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sage LINK



SAGE'S INCOME TAX CLINIC

Sage is continuing to offer free income tax services year-round for low-resourced seniors. Bookings for the income tax clinic will begin 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.

We will be operating a hybrid tax clinic this year, with some in person appointments, but the majority of appointments will take place by telephone appointment. Our volunteers can generally access T-4 slips and we are able to file up to 10 years of outstanding tax returns.

For more information, or **to book an appointment, please call 780-809-9424** and leave a message with your name and telephone number. We will return your call to confirm your eligibility and to schedule an appointment with one of our registered income tax volunteers.

Please **do not call until February 15** for an appointment for the 2023 tax year 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 T3 or T5 slip is OK).
- Age 55+ (Can be younger if on AISH, Alberta Works, Disability, Income support or WCB)
- Couples must file taxes together, and must both be present for the appointment to give verbal consent to their taxes being filed

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

Monday, Jan 1
New Year's Day

Monday, Feb 19
Family Day

Friday, Mar 29
Good Friday

MESSAGE FROM THE EXECUTIVE DIRECTOR



It's that time of year again where the days are short and darker, and it can be harder to get around because of the snow and the cold. Winter in Edmonton can be a beautiful season, but it can also lead to isolation and impacts on our mental health.

I hope this season, you will take advantage of our Sage community to stay connected to others, share your talents and time (it's surprising how good that is for our health and wellbeing), or try something new or maybe something you haven't done in a while.

If you need help around your home, the Edmonton Seniors Home Supports Program can provide you with referrals to screened service providers offering snow removal, yard help, housekeeping, home repair and maintenance, personal services, and moving help. You can call 211 to get the contact information for your area.

If the weather is making it hard to get out, try getting involved in some of our virtual programming, take advantage of the volunteer remote tax clinic services (check the income criteria), or call Sage so we can connect you with one of our

many community partners such as Drive Happiness or Meals on Wheels.

Isolation can also increase the risk of elder abuse. If you, or someone you know, is experiencing abuse or neglect, or maybe you're just not sure and want to talk to someone about it, please call us at 780-702-1520.

Our Sage community is stronger when we're connected to one another. During this winter season and throughout the year, I hope you'll reach out in whatever way works for you and connect!

Karen McDonald

The Drawer Boy
Jan 17- Feb 4, 2024

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DIRECTORY

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

Online www.mysage.ca

Facebook Sage Seniors Association

Twitter @sageyeg

BUILDING HOURS

Mon -Thurs 9:00 am - 4:00 pm
Staff work off-site on Fridays

The Sage building is open for pre-registered group programming, social services appointments, and some drop-in classes.

This is subject to change, and we strongly encourage you to check our access and hours before you arrive at the Sage building.

We will keep our main phone line and website updated. Just call or click to confirm!

ANNOUNCEMENTS

STAFF UPDATE

Sage has recently welcomed Jan Tworek and Marian Enow onto our Community Animation team as Community Animators. Sage has also welcomed Rachel Augustine as our Community Response Coordinator with the Safe House.

Congratulations to Sharmila Neupane on her promotion to the Social Work Outreach team as an Outreach Coordinator. Our team has regrettably said farewell to long-time Community Animator Amanda Harriman-Gojtan and Outreach Coordinator Chelsea Morgan. We would also like to thank short-term employees Katherine Hoy and Jonathan Lai for successfully fulfilling their contracts with Sage Seniors Association.

A special shout-out to former employees Laura McCann and Shelah Kwok for working part-time on the Social Work team this summer and wish them well as they return to their studies this fall. Sage is also thankful for the dedication of Case Management Coordinator Navreet Grewal, who will be leaving Sage at the end of the summer to return to her studies.

VOLUNTEERS NEEDED!

We are currently looking for volunteers for Reception, Life Enrichment, Forms Completion, Income tax administration and Income tax preparation. If you are interested in any of these volunteer opportunities, email Jade at volunteer@mysage.ca.

Thank you to the Realtors Community Foundation for supporting our work to address hoarding behaviour, and to CN for contributing to the Directory Production and Distribution Fund.



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LIFE ENRICHMENT PROGRAMMING

Life Enrichment programs are free unless there is a cost indicated. No Sage membership is required to participate.

In-person Life Enrichment programs require pre-registration unless they are listed as Drop-In. If registration is required for a program please call **780.701.9016** or email life@mysage.ca.

Please note that while masking is not mandatory, Sage recommends masking and social distancing to prevent the spread of infection.

