

Life Enrichment Activity Calendar July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p>Sage is closed today</p> <p>*Please note Sage has updated their policy and mask wearing is no longer required, although is recommended, and is up to the Individual's choice in both our public areas at Sage as well as the classes</p>	<p style="text-align: right;">4</p> <p>9-10am Busy Fingers Drop-in on Zoom only at: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>9:30-11am Senior Social Dance Auditorium, Preregister</p> <p>11-12pm iPad Class Class B, Preregister</p> <p>11:15-12:45pm Ballroom Dance with Melissa Auditorium, Preregister</p> <p>11:45-12:45pm Uke n' Sing Class C, Preregister for in person and to join on Zoom at: https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>1-2pm Zumba Gold with Carina Auditorium, Drop-in</p> <p>1:30-2:30pm Ukulele Multi-level Lessons Class C. Preregister</p> <p>2:20-3:45pm Aud (External Group)</p>	<p style="text-align: right;">5</p> <p>9-9:45am Ballroom Dance with Melissa Auditorium, Preregister</p> <p>10-11:30am Western Canada Arts Centre Aud (External Group)</p> <p>11:45-1:15pm Line Dance with Nancy Class A Auditorium, Preregister</p> <p>1:30-3pm Line Dance with Nancy Class B Auditorium, Preregister</p> <p>1-3pm Crib Games with Margaret Main floor, Drop-in</p> <p>1-2pm Gentle Yoga with Sydney Classroom C Preregister</p> <p>1-3pm Computer help with Dennis In-person, Preregister</p> <p>1-3pm Wednesday Wellness Group Classroom B (External Group)</p>	<p style="text-align: right;">6</p> <p>9:15-10:45 Tai Chi Mix (Includes Fan & Sword) Aud, Preregister</p> <p>10:30-11:15am Coffee Group Class A, Preregister, , donations for the coffee</p> <p>11-12 pm Fun & Fitness with Mykeing Aud, Preregister</p> <p>12:30-2pm Tile Rummy on Main, Drop-in</p> <p>1-2 pm Music with Margaret & Friends on Main, Drop-in</p>	<p style="text-align: right;">7</p> <p>Please note: Sage will only offer remote and off-site programming on Fridays</p> <p>1-2pm Zumba Gold with Carina (Zoom only). https://zoom.us/j/6578782877 Meeting ID: 657 878 2877</p> <p>*Did you know the downtown library has free drop-in movies every Friday at 2pm? No library card needed!</p>

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Programs subject to change. For calendar updates and information, please visit www.mysage.ca or call 780-423-5510

Proudly supported by:



Life Enrichment Programming at Sage

In-person Life Enrichment programs are pre-registered only, except for anything listed as **Drop-in** on the calendar (Crib, Scrabble, etc). Other programs remain **online/phone-in via Zoom** only, or are **hybrid** (in-person program with accessible livestream on Zoom). If registration is required for a program, please call Rachel at 780-701-9016 or email life@mysage.ca

Circumstances are subject to change. For calendar and building updates, Sage's newsletter, and other Sage program updates, please visit www.mysage.ca or call 780-423-5510.

Please Note:

SAFETY MEASURES AT SAGE

- Throughout the pandemic, Sage has taken a proactive approach to public health measures that are meant to keep program participants, volunteers, and staff safe. Last fall, we resumed on-site programming, while continuing to offer virtual services. We have been asking that anyone entering the Sage building wear a mask in most spaces.
- As part of our efforts to maintain a safe and secure environment, we have also chosen to keep our exterior doors locked, and have installed a new buzzer system to make access to the building easier.
- In April, we asked Sage members, participants, and volunteers to complete a short survey about these safety measures. We received over 100 responses and have used this feedback to inform our decision-making moving forward.

Most survey respondents feel that the decision to wear a mask should be up to the individual.

