

# sage LINK

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## INTERNATIONAL DAY OF THE OLDER PERSON

2024 marks the 34th annual International Day of the Older Person. Occurring on the 1st of October, the International Day of the Older Person is an opportunity to celebrate and appreciate the older adults in our lives. It is also an opportunity to reflect on the many ways older adults add value to the global community, and why this day was brought into existence in the first place.

When first introduced by the United Nations General Assembly, the International Day of the Older Person symbolized the importance of promoting and prioritizing intergenerational partnerships, sustaining equity and human rights,

and highlighted emerging problems that older adults continue to face today. A central goal of this globally observed day is to recognize the importance of promoting lifelong health. As many statistics note, the number of older individuals is rapidly increasing, and stressing the importance of healthy aging, life-long development, and social inclusion, is an initiative that allows the world to better harness and reap the benefits of all that seniors have to offer.

How can you celebrate International Day of the Older Person? While it is an Internationally recognized event,

*...continued on Page 4*

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

**Monday October 14**  
Thanksgiving Day

**Monday November 11**  
Remembrance Day

**Dec 25 - Jan 1**  
Holiday Break

## MESSAGE FROM THE EXECUTIVE DIRECTOR



Fall is always such a time of reflection, as we wind down the brighter, busier days of summer and move toward the closing of the year. We have so much to celebrate and plan for at Sage, as we continue to adjust to the post-pandemic world and the shifting dynamics of our downtown location. The

Board and Staff will be coming together during the fall to develop a new Strategic Plan that will guide our work over the next three years, and I look forward to sharing and learning from our community engagement activities, advisory committees, and program evaluation.

We continue to see a rise in the number of people returning to in-person programming, but maintain several online options for those of you who are happier to attend from home. Our Community Animation program is also active throughout the city, and Sage staff are supporting senior-led initiatives in several neighbourhoods! You can find more information about some exciting things happening in this program on page 5.

The health and wellbeing of people accessing our programs at Sage continues to be impacted

by the rising cost of living, while the social programs people depend on continue to struggle with reductions in funding, and health and housing systems remain overwhelmed. With our Social Prescribing programs, a Link Worker and/or a social worker work to connect people who are receiving service through their primary care provider or homecare case manager to non-medical supports in community. With help from the Edmonton Seniors Coordinating Council and Healthy Aging Alberta, we were able to secure additional investment in this program that will help ensure we are able to meet the increasing demand for this relatively new program.

I wish you all a prolonged autumn season, and gentle start to the winter this year. I hope that 2024 has been an opportunity for our Sage Community to reconnect with our programs and services, either in-person or virtually, or perhaps to get involved in a new way - volunteering, donating, or trying out something new!

**Karen McDonald**



### BUILDING HOURS

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

## DIRECTORY

### Board of Directors

President	Michael Solowan
President Elect	Arielle Whitham
Past President	Kathleen Thurber
Secretary/Treasurer	Anne Smith

### Members at Large

Favaz Rajabali	Isha Katal
Paul Taylor	Joanna Cave
Diana Elniski	Danielle Perrault
Marisa Redmond	Edwin Ryan
Cathy Giblin	

### 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

**X (Twitter)** @sageyeg

15 Sir Winston Churchill Square  
Edmonton, AB T5J 2E5

## ANNOUNCEMENTS

### FAMILY VIOLENCE PREVENTION MONTH

November is Family Violence Prevention month in Alberta. On November 15, the High Level Bridge will be lit in purple to recognize that seniors are also affected by family violence. For more information visit our website at [www.mysage.ca](http://www.mysage.ca).

### VOLUNTEERS NEEDED!

We need volunteers to help with reception, tax return preparation, and various Life Enrichment positions such as, Coffee Group lead, Computer for Beginners Instructor, Games lead, Book Club Leader, Outings Leader, and more. If interested, please contact Jade at [volunteer@mysage.ca](mailto:volunteer@mysage.ca). If you have a specific interest or talent you would like to share with others, contact Rachel at [rtassone@mysage.ca](mailto:rtassone@mysage.ca).

### STAFF UPDATE

We wish a fond farewell to Emily Ouimet, Simranjeet Gill, Sophia Muller, and Jamie MacDonald, who were with Sage over the summer supporting various programs.

We welcome Andrea Jones into the role of Education Specialist with the Regional Centre for Healthy Aging Project, and Zainab Eluwa as a Case Coordinator within the Safe House Program.

Colleen Derkson is now the Program Manager of Social Prescribing and Coordinated Outreach, and Laura Cawagas has moved into the part time Follow Up Coordinator position with the Safe House. We extend a thank you to Hellen Katusabe for stepping into the role of Directory Production Assistant for the summer.

