

January - March 2025

# sage LINK

## What's Inside

Message from the Executive Director	2
Announcements	3
In the Community	5
Life Enrichment Programming	6-9
New Programs	10



## STAY ACTIVE THIS WINTER!

Poor weather, shorter days, and the busy holiday season, can make it difficult for anyone to exercise regularly. Seniors and people with reduced mobility can face additional challenges to staying active. But regular exercise throughout the year is vital for maintaining health and social connections, and there are a variety of ways to make staying active easier this winter season!

One simple way to stay active during the winter is to join a local walking group, such as the Wild Rose Ramblers. Edmonton has an abundance of walking trails, and walking with others provides accountability and safety. Walking

groups often vary the intensity of their paths, and you can use walking poles or removable ice cleats to make outdoor activity safer and reduce the risk of falls. For those unsure of the accessibility of a given trail, the City of Edmonton has maps indicating the steepness and difficulty of individual city trails. These maps are available at City Hall, all EPL locations, and online at the City of Edmonton's website ([edmonton.ca](http://edmonton.ca)).

The city also hosts several outdoor festivals during the winter. Deep Freeze: A Byzantine Winter Festival (Jan 18-19) explores the many cultures that have shaped the

*...continued on page 4*

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

**Wed January 1**  
New Year's Day

**Mon February 17**  
Family Day

## MESSAGE FROM THE EXECUTIVE DIRECTOR



At our Open House in November, staff, volunteers, community partners, and seniors from across Edmonton came together to learn more about the work that we do, meet new people, and rekindle old connections. It was a wonderful day, and a great reminder of the amazing people who make

up Sage's community. I want to give a special thanks to everyone who was able to join us, and the volunteers and staff who worked so hard to make sure it was an amazing event.

Volunteers are truly the heart of Sage, and impact every aspect of the work that we do. Without volunteers, we would not have friendly faces to greet you at the door, host coffee groups and clubs, provide help with computers and devices, run programs, or provide the Directory of Senior Services for free across the city. In March and April, a team of volunteers will once again work to complete thousands of income tax returns for low-income seniors, and help ensure they continue to receive their benefits. There are so many ways to volunteer with Sage, and if this is something you have been thinking about doing, I encourage you to contact us to find out more!

A strong sense of community lies at the heart of our organization, and is driven not only by our volunteers and participants, but our members and donors as well. Donations from community play a very important role in Sage's ability to provide the reliable support that so many seniors access each and every day. And that is why we ask for your help each year.

Every day we hear from seniors who are in crisis, and struggling with the limited resources that are available to them. Many people are feeling the impact of a higher cost of living, and this can be especially difficult for seniors who are experiencing housing or food insecurity, are without family or community supports, or have the added barriers of language or mobility issues. Now more than ever, our community is essential.

We know that together, there is much we can do to address the challenges facing seniors. Donations to Sage are pooled into our Resilience Fund, which is drawn upon throughout the year as needed - your donations are the glue that fills gaps and help ensure that Sage remains a community that seniors can count on.

I hope this coming year brings you opportunities to connect with others, explore new things, and join us at Sage!

**Karen McDonald**

## DIRECTORY

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### 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
Donations	780-701-9006

**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

### STAFF UPDATES

Sage Seniors Association has recently welcomed back summer student Simran Gill in the position of temporary Outreach Coordinator on the Social Work team.

We have regretfully said farewell to Intensive Case Management Coordinator Zainab Eluwa at the Safe House. We wish her the best in her new position.

Due to government expansion of the Social Prescribing Program in Alberta, Sage has added several new positions to this program. In this program, we have recently welcomed Dawn Walker in the position of Social Work Case Coordinator, Cole Geake as a temporary Social Work Case Coordinator, and Sydney Rackel in the position of Link Worker. We are also pleased to welcome back Kim Punko in the position of Housing Navigation Specialist.

We have also recently welcomed back Marianne Stover, who will be providing leave coverage for the position of Grants & Evaluation Specialist.

We are pleased to share the wonderful news that Carlina Mayer and her husband have recently welcomed a new baby girl into their family.

Also, a big shoutout to staff having milestone anniversaries: we are celebrating Michele Markham's 10-year anniversary, Laura Cawagas' 5-year anniversary and Rachel Tassone's 15-year anniversary.

### VOLUNTEERS NEEDED

We need volunteers to help with reception, income tax administration (booking appointments), tax return preparation, and various Life Enrichment positions, such as Games lead, Book Club leader, Outings leader and more. If interested, please contact Jade at volunteer@mysage.ca or call 780-423-5510.

### SAGE'S INCOME TAX CLINIC

Sage is continuing to offer free income tax services year-round for low-resourced seniors.