ZOOM PROGRAMMING: ONLINE OR PHONE-IN

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: Tues 9:00am-10:00am
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: Fri 1:00pm-2:00pm
Zoom Meeting ID: 657 878 2877
Toll-Free Phone-in: 1.855.703.8985

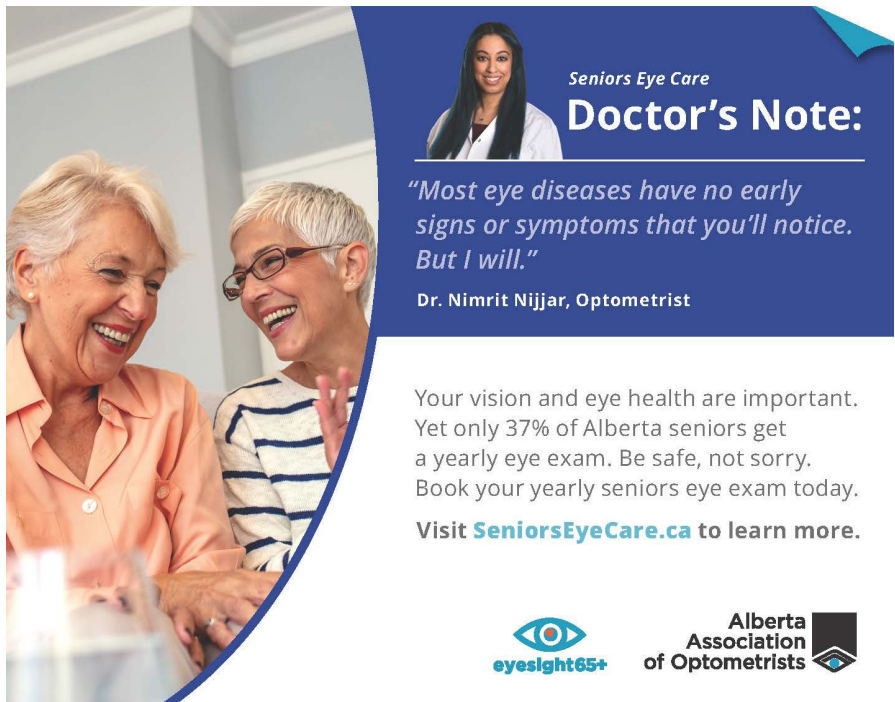
Managing Your Mental Health & Wellness (Pre-Register)

A free, six week series that is a great opportunity to learn, share, and connect in a welcoming and friendly small group facilitated by practicum students. Topics will include Managing Mental Wellness, Understanding Anxiety and How to Manage It, Loneliness, Depression, and Social Isolation, Personal Relationships and Healthy Boundaries, and Healthy Aging. Pre-register to attend by emailing life@mysage.ca or call Rachel at 780-701-9016. Dates: TBA. Begins end of January.

Please stay home if you are not feeling well or have tested positive for COVID.

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



Seniors Eye Care
Doctor's Note:
"Most eye diseases have no early signs or symptoms that you'll notice. But I will."
Dr. Nimrit Nijjar, Optometrist

Your vision and eye health are important. Yet only 37% of Alberta seniors get a yearly eye exam. Be safe, not sorry. Book your yearly seniors eye exam today. Visit SeniorsEyeCare.ca to learn more.

eyesight65+ **Alberta Association of Optometrists**

Downtown Men's Shed (Drop-in) Join the "Shedders" group for some discussion, learning opportunities, friendly chat, and a chance to meet new people. For information email Brian Christianson at bchristianson7003@gmail.com.

When: Fri 11:00am-12:30pm
Zoom Meeting ID: 657 878 2877
Toll-Free Phone-in: 1.855.703.8985

This Full House Drop In Group

Virtual group by Zoom or phone for people aged 55+ living with Hoarding Behaviours. Meetings are from 11:30-1:00pm the last Thursday of the month from September to June. Contact Colleen Derksen at cderksen@mysage.ca or 780-701-9005 for more information.

IN-PERSON AND HYBRID LIFE ENRICHMENT PROGRAMMING

In-person Life Enrichment programs are pre-registered only unless listed as drop-in. To register, please call Rachel at 780.701.9016 or email life@mysage.ca.

Sunshine Café

The Café is a space where you can sit, visit, play games, relax, and consume outside food and beverages. The space is available Monday to Thursday from 10am-2pm. Please remember to sanitize frequently.

Mahjong, Puzzle Room, Scrabble & More are available Monday-Thursday from 10-2pm.