### WHY DOES SAGE HAVE A RAYE DOLGOY ROOM?

Raye Dolgoy (1914-2010) was a lifelong advocate for seniors and an extraordinary community volunteer, who was actively involved in many organizations - including Sage! She started the very popular Bridge Club at Sage,

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## WILLS, ESTATES & NOTARY.

### MARRAZZO LAW OFFICE

Lina Marrazzo B.A, LL.B

Call us today at (780) 756-5500

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and was a representative on our One Voice Action Committee. A drop in Bridge Group has recently started up again at Sage, and people can be found playing in the Raye Dolgoy room on Wednesdays.

...continued from front page

there are countless ways to show support and appreciation at the local level! You could research the historical significance of the holiday or innovative contributions from seniors to the world. You could spend time with older adults or friends in your community, or invest some time learning about, or donating to, senior initiatives in your community.

Every person deserves the right to age with dignity. However you chose to spend this day, it is a time for us to remember that a person's experience, wisdom, passions, and assets, do not disappear with age. Along with organizations like the UN, we all share a responsibility to safeguard human rights, healthy aging, and finally, to celebrate the older adults of our world!

#### DID YOU KNOW?

- ◆ Laura Ingalls Wilder, the author of *Little House on the Prairie*, published her first book at 64
- ◆ Lester B. Pearson was the first Canadian to win a Nobel Peace Prize at age 60
- ◆ Susan B. Anthony founded the International Woman Suffrage Alliance at age 80
- ◆ Rosemary Smith became the oldest person to drive a Formula 1 car in 2017 when she was 79
- ◆ Nellie McClung was the first woman to serve on the Canadian Broadcasting Corporation Board at age 63

- written by Sophia Muller

# Easy is always on hand.

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Three locations to serve you:  
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### **SAGE OPEN HOUSE**

November 13 11:00am-2:00pm

Enjoy light refreshments and connect with the Sage community. Drop in and say hello, take a tour of Sage, meet staff and volunteers, renew your membership, learn about current programs, and pick up a Directory. Bring a friend - we would love to see you!

### **CHRISTMAS PARTY**

December 19 1:00pm

Join us for the festivities with some live music, goodies, and more! Presented in partnership with Aging with Pride.

### **COMMUNITY ANIMATION**

#### **SENIORS COFFEE**

Come reconnect with old friends, and meet new ones! Coffee, tea, and snacks provided.

**Ages 50+ welcome** For more information, contact Jan at 780-446-3964.

Every Tuesday at 10:30am  
From September 10 to November 26

#### **Kirk Centre**

13535-122 Ave NW

Sept 17  
Oct 8  
Nov 12

#### **Dovercourt Community League**

13510 Dovercourt Ave

Sept 10  
Oct 1  
Oct 15  
Nov 5  
Nov 19

#### **EPL Woodcroft Branch**

13420-114 Ave NW

Sept 24  
Oct 22  
Nov 26

## LIFE ENRICHMENT PROGRAMMING

Life Enrichment programs are free unless a cost is indicated. No Sage membership is required to participate. In-person Life Enrichment programs are pre-registered only, except where listed as Drop-in.

The café is a space where you can sit, visit, play games, relax, and enjoy outside food and beverages. The space is available Monday to Thursday between 10am and 2pm. Please remember to sanitize your hands frequently.

While masking is not mandatory, Sage recommends masking and social distancing to prevent the spread of infection. Please stay home if you are not feeling well or have tested positive for COVID.

If registration is required for a program, please call Rachel at 780-701-9016 or email [life@mysage.ca](mailto:life@mysage.ca).

### ZOOM PROGRAMMING: ONLINE OR PHONE-IN

#### 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

#### Virtual Men's Shed (Drop-in, Zoom only)

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](mailto:bchristianson7003@gmail.com).

**When:** 1st and 3rd Fridays monthly, 11:00am-12:30pm

**Zoom Meeting ID:** 657 878 2877

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

#### Zumba Gold with Carina Fridays (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:** Fri 1:00pm-2:00pm

**Zoom Meeting ID:** 657 878 2877

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

#### Connecting Though Writing Workshops with Adele (Pre-Register, Zoom only)

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. Pre-register by the Friday before the series begins.