Bookings for our annual Income Tax Clinic will begin mid-February. Appointments will begin February 26, 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 both in-person and telephone appointments available.

Our volunteers can generally access T-4 slips directly from CRA 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 12 for an appointment for the 2024 tax year, as we will not be starting appointments until February 26, 2025.

### 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



### BUILDING HOURS

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

*...continued from front page*

Alberta Avenue District. The festival offers a variety of performances, cultural foods, art, and winter activities. The Flying Canoë Volant is another festival, inspired by Francophone, Indigenous, and Métis legends, that showcases a broad range of local artists and musicians. The festival covers a wide area, including trails in the Mill Creek Ravine, and runs from January 29 to February 1. Exploring Edmonton's many winter events offers an entertaining way to stay active and connected during the colder months.

For those who prefer indoor activities, seniors can access all municipal pools, gyms, and fitness centres for \$3.50 during the Senior Matinee Hour (valid for entry from 11:30 am – 1:00 pm daily). This program is restricted to those aged 65 and up, and excludes programming led by a group leader. Sage also offers a variety of in-person and virtual activities, such as gentle yoga and Zumba classes – see pages 6-9 for more information!

A more casual way to stay active indoors is mall-walking, which provides a pleasant atmosphere for gentle exercise. Gentle stretching and light aerobic exercise at home, within your comfort levels, can also be a convenient way to get moving when you don't feel like leaving the house. If you are unsure of how to start, Alberta Health Services has a gentle home exercise program for seniors that can be completed while sitting down available online at the MyHealth.Alberta.ca website. And Edmonton's Seniors Centre Without Walls offers a variety of phone-in programming for free: you can call 780-395-2626 to learn more.

Regular exercise and activity is a great way to have fun and make the most out of Edmonton's snowy season!

*written by Zehra Tunay*



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## IN THE COMMUNITY

### NORTHWEST EDMONTON

#### Woodcroft Library Seniors' Drop-in

Come for coffee, conversation and more!  
Jan 28, Feb 25 and Mar 25 from 10:30-12:00pm  
Edmonton Public Library, Woodcroft Branch  
13420-114 Avenue

#### Castle Downs Library Seniors' Drop-in

Come for coffee, conversation and more!  
Jan 14, Feb 11, Mar 11 from 1:30-2:30pm  
Edmonton Public Library, Castledowns Branch  
15379 Castle Downs Road

Questions? Contact Jan at [jtwarek@mysage.ca](mailto:jtwarek@mysage.ca)  
or 780-446-3964

### NORTHEAST EDMONTON

#### Amazing Elders Seniors Group

Weekly Drop-in session in North East Edmonton  
Fridays 1pm - 3pm, C5 Hub 17014 Victoria Trail

#### Cultural Men's Shed

Weekly Seniors Men's Drop-in at Sage  
Wednesdays from 1pm - 3pm

### Capilano Library Seniors Drop-in

December 12 10:30am - 12:00pm  
Edmonton Public Library, Capilano Branch

#### ACTRA Film Group

Senior drop in for Film Professionals  
email Christopher at [cbullough@mysage.ca](mailto:cbullough@mysage.ca) for  
more information

Questions? Phone or email Christopher at  
780.423.5510 extension 335 or  
[cbullough@mysage.ca](mailto:cbullough@mysage.ca) for more information.

Balwin Community League has teamed up with  
Sage SihleSizwe Vineyard Foundation to provide  
a gathering place for seniors to meet people,  
share cultures and enjoy time together. Anyone  
interested will be given the opportunity to learn  
some musical instruments like marimba and  
keyboards, and we are hoping for other ideas  
from seniors themselves - maybe crafting or  
conversation together? The program runs every  
Monday 11:00am-1:00pm at Balwin Community  
League, 12904 74 St NW

For information contact Marian at 780-267-1741  
or [menow@mysage.ca](mailto:menow@mysage.ca)

### SOUTHWEST EDMONTON

#### Seniors at Play

Starts Jan 31! Intergenerational initiative  
presented by Manchester Rose, Sage, and  
Rutherford Daycare. Seniors in the Heritage  
Valley area are welcome.

Call Theresa at 587-337-7807 or email @ [tfield-en@mysage.ca](mailto:tfield-en@mysage.ca) by Jan 15 to pre-register.

#### Playing Together - Learning Together

EPL Whitemud & Sage invite you to the first of a  
series of events focusing on a *New Year & New  
You!* Join us throughout the day for a fun and  
informative event and connect with services that  
can promote health and mental well-being .