- What we heard in our survey is consistent with the current guidance from Alberta Health Services:
- Stay home if you're sick
- Wear a mask if you've had COVID symptoms in the previous ten days
- If you're COVID positive, isolate for five days
- Wear a mask based on your personal risk assessment and context
- Sanitize hands and hard surfaces regularly
- We ask that you stay home if you are sick and/or are displaying new symptoms
- Masks are strongly encouraged but optional (masks and sanitizer will continue to be available)
- We will continue to screen people for symptoms before appointments, and reschedule if they are symptomatic
- Staff, volunteers, and/or program participants may continue to ask one another to use a mask when meeting in a one-on-one situation/enclosed space.
- Everyone is encouraged to be respectful of the needs others
- The Sunshine Café will remain closed at this time, but the Café area is available for the consumption of outside food and drink.
- We will also continue to keep our outer doors locked and ask that you use the buzzer when arriving at Sage.

Zoom Programming Online/Phone-in:

To Join the Online/Phone-in Programming:

To join Zoom programming using Sage's toll-free phone number:

- 1) Call 1-855-703-8985
- 2) It will ask you to enter your Meeting ID: (eg. **657 878 2877**) then press the # key.
If it says the meeting is unavailable, then you have entered the wrong Meeting ID
- 3) It says enter Participant ID # or press pound key: press # key
- 4) Say your name & press # key
- 5) Enjoy! You can still hear the program, and they can hear you if you are unmuted, there is just no video component.

To join Sage's Zoom Programming On-line:

(unless other registration details are given)

If the link is provided to you (in an email or calendar), you should not need to download Zoom or create your own Zoom account (some Apple products require you to download the Zoom App).

- just go on the internet to www.zoom.us
- click on Join a meeting (might be located in the upper right-hand corner)
- enter the Personal meeting ID (eg. **657 878 2877**).
- or, where there is blue internet link on the email, as listed above as <https://zoom.us/j/6578782877>, click on your right mouse button and select "open hyper link" and you're there! The host will admit you into the meeting within a few minutes.

OR...if you want to download Zoom then follow the steps below:

1. Download Zoom App by clicking on the link that represents your device:
For Windows computers: <https://zoom.us/support/download>
For Apple products: <https://apps.apple.com/us/app/id546505307>

For Android (non-iPhone) tablets/smartphones downloads:

<https://play.google.com/store/apps/details?id=us.zoom.videomeetings>

If you need more help click on the following URL for Zoom YouTube Tutorial

<https://youtu.be/UAa3MADuvsg>

For programs that are not drop-in and require registration, **only those with invites, the Zoom Link and the personal meeting ID are allowed to attend the meeting.**

Email life@mysage.ca or call 780-701-9016 for the program invite or see Sage's calendar or newsletter at www.mysage.ca

Tai Chi with Master Ken (Hybrid: Drop-in on Zoom, Pre-Registered in-person) 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. **When:** Mondays **Time:** 9:30-11:00 am **Location:** Sage Auditorium (In Person) or **Zoom Meeting ID:** 657 878 2877 **Toll-Free Phone-in:** 1.855.703.8985 **Please see the Physical Activity Waiver before joining this activity.*

Busy Fingers & Crafts (Drop-in, Zoom Only) 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, 9-10 am **Zoom Meeting ID:** 657 878 2877 **Toll-Free Phone-in:** 1.855.703.8985

Zumba Gold with Carina (Drop-in, Zoom only) 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 **Time:** 1-2pm **Zoom Meeting ID:** 657 878 2877 **Toll-Free Phone-in:** 1.855.703.8985

*Please see the Physical Activity Waiver before joining this activity.

Aging with Pride (Pre-Register)- **will return in October after summer break**

A group for LGBTQ2S+ seniors and allies that meets weekly to learn, have discussions, connect, and socialize. Topics vary each week.

Aging with Pride is a partnership between The Pride Centre of Edmonton, Edmonton Pride Seniors Group (EPSG), and Sage. **When:** Thursdays, 11-12 pm. Pre-registration is **required** each week to get Zoom information. Please email agingwithprideveg@gmail.com or call Rachel 780.701.9016.