**When:** Mondays, 2:00-3:00pm,

**Series 1:** Sep 16- Oct 7.

**Series 2:** Nov 18 - Dec 9.

#### Better Choices, Better Health Workshops (Pre-Register, Zoom only)

In these free, 6-week workshops presented by Alberta Health Services, learn lifelong skills to help manage pain and/or your chronic condition. As well as tips for healthy eating and becoming more active, how to talk to your health care team, and tips for living a better quality life. Register by calling 825-404-7460, or online at

#### Chronic Conditions Workshop:

Option 1: Friday, Nov. 1-Dec. 6, 10am-12:30 pm

Option 2: Tuesday, Nov. 5-Dec. 10, 1:30pm-4pm

Option 3: Thursday, Nov. 7-Dec. 12, 6pm-8:30pm

### PHYSICAL ACTIVITY DISCLAIMER

Please note that some Life Enrichment programs require 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.

## IN-PERSON PROGRAMMING

### 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

**When:** Mondays

Oct. 21– Bistro Praha (10117 101 St.)

Nov. 18– OEB Breakfast Co. (10174 100A St.)

Dec. 16– Olde Spaghetti Factory Downtown

**Time:** Meet at Sage 11am or meet at the restaurant at 11:30am.

### River Cree Casino Outing (Pre-Register)

Hop on the River Cree bus the third Wednesday of every month 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:** Wednesdays, October 16, November 20, & December 18

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

### Smoky Lake Pumpkin Fair (Pre-Register)

Join Sage as we venture to the small town of Smoky Lake for a day of touring the mid-way, food booths, Farmer's Market, and car show. You can wander the stores in town, and pay for a wristband to watch the giant pumpkins and gourds weigh-off. Spots are limited and first come first served so register early!

**Cost:** \$40.00 (includes coach bus only) Bring cash for a wristband if you want to see the weighing, and bring your own food and/or spending money. Preferred payment at Sage is cash or cheque.

**Register:** at Sage Main, in-person in person only.

**When:** Saturday, October 5th

**Time:** Depart Sage at 9:00am

### Device and Computer Help with Dennis (Pre-register, in-person or over the phone)

Do you have questions about how to use your device? Our volunteer Dennis can help! Contact Sage reception at 780-423-5510 and request to set up an appointment. He can help over the phone/computer or book an in-person appointment at Sage on Wednesdays between 1:00-3:00pm.

### Mindful Colouring & Doodling (Drop-In)

Pictures and pencil crayons provided. A great chance to express creativity, meet new people, or to let your mind relax. Join volunteer Axcella at the table Tuesdays and Wednesdays. Colouring supplies available Mon-Thurs from 10am-2pm.

### Crib Games with Jim and Axcella (Drop-In)

Join our volunteers Jim and Axcella for a game of crib or crib lessons if you want to learn this fun and easy game.

**When:** Tuesdays, 1:00pm-2:15pm, and Wednesdays, 11:30am-1:00pm.

**Where:** Sage Main Floor

### \*NEW\* Mahjong Lessons (Pre-Register)

Learn this fun and popular tile game that is similar to Rummy. 8-week session, or drop by for a refresher if you know how to play. Free thanks to our partners at ASSIST.

**When:** Thursdays, starting September 19, 10:00am-11:30am

**Where:** Sage Main (Sage has Mahjong sets available for play outside of lesson times, M-TH, 10am-2pm on Main).

### 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:** Thursday, 12:30pm-2:00pm

**Where:** Sage Main Floor

### 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 B

## IN-PERSON PROGRAMMING

**International Day of the Older Person (Drop-In)** Celebrate International Day of the Older Person with some live music, performances, goodies, display booths, and more! Watch the September calendar for more details on this exciting event!

**When:** Tues, Oct 1

**Where:** Auditorium

**Line Dance with Nancy (Pre-Register)** Not your typical line dancing! Join instructor Nancy in this class that mixes Tai Chi movements and easy dance moves put to a mix of popular songs.

**When:**

Class A: Mondays, 11:30am-1:00pm

Wednesdays, 11:45am-1:15pm

Class B: Mondays, 1:15pm-2:45 pm

Wednesdays, 1:30pm-3:00pm

**Where:** Auditorium

**Fun & Fitness with Mykieng (Pre-Register)**

Great for all skill levels! Help build your balance and strength by having fun and doing easy movements.

**When:** Thurs 11:00am-12:00pm

**Where:** Auditorium

**Zumba Gold with Carina Tuesdays (Drop-in)**

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 1:00pm-2:00pm

**Where:** Auditorium

**Ballroom Dance with Melissa (Pre-register)**

A partnered, ballroom group for skilled dancers with fairly high mobility. Practice and learn with the class. Those with higher skill levels may be chosen to join when the group is performing. Dancers are responsible for their own costumes/costs.

