

### Coffee Group (Drop-in)

A weekly get-together to have discussions, chat, visit, and even see some friendly faces over the computer or phone.

**When:** Fridays 10am-10:45am

**Zoom Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.8985

### Connecting Through Writing Workshops with Adele (Pre-Register)

This is a free, four-week workshop where writing prompts are given, there are a few minutes to write, and then everyone shares and discusses with the group (if comfortable). It is a great tool for learning, expressing yourself, connecting, and sharing! Maximum 8-12 participants. Call 780.701.9016 or email [life@mysage.ca](mailto:life@mysage.ca) to pre-register and receive Zoom information.

**When:** Thursdays 3pm—4pm

Series 1: Jan 26 - Feb 16 (Register by Jan 24)

Series 2: Mar 9 - 30 (Register by Mar 7)

## LIFE ENRICHMENT PROGRAMMING

### IN-PERSON PROGRAMMING

#### **Painting with Dale (Pre-Register)**

Join Dale in this free 4-week course as you learn to paint a picture. Supplies provided. Only 10 spots available. Must pre-register by emailing [life@mysage.ca](mailto:life@mysage.ca) or call 780-701-9016.

**When:** Mondays Jan 23-Feb13 12:30pm-3pm

**Where:** Sage Classroom A

#### **⚠️ Line Dance with Nancy (Pre-Register)**

Not your typical line dancing! Join instructor Nancy in this unique line dancing class that mixes Tai Chi movements and easy dance moves put to a mix of popular songs.

**When:** Mondays 11:30am-1pm (Class A) and 1:15pm-2:45 pm (Class B)  
Wednesdays 11:45am-1:15pm (Class A) and 1:30pm-3pm (Class B)

#### **Live Music with Margaret & Friends Jam Session (Pre-Register)**

Join Sage's volunteer Margaret as she shares her love of music by singing and playing her ukulele. Enjoy listening or singing along or bring your own instrument. If you have a song you'd like to share we'd love to hear from you too!

**When:** 1st & 3rd Thursdays of the month  
1pm-2pm  
Jan 5 & 19, Feb 2 & 16, March 2 & 16

**Where:** Sage Main Floor

**⚠️ Fun & Fitness with Mykieng (Pre-Register)** These classes are great for all skill levels and help to build balance and strength while having fun and doing easy movements.

**When:** Thursdays 11am-12pm

**Where:** Sage Auditorium

#### **⚠️ Zumba Gold with Carina (Pre-Register)**

Music, fun, and dancing! Zumba Gold takes the Latin dance-inspired workout of Zumba and makes it accessible for seniors, beginners, or others needing modifications in their exercise routine.

**When:** Thursdays 1pm-2pm

**Where:** Sage Classroom C

#### **⚠️ Gentle Yoga with Sydney (Pre-Register)**

Sydney will guide the group through gentle and simple yoga movements, exercises, and stretches. It is seated or standing with the support of a chair.

**When:** Wednesdays 12pm-1pm

**Where:** Sage Classroom C

#### **Computer Classes for Beginners (Pre-Register)**

Interested in learning computer basics from typing to emailing to using the internet? These are the classes for you! These classes are also great if you already know how to use a computer but want to refresh your skills. Classes are instructed by a volunteer and are free. Classes will begin in the New Year pending interest - call 780-701-9016 or email [life@mysage.ca](mailto:life@mysage.ca).

#### **Dominos (Drop-in)**

If you love to play dominos or want to learn how, our dominos drop-in is starting again!

**When:** Wednesdays 10am-12pm

**Where:** Sage Main Floor

#### **Crib Games with Margaret (Drop-in)**

Join our volunteer Margaret for a game of crib or crib lessons if you want to learn this fun and easy game.

**When:** Wednesdays 1pm-2pm

**Where:** Sage Main Floor.

#### **Scrabble Games (Drop-in)**

Join us for some Scrabble games during this weekly drop-in group.

**When:** Thursdays 12:30pm-2pm

**Where:** Sage Main Floor

**Mahjong, the Puzzle room, and Scrabble** are now available Monday through Thursday from 10am-2pm.



## HYBRID PROGRAMMING (IN PERSON WITH THE OPTION TO JOIN BY ZOOM)

### **Tai Chi with Master Ken**

Good for the mind and body, these Tai Chi classes are great for all skill levels and help to build balance and strength through gentle movements.

Drop-in on Zoom, Pre-register for in-person.

**When:** Mondays 9:30am-11am

**Where:** Sage Auditorium (in person) or

**Zoom Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.8985

### **SING at Sage**

Join Elaine and friends for music and a chance to enjoy all of your sing-a-long favorites.

Drop-in on Zoom, Pre-Register for in-person.

**When:** Tuesdays 11:30am-12:15pm

**Where:** Sage Auditorium (in person) or

**Zoom Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.8985

### **Device and Computer Help with Dennis**

Do you have questions about how to use your device or computer? Volunteer Dennis can help! He can help over the phone, by computer, or in-person at Sage Wednesdays 1pm-3pm. Must pre-register: contact Sage Main Reception at [780.423.5510](tel:780.423.5510) to request an appointment with Dennis.