Downtown Men's Shed (Zoom only). Pre-register. Join the "Shedders" group for some discussion, learning opportunities, friendly chat, and a chance to meet new people. To get the zoom link email Amanda at ahgojtan@mysage.ca or call 780-446-3964 **Location:** Zoom

Device and Computer Help with Dennis (Pre-Register, in person at Sage or can be over the phone/computer)

Do you have questions about how to use your device or computer? Our volunteer Dennis can help! Contact Sage Main Reception at 780-423-5510 and request to set up an appointment with Dennis. He can help over the phone/computer or book an in-person appointment at Sage Wednesdays 1-3pm. Must pre-register.

***New* Uke n' Sing** (in Person Class C and on Zoom, Pre-Register) All the warmth of singing around a campfire without the smoke or mosquitos. All voices and harmonies welcome. Masks optional for in-person. Tuesdays 11:45am-12:45pm. Preregister for in person and to join on Zoom at: <https://zoom.us/j/6578782877> Meeting ID: **657 878 2877**

In-Person Programs at Sage (Pre-Registered & some Drop-in):

To attend in-person classes

- Email life@mysage.ca or call 780-701-9016 for programs requiring pre-registration in advance (space permitting).
- Note that Sage's doors are locked but there are staff or volunteers there to let you in or a buzzer to ring for admittance.
- The puzzle and games area will be open for drop-in Monday-Thursday from 10am-2 pm (Sage's café remains closed).
- Do NOT attend programming if you have any new signs or symptoms of illness, COVID or otherwise.
- Masks must be worn at all times in public areas and in classes unless otherwise stated in the class description.
- Physical Distancing is recommended where possible.

***New* Uke n' Sing** (in Person Class C and on Zoom, Pre-Register) All the warmth of singing around a campfire without the smoke or mosquitos. All voices and harmonies welcome. Masks optional for in-person. Tuesdays 11:45am-12:45pm. Preregister for in person and to join on Zoom at: <https://zoom.us/j/6578782877> Meeting ID: **657 878 2877**

Tai Chi with Master Ken (Hybrid- Drop-in on Zoom, Pre-Registered in person) 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.

When: Mondays (*also available on Zoom) **Time:** 9:30-11:00am **Location:** Sage Auditorium

***Please see the waiver for Physical Activity before joining this activity.**

Line Dance with Nancy Classes A & Class B (Pre-Register, in person only) 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. Class B is for Beginners and Class A is for more Advanced dancers that have already learned the steps in Beginners. **Location:** Sage Auditorium **Date:** Mondays, 11:30-1 pm (Class A), 1:15-2:45 pm (Class B), Wednesdays, 11:45-1:15pm (Class A), 1:30-3 pm (Class B) ***Please see the waiver for Physical Activity before joining this activity.**

Tai Chi Mix (includes Fan & Sword) (Pre-Registered, in person only)

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. Includes Tai Chi with a Fan and Tai Chi with a sword. **When:** Thursdays starting Dec. 8 **Time:** 9:15-10:45 am **Location:** Sage Auditorium ***Please see the waiver for Physical Activity before joining this activity.**

Ukulele Lessons (Multi-Level, Pre-Register, Hybrid: In-person and Zoom, Masks optional)

A great chance for ukulele enthusiasts of varying skill levels to come together and learn. A multi-level group will explore a variety of strumming and picking patterns to accompany singing. Not suitable for absolute beginners. **When:** Tuesdays 1:30-3pm. Contact Rachel at life@mysage.ca or 780-701-9016.