**When:** Tues 11:15am-12:45pm

Practice is Wed 9:00am-9:45am

**Where:** Auditorium

**Gentle Yoga with Sydney (Drop-In)** Guided, gentle, and simple yoga movements, exercises, and stretches. It is seated or standing with the support of a chair.

**When:** Wednesdays, 1:00pm-2:00pm

**Where:** Classroom B

**\*NEW\* Bridge Club** Sage's Raye Dolgoy Bridge Club is up and running again! Come down to Sage once a week to play or learn how to play bridge!

**When:** Wednesday 12:00pm-3:00pm

**Where:** Sage Raye Dolgoy Room (3rd Floor)

**Self-Defense for Us (Drop-In)** Join Katherine Whitbread and other Sage members to practice physical self-defense appropriate for our abilities, and workshop self-defense scenarios that concern us. Class starts at 11am, beginners are invited to start at 10:30am for an easy introduction. Let's discover what we can do to protect ourselves and others!

**When:** Wed 10:30am-12:00pm

**Where:** Classroom B

**Busy Fingers & Crafts (Drop-In)** Join Sage's Busy Fingers and Craft group while you work on your knitting, crocheting, crafts, or doodling while enjoying a visit. Teaching help with some projects may also be available.

**When:** Tuesdays, 9:30am-12:00pm

**Where:** Sage Classroom A

**\*NEW\* Death Café (Drop-In)** Aiming to create a space where people can freely discuss their thoughts, stories, and experiences around death and dying. Facilitated by Keshia Coursaux, an end-of-life transition carer and death doula. Death cafes are open minded, thought provoking, and stimulating!

**When:** Last Tuesday of every month Sept. 24, Oct. 29, Nov. 26, Dec. 17 from 10:30am-12pm

**Where:** Sage, Main Floor



**Coffee Group (Drop-In)** Get together at Sage Main every Wednesday from 10:30am-11:00am to have discussions and see some friendly faces! Donations for coffee are appreciated. Also, we have new Wellbeing Wednesdays—there will be a monthly presentation on various topics at coffee group, see description below.

**When:** Wed 10:30am-11:00am  
**Where:** Sage Main Floor

**\*NEW\* Wellbeing Wednesdays** Join our Wednesday coffee group for these once a month topics and learning opportunities.

**When:** One Wednesday a month 10:30am  
Oct 23: Canada Dental Care Plan  
Nov 27: Legal Documents You Should Have  
Dec 11: Canada Pension Plan/Old Age Security  
**Where:** Sage Room (3rd Floor)

**Uke n' Sing (Pre-Register)** If you like strumming on ukeleles, or singing along to familiar tunes, this group is for you. Everything from The Beatles to Simon & Garfunkel and more. All the warmth of singing around a campfire without the smoke or mosquitos! Everyone welcome. Resumes Sept 17-Oct 22, and Nov 5-Dec 10. Pre-Register at [life@mysage.ca](mailto:life@mysage.ca) or call 780.701.9016.

**When:** Tues 11:45am-1:00pm  
**Where:** Sage, Classroom C

**Device and Computer Help with Dennis (pre-Register)** 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.

**When:** Wednesdays from 1:00pm-3:00pm  
**Where:** In-Person at Sage or on the phone/computer

## HYBRID PROGRAMMING

**\*NEW Day & Time\* Aging with Pride (Pre-Register for Zoom, Drop-In is in Person)**  
A group for LGBTQ2S+ seniors and allies that meets weekly to have presentations, TED talks, 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, and Sage. Pre-Registration is required to get Zoom information or drop-in to attend in-person. Please email [agingwithprideveg@gmail.com](mailto:agingwithprideveg@gmail.com) or call Rachel at 780.701.9016. to register.

**When:** Mondays, 1pm-2:30pm. Resumes Oct 21 with an update from Michael Phair and the Edmonton Pride Seniors Group.  
**Where:** Sage Room (or Zoom)

**Tai Chi with Master Ken (Drop-In)** 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. Offered simultaneously on Zoom and in-person.

**When:** Mon 9:30am-11:00am  
**Where:** Sage Auditorium  
**Zoom Meeting ID:** 657 878 2877  
**Toll-Free Phone-In:** 1.855.703.8985

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Edmonton Meals on Wheels is urgently seeking volunteer drivers to help us deliver meals to clients in need.



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- Each delivery route covers a neighbourhood and drivers can expect an average of 8-12 deliveries during a shift.
- Recent police information check with vulnerable sector check required.

Whether you can help out several times a week or once a month, your contribution is greatly appreciated!

FOR MORE INFORMATION OR TO SIGN UP, PLEASE CONTACT US TODAY!