Fri, Feb 7 from 11:00am-3:00 pm  
Whitemud Crossing Branch, Edmonton Public  
Library, 145 Whitemud Crossing Shopping  
Centre, 4211-106 St



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## 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, contact Rachel at [rtassone@mysage.ca](mailto:rtassone@mysage.ca) or 780-701-9016.

**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, Jan 20 - Feb 10

#### 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.

#### Virtual Chronic Pain Workshops

Option 1: Jan 9 - Feb 13, 6-8:30pm

Option 2: Jan 28 - Mar 4, 10am-12:30pm

Option 3: Feb 20 - Mar 27, 1-3:30pm

Option 4: Feb 20 - Mar 27, 6-8:00pm

#### Virtual Chronic Conditions Workshop

Feb 4 - Mar 11, 6-8:30pm

### 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:**

Jan 20 - District 102 (10222 102St)

Feb 24 (moved from the 17th) - Continental Treat (9698 Jasper Ave)

Mar 24 (moved from the 17th) - Woodwork (10132 100St)

### 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 and Wednesdays, 11:30am-1:00pm.

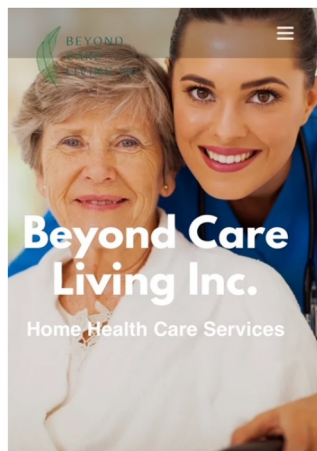
**Where:** Sage Main Floor

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Call: 587-937-1210

Email: [info@beyondcarelivinginc.ca](mailto:info@beyondcarelivinginc.ca)

Visit: [www.beyondcarelivinginc.ca](http://www.beyondcarelivinginc.ca)

### 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 - Jan 15, Feb 19, Mar 19

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

### 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)

Enjoy colouring and doodling. 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.

**Bridge Group** Sage's Bridge Group is up and running again! Come down to Sage once a week to play or learn how to play bridge!

**When:** Wed, 12:00-3:00pm

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

**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 C

**Busy Fingers & Crafts with Carol (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

**Death Café (Drop-In)** Aiming to create a space where people can freely discuss their thoughts, stories, and experiences around death and dying. This cafe will be currently facilitated by Axcella Zed a Sage volunteer who is interested in helping you share your thoughts and stories. Program will run the last Tuesday of every month. Coffee provide. Donations for coffee are welcomed.

**When:** Tuesdays, Jan 28, Feb 25, Mar 25 from 10:30am-11:30am

**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.



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- Hospital discharge



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## HYBRID PROGRAMMING

**Aging with Pride** 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](mailto:agingwithprideveg@gmail.com) or call Rachel at 780.701.9016 to register.

**When:** Mondays, 1-2:30pm

**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 (in-person)

**Zoom Meeting ID:** 657 878 2877

**Toll-Free Phone-In:** 1.855.703.8985

**Uke n' Sing (Pre-Register)** If you like strumming on ukeleles, or singing along to familiar tunes, this group is for you. All the warmth of singing around a campfire without the 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

**Zoom Meeting ID:** 657 878 2877

**Canada Dental Plan Presentation (Drop-in)**

Learn about the new Federal Dental Plan including the benefits, who is eligible & more.

**When:** Feb 27 11:00am

**Where:** Sage Room

**Zoom Meeting ID:** 657 878 2877

**Legal Documents You Should Have Presentation (Drop-in)** Lawyer presenting on important documents like Wills, Power of Attorney and Personal Directives and more.

**When:** Mar 12 11:00am

**Where:** Sage Room

**Zoom Meeting ID:** 657 878 2877

**Federal Benefits and Income Tax Information Presentation (Drop-in)** Learn important information about the Federal benefits you are entitled to as well as important income tax information before tax season.

**When:** Jan 29 11:00am

**Where:** Sage Room

**Zoom Meeting ID:** 657 878 2877

**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

### Welcome Home

Community Independent Living

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**Southside Manor**  
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BOOK A TOUR WITH HOLLY!  
[hsinclair@shepherdsgardens.ca](mailto:hsinclair@shepherdsgardens.ca)

## NEW PROGRAMS AT SAGE!

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

**When:** Mondays 10:30am-12pm

**Where:** Sage Main

### **Criminal Justice System (is Broken?)**

**Course (Pre-Register)** Is it? In this course, you will learn about the four parts of the justice system, review facts about the justice system, and hear from criminal justice officials about their work and the people and issues they deal with. Registration deadline is March 12.