Zumba Gold with Carina (Pre-Register, in person only) 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:** Tuesdays **Time:** 1-2 pm **Location:** Sage Auditorium

**Please see the waiver for Physical Activity listed below before joining this activity.*

Ballroom Dancing with Melissa* A partnered, ballroom dance group for people with some dance ability and fairly high mobility. Come and try practice and learn with the class. Those with higher skill levels may be chosen to join in when the group is performing. Dancers are responsible for their own costumes and performance costs. Pre-register by calling Rachel at 780-701-9016 or email life@mysage.ca. **When:** Tuesdays 11:15-12:45pm **Location:** Sage Auditorium (Practice is Wednesdays 9-9:45am) **Please see the waiver for Physical Activity before joining this activity.*

Fitness & Drumming group Gentle exercise and movements while also enjoying some drumming. Drums provided. Pre-register by calling Rachel at 780-701-9016 or email life@mysage.ca. **When:** Mondays **Time:** 11:15am-12:45pm **Location:** Sage Classroom C **Please see the waiver for Physical Activity before joining this activity.*

Live Music with Margaret & Friends Jam Session (Pre-Register, in person only) 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 **Time:** 1-2pm **Location:** Main

Fun & Fitness with Mykieng (Pre-Register, in person only, masks optional) These classes are great for all skill levels and help to build balance and strength through having fun and doing easy movements. **When:** Thursdays **Time:** classes will be

11am-12pm in the Auditorium **Please see the waiver for Physical Activity before joining this activity.*

Gentle Yoga with Sydney (Pre-Register, in person only) 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 **Time:** 1-2pm **Location:** Sage Classroom C **Please see the waiver for Physical Activity before joining this activity.*

Device and Computer Help with Dennis (Pre-Register, in person at Sage or can be over the phone/computer) Do you have questions about how to use your device or computer? Our volunteer Dennis can help! Contact Sage Main Reception at 780.423.5510 and request to set up an appointment with Dennis. He can help over the phone/computer or book an in-person

Tile Rummy (Drop-in- in-person only) Join in some tile rummy games in this weekly drop-in group. **When:** Thursdays 12:30am-2pm **Where:** Main Floor

Mindful Colouring & Doodling (Main, Drop-In) Enjoy colouring and doodling with pictures and pencil crayons provided. A great chance to express creativity, meet new people, or to let your mind relax. **When:** Monday-Thursday, 10-2pm

Crib Games with Margaret (Drop-in, in person only) join Margaret for a game of crib or crib lessons if you want to learn this fun and easy game. Wednesdays, 1-2pm at the tables on the main floor.

Mahjong, Puzzle room, Scrabble will be available again Monday-Thursday from 10am-2pm.

Code of Conduct

Sage offers an inclusive environment. This means that we value and support diversity and individuals from all walks of life.

Sage asks each participant to adhere to the following guidelines:

Allow every participant to contribute; Let the facilitator guide and direct the group; Contact Sage staff directly if you have an issue with a group member.

Also remember to please: Keep all personal information shared confidential; Do not interrupt when others are speaking; Treat each other with dignity and respect; Try not to give advice unless asked for it.

Waiver for Physical Activity

By participating in any online or phone-in programming provided by Sage, you knowingly and voluntarily assume the risks of engaging in this activity. You acknowledge that it is your responsibility to be aware of the risks associated with the activity and to safeguard yourself by ensuring:

1. That you are physically capable of the activity.
2. That you exercise safety measures appropriate to the activity; and
3. That you do not participate beyond your capabilities.

By participating in Sage programming, you release Sage Seniors Association from any liability related to your participation. Please consult your primary care provider/a medical professional before beginning any exercise regime.

Online/Phone-in and In-Person Program Participation Waiver

By registering and participating in any programming provided by Sage, you are providing Sage with access to your name, contact information, and other personal information that you may share. You give Sage permission to use this information to contact you, and to keep track of your participation for internal purposes. You can stop participating at any time, and can withdraw your personal information from Sage's records at any time.

Please note that online programming may be less private and confidential than face-to-face programming - you may not know everyone who is listening or watching.

By using the Zoom link or toll-free number to call in to join in the activity, or by joining online, or by attending in person, the participant acknowledges the involved risks, dangers and hazards, which could result in injury or loss, and waives any and all claims for liability for any loss, damage, expense or injury as a result of participating in the class.

Some programs use video and audio technologies for our sessions rather than asking for participants to come into our building. Sage has purchased the Zoom plan with the highest level of security settings. We do our best to make sure that any information you give to us during programs is private and secure but want to acknowledge that no video or audio tools are ever completely secure.