780-429-2020

[volunteer@emow.ca](mailto:volunteer@emow.ca)

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



## VISITING SAGE

### Where is Sage located?

On the corner of 102A Avenue and 100 St.  
Our mailing address is: 15 Sir Winston  
Churchill Square Edmonton, Alberta T5J 2E5

### When is Sage open?

Monday through Thursday from 8:30am-  
4:00pm. Sage staff work off-site on Fridays.

### Do I need to purchase a membership to visit Sage?

No. All of Sage's programs and services can be accessed without a membership. The one exception are any Life Enrichment programs that involve an extra cost (e.g. Let's Do Lunch).

### How do I get into the building?

While our front door is locked for security reasons, a staff person or volunteer will be there to let you in between 8:00am-2:00pm. After 2:00pm, we ask that you use the buzzer when arriving. A staff member or volunteer will ask the purpose of your visit, (e.g. appointment with a staff member,) and come to let you in.

### Is the kitchen at the Sunshine Café open?

No. But you are welcome to enjoy the space, and bring your own food and drinks with you. Cards, games, and puzzles are available, and volunteers also host drop-in games and coffee groups. The Café space is available Monday through Thursday between 10:00am and 2:00pm.

### How do I pre-register for Life Enrichment programs?

Many of Sage's Life Enrichment programs are drop-in, but if we do ask you to register, you can call 780.701.9016. email [life@mysage.ca](mailto:life@mysage.ca) or visit our front desk.

### Can I use the Computer Lab?

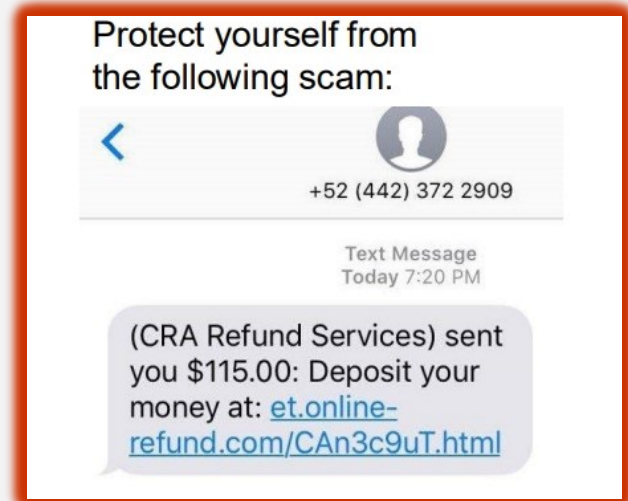
No. It is closed at this time.

### How do I make an appointment?

Social Work is available by appointment only. Call 780.423.5510. or visit our front desk.

## SCAM ALERT

We have been notified of a recent scam involving what looks like texts or emails from the Canada Revenue Agency:



### Service Canada and the CRA will never:

- E-transfer through text or email
- Contact you through WhatsApp or Facebook
- Send a refund through text message

Never click on a link that you think might be fraudulent !

Call the CRA at 1-800-959-8281 to verify a call, email, or text that you have received.

If you think your social insurance number has been compromised contact the CRA at 1-866-274-6627

### For more information:

Visit Canada Revenue Agency at <https://www.canada.ca/en/revenue-agency.html>

Or visit the Canadian Anti-Fraud Centre at <https://antifraudcentre-centreantifraude.ca/index-eng.htm>



## SENIORS' CENTRE WITHOUT WALLS

### SENIORS' CENTRE WITHOUT WALLS

All the benefits of a seniors' centre from the comfort of your home!

Seniors' Centre Without Walls is a free, phone-based program that is open to older adults aged 55+ living anywhere in Alberta who find it difficult to leave their homes and participate in social activities in their community.

**This program is free of charge—all participants need is a phone to call the toll-free number!**

Seniors' Centre Without Walls programming includes:

- Interactive health and well-being sessions
- Educational and recreational activities
- Interesting guest speakers
- Friendly conversations
- A welcoming community

**It's easy to connect with just a phone and free for participants to join as many programs as they want!**

To learn more about our program, call:  
**780-395-2626 (then press 1)**  
or visit our website at [edmontonsouthsidepcn.ca/scww](http://edmontonsouthsidepcn.ca/scww)

I like joining when I want to!

It keeps me connected to others!

There are so many interesting topics!



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

**Your Gift  
Builds  
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with and for  
seniors**

Your donation to Sage helps create safe and welcoming community spaces, provide support in times of crisis or vulnerability, foster social connections, and provide resources like the Directory.

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Sage Seniors Association