**When:** Wednesdays, Mar 19 - Apr30 (7 weeks)

**Where:** Sage Room

**Cost:** \$40 payable at Sage Main, preferably by cash or cheque)

### **Intergenerational Pen-Pal Program**

This program involves biweekly email exchanges between partners consisting of conversations ranging from lighthearted fun to lessons of life. We hope that the intergenerational connections make life lasting impacts and even friendships. Email Rachel at [rtassone@mysage.ca](mailto:rtassone@mysage.ca) for more information or to register. Program will begin the last few weeks in January.

**Mahjong Lessons (Drop-in)** 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, 10:am-11:30am

**Where:** Sage Main

Sage has Mahjong sets available for play outside of lesson times, Mon - Thurs, 10am-2pm on Main).

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

You will learn how to: Use the mouse and keyboard, navigate websites using the internet, connect with loved ones through social media and online, video calls, recognize scams and stay safe online. Classes will be hands-on and held in the Computer Lab at Sage. No need to bring your own device. This is possible thanks to a partnership with PALS. Contact Rachel at 780-701-9016 or [rtassone@mysage.ca](mailto:rtassone@mysage.ca)

### **St. Patrick's Day Celebration (Drop-in)**

Celebrate St. Patrick's Day with some live music and goodies. Event is in collaboration with Aging with Pride.

**When:** March 17 at 1pm on Main

## DIRECTORY OF SENIORS SERVICES

The 2025 edition of Sage's Directory of Senior Services is now available. It contains over 200 pages of seniors resources, listings and information in one easy to access book.



Sage produces the Directory and offers it for free to help community members navigate senior services in Edmonton and surrounding communities.

**"The best resource in the city for information pertinent to seniors."**

You can get a Directory at a number of Pick-Up Locations around the city, including all Edmonton Public Library branches, seniors centres, AMA centres, and many health care providers, free racks at grocery stores and, of course, always at Sage downtown (open Monday to Thursday 8:30am to 4:00pm). You can also view it online at [www.mysage.ca/publications/directory](http://www.mysage.ca/publications/directory) Call 780.423.5510 if you have further inquiries.



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Beef Stew



Chicken Teriyaki



Traditional Turkey Dinner



Country Chicken



Macaroni and Cheese



Spaghetti with Meat Sauce

All 6 dishes for

# \$30

HEART TO HOME MEALS  
EDMONTON

780-666-2336



# Downsizing MOMS & DADS

*LIVE better, MOVE easier*

- ✓ Organize & declutter.
- ✓ Sell items of value.
- ✓ Donate or dispose unwanted items.
- ✓ Coordinate packing & moving.
- ✓ Coordinate estate clean-up and sales.
- ✓ Move you to your new home.
- ✓ Make the beds and hang your pictures!

Call Susan for a free consultation at  
**780 719 9044.**

*Read our reviews on Google and follow us on Facebook!*



# Thank You

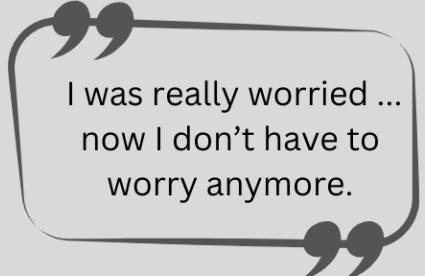
Donors and volunteers,

Never doubt the impact of your gift. Your donations to Sage help to create **safe and welcoming community spaces**, provide **support in times of crisis** or vulnerability, foster **social connections**, and provide free **resources** like the Directory of Senior Services.

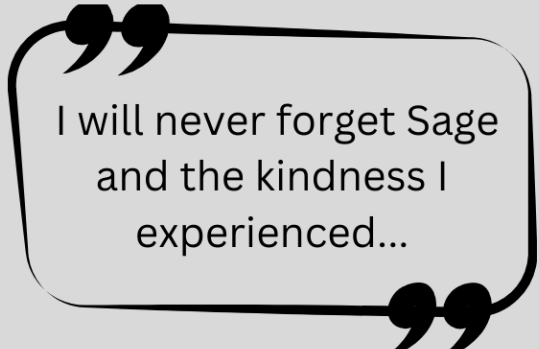
**We couldn't do it without you.**




**sage**  
Sage Seniors Association



I was really worried ...  
now I don't have to  
worry anymore.



I will never forget Sage  
and the kindness I  
experienced...



I'm very thankful for  
Sage. Sage is really there  
for people like me.



Disrupted mail service due to the Canada Post strike may result in delays in posted donations and/or tax receipts. For questions about charitable gifts to Sage, please contact Shelaine at 780.701.9006 or [ssparrow@mysage.ca](mailto:ssparrow@mysage.ca).