### **Aging with Pride** (Pre-Register)

A group for LGBTQ2S+ seniors and allies that meets weekly to learn, have discussions, connect, and socialize. See the meeting schedule on Sage's monthly calendar for more weekly topics. Aging with Pride is a partnership between The Pride Centre of Edmonton, Edmonton Pride Seniors Group (EPSG), and Sage Seniors Association. Pre-registration is required each week to attend in-person or get Zoom information. Please call [780.701.9016](tel:780.701.9016) or email [agingwithprideyeg@gmail.com](mailto:agingwithprideyeg@gmail.com).

**When:** Thursdays 11am-12pm

- Dec 1 Susan Morrissey - Edmonton Social Planning Council
- Dec 8 Performance by Northern Heart
- Dec 15 Open discussion - Feedback
- TBA for the New Year

### **Ukulele Classes with Elaine**

A great chance for ukulele enthusiasts of varying skill levels to come together and learn. A multi-level group is currently offered and will explore a variety of strumming and picking patterns to accompany singing. Not suitable for absolute beginners. Drop-in on Zoom, Pre-Register for in-person (call [780.701.9016](tel:780.701.9016) or email [life@mysage.ca](mailto:life@mysage.ca)).

**When:** Tuesdays 1:30pm-3pm

**Location:** Sage Auditorium (in person) or

**Zoom Meeting ID:** 657 878 2877

**Toll-Free Phone-in:** 1.855.703.8985

## NEW HOURS



The Sage building is open Mon -Thurs from 9:00 am to 4:00 pm. Staff are working off-site on Fridays.

## ACCESS TO THE SAGE BUILDING IS SUBJECT TO CHANGE

At the time of publication, the Sage building is open for pre-registered group programming, social services appointments, and some drop-in classes.

However, this is subject to change, and we strongly encourage you to check our access and hours before you come.

We will keep our main phone line and website updated.

**Just call or click to confirm!**

## SAGE SENIORS PIONEER NEW TECHNOLOGY

Instructors and participants of Sage's Life Enrichment programs are working together to use new live streaming technology to create spaces that include both participants on-site at Sage and others who connect through Zoom.



Participants join in from home with the Sing! group at Sage thanks to new technology and a willingness to figure it out.

Master Ken's Tai Chi class was one of the first to try live streaming from the Sage auditorium. While there were glitches, participants who signed in to join the class from home were able to participate along with those on site.

One participant who is unable to come into Sage or take transit due to a compromised immune system, was very appreciative of regaining access to the Tai Chi class she valued so much when it was available online during the pandemic.

"...Thank you for all the work you and Master Ken did to get [remote access to the class] working 😊 It's so nice to be able to join Master Ken's classes again. I really missed them."

Sage received a federal grant to purchase collaborative video conferencing technology for the Sage Auditorium and two of the classrooms, so that activities hosted in person could also include those who unable to come into Sage for any reason – including health issues, weather, transportation, or caregiving responsibilities.

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## SILVER THREADS

Your gift to the Resilience Fund

*Why it matters*

The involvement of our community is key to sustaining the supports and services that Sage provides with and for seniors throughout the year, every year.

At Sage, your donations are pooled into the **Resilience Fund**, which is drawn upon as needed throughout the year to ensure that when a senior reaches out for help or information, Sage can be relied upon.

**Each day our Intake Line receives 40-75 calls.  
Each call is someone seeking help.  
Each gift helps us respond.**

No matter what or how you contribute, your gifts matter.

*Thank you*



### YOU CAN MAKE A BIG DIFFERENCE WITH A LITTLE PLANNING

Did you know that supporters of any age can plan their legacy to include improving lives of seniors by naming Sage as a beneficiary in your will?

Contact Shelaine Sparrow, Sage's Stewardship and Development Specialist, for information.

Email: [ssparrow@mysage.ca](mailto:ssparrow@mysage.ca)  
Phone: 780-701-9006



*...continued from cover*

We are also using Classroom A as a space for participants to remove their masks to consume outside food or beverages. The space is available Monday through Thursday from 11:30 am until 1:00 pm.

We continue to ask that you not come to Sage if you have any new signs or symptoms of illness, COVID or otherwise. We also ask that you wear a mask at all times while you are at Sage, and social distance where possible.

As always, circumstances may change. For calendar and building updates, restriction updates, and other Sage program updates please visit [www.mysage.ca](http://www.mysage.ca) or call our main phonenumber at 780.423-5510.

### FREE FOOT CARE CLINIC

Students from the Edmonton Foot Care Academy are providing free Foot Care! Each appointment will include general and diabetic foot assessments, nail cutting and shaping, corn and callus reduction, assistance with ingrown and fungal nails, and moisturizing and foot massage. Pre-registration is required for each session. Call Sage's Assessment and Intake line at 587.773.1764 to request a foot care clinic appointment and leave your contact information. Someone will call you back to **book your appointment**. Please note that appointments are limited and first come, first served.

**When:** Thursday, January 26  
9:00am -12:00pm

**Where:** Sage Auditorium



Funding from Edmonton Community Foundation supports the Edmonton Artists' Trust Fund and provides the means for our city's creative community to grow its cultural roots. As gifts expressing respect and recognition, Andrea Bellegarde-Courchene's star blankets wrap the recipient in the rich past and bold promise of the Indigenous culture.

Donations to ECF inspire hope, create opportunity and enhance the Edmonton lifestyle. We work with our donors to give, grow and transform. [ecfoundation.org](http://ecfoundation.org) helps Edmonton shine.



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



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