Let's do Lunch (Pre-Register)

This group comes together on the third Monday of each month at 11am at Sage (or 11:30am at restaurant) and ventures out to new dining experiences. **Must pre-register by the Wednesday before. Spaces are limited.**

Cost: Pay for your own lunch + ETS

- **Jan 15** Bistro Praha (10117 101 St)
- **Feb 12** Chop Steakhouse (10235 101 St)
- **Mar 18** Sherlock Holmes (10012 101A Ave)

River Cree Casino Outing (Pre-Register)

Hop on the River Cree bus the third Wednesday of the month (November will be the fourth Wednesday) for a fun day at the casino. You get a voucher for free lunch at Tap 25 restaurant and a \$5 gambling voucher. Minimum of 15 people required (the bus can hold up to 24 passengers, including some walkers but no wheelchairs). Registration cut-off is the Monday before the trip or when the trip is sold out.

Cost: \$5.00 (includes bus to and from casino, lunch and \$5 free play voucher).

When: Jan 17, Feb 21, and Mar 20

Time: Depart Sage at 9:30am and 2:00pm departure from River Cree. Must stay for the entire four hours to get deal.

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: Wed 1:00pm-2:30pm

Where: Sage Café

Tai Chi with Master Ken (Hybrid: In-person or Zoom) 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: Mon 9:30am-11:00am

Where: Sage Auditorium (pre-register) or

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-in: 1.855.703.8985

Connecting Though 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. Must pre-register by the Friday before series begins.

When: Mondays 2:00-3:00pm

Series 1 Jan 22-Feb 12

Series 2 Mar 18-Apr 8

Coffee Group (Drop-in)

A weekly get-together to have discussions and see some friendly faces. Donations for coffee are welcomed. **We are looking for a volunteer to lead the coffee group.** Please contact Jade or Rachel if you are interested. Starts Sept 20.

When: Wed 10:15am-11:00am

Where: Sage Café

Mindful Colouring & Doodling (Drop in)

Enjoy colouring and doodling with pictures and pencil crayons provided Mon-Thurs 10am-2pm. A great chance to express creativity, meet new people, or to let your mind relax. Join volunteer Axcella at the table Tuesdays and Wednesdays.

WILLS, ESTATES & NOTARY.



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Aging with Pride (Hybrid: In-person and Zoom) 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 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 get Zoom information or to attend in-person. Please email agingwithprideveg@gmail.com or call Rachel 780.701.9016 to register.

When: Thurs 11:00am-12:00pm
Where: Classroom C or online/by phone

Rummikub (Tile Rummy) (Drop-in)
Join our volunteer Jim for some easy and fun games in this weekly drop-in group. If you don't know how to play, he will gladly teach you!

When: Thurs 12:30pm-2:00pm
Where: Sage Café

Device and Computer Help with Dennis (Pre-Register, In-person at Sage or over the phone/computer) Do you have questions about how to use your device or computer? Our volunteer Dennis can help over the phone/computer or in-person at Sage each Wed from 1:00-3:00pm. Call Sage to set up an appointment.

Live Music with Margaret & Friends Jam Session (Drop-in) Join Sage's volunteer Margaret each month as she shares her love of music by singing & 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 Thurs 1-2:00pm
Where: Sage Café

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

When: Last Monday of the month 11:30-12:30pm
Where: Classroom B
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: Class A: Mondays 11:30-1:00pm and Wednesdays 11:45-1:15pm

Class B: Mondays 1:15-2:45 pm and Wednesdays 1:30-3:00pm

Where: Auditorium

Fitness & Drumming group (Pre-register)
Gentle exercise and movements while also enjoying some drumming. Drums provided.

When: Mon 11:15-12:45pm
Where: Sage Classroom C

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

When: Thurs 11:00-12:00pm
Where: Auditorium

Zumba Gold with Carina Tuesdays (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: Tues 1:00-2:00pm
Where: Auditorium

Ballroom Dance with Melissa (Pre-register) A partnered, ballroom dance group. For people with some dance ability and fairly high mobility. Can 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.

When: Tues 11:15-12:45pm
Practice is Wed 9:00-9:45am
Where: Auditorium

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: Wed 1:00-2:00pm
Where: Classroom C

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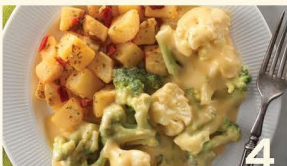
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2



3



4



5



6

1. Country Chicken (pg. 20)
2. Pork Pot Roast with Root Vegetables (pg. 25)
3. Meatloaf with Rich Onion Gravy (pg. 11)
4. Cauliflower and Broccoli Cheese Casserole (pg. 33)
5. Shepherd's Pie (pg. 9)
6. Chicken Teriyaki (pg. 17)

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