

sageLINK

SPRING 2025

STAYING MENTALLY HEALTHY

STRONG COMMUNITY TIES AND HEALTHY HABITS

Maintaining our mental and emotional health is a vital part of aging. The World Health Organization estimates that roughly 14% of those aged 60 and up suffer from mental illness. One major threat to the mental health of older adults is social isolation, which can cause or worsen mental health issues - staying connected is an important part of healthy aging!

There are several ways for seniors to stay connected in their community. Most Edmonton Public Library locations offer a variety of free seniors programming, including seniors drop-in social meetings, cooking classes, physical activity sessions, and help with technology sessions. Senior centres and local community leagues have recreational and health-related seniors programming, and Sage offers a variety of in-person and online programs and socializing opportunities for no or little cost (see pages 6-12). You can also join us in Sage's Sunshine Café - we aren't serving food yet, but you are welcome to bring in outside food, meet up with friends, and play games.

Healthy daily habits can also help to improve mental health. Gentle daily exercise, getting enough sleep, and maintaining a healthy diet are a great place to start! Many guided meditation and mindfulness exercises are available for free online, and can also help maintain our mental health.

There are a variety of self-help resources available online that can be useful for managing and preventing mental health concerns, including anxiety and depression. The Alberta government, for example, has informational videos aimed at improving seniors' mental health on their website (alberta.ca), as well as a directory of seniors' mental health resources. Sage's Directory of Senior Services also includes a wide range of programs, services, and resources that can support your mental health. Sage's Directory can be accessed on our website (mysage.ca), and print copies are available for free at libraries and other locations across Edmonton. Call our main phone line to learn where you can find one!

- Zehra Tunay



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

Fri April 18
Good Friday

Mon April 21
Easter Monday

Mon May 19
Victoria Day

**CELEBRATE
SENIORS' WEEK!
JUNE 2-8, 2025**



MESSAGE FROM THE EXECUTIVE DIRECTOR

KAREN MCDONALD

The Spring edition of the Link is always a favourite of mine, because it includes so much gratitude and celebration of the people Sage works for and with. First, it is an opportunity for us to thank our donors, who play such a critical role in Sage’s ability to meet the needs of seniors. Every day, we hear from seniors who are in crisis and struggling to find the shrinking resources that are available to them. The rising cost of living has made it even harder for those living in poverty, experiencing housing or food insecurity, without family or community supports, or managing the added barriers of language or mobility issues. Your donations to Sage’s Resilience Fund are the glue that fills gaps and creates a network of support that seniors can count on - gifts like yours make a big difference in ensuring that help is just a phone call away.

We also thank and celebrate our amazing volunteers during National Volunteer Week (April 27- May 3). Whether you are providing administrative support, completing taxes or forms, hosting groups or programs, helping with the Directory, or supporting activities and events, you remind us of the power of connection and community. We see, feel, and hear about the impact of your efforts every day, and are grateful for your commitment to helping seniors be the best that they can be.

And finally, we will once again be celebrating Seniors Week (June 2-8) with an event in Churchill Square (see page 12 for more information). Last year’s event was so much fun, and I look forward to seeing everyone there again! I’d also like to invite you to have “Coffee with the Executive Director” that week, where we can discuss your ideas and questions about Sage. We will meet in the Sunshine Café on Tuesday, June 3 from 11:00am – 12:00pm, and everyone is welcome. Please call 780-423-5510 to register.

Thank you to all of the seniors, donors, and volunteers who make Sage such an amazing organization!

BOARD OF DIRECTORS

President	Michael Solowan
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Diana Elniski	Danielle Perrault
Marisa Redmond	Edwin Ryan

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 and Advertising	780-701-9006

Email info@mysage.ca
Online www.mysage.ca
Facebook Sage Seniors Association

BUILDING HOURS

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

15 Sir Winston Churchill Square
 Edmonton, AB T5J 2E5

ANNOUNCEMENTS

STAFF UPDATE

Sage Seniors Association has recently welcomed Amy Van Veen into the position of Intake, Triage & Assessment Coordinator with the Social Prescribing team. Sheryl Induswe has also joined Sage Seniors Association for a temporary term in this position and we welcome her as well.

Sage Seniors Association is pleased to share the wonderful news that Megan Sutherland and her husband have recently welcomed a new baby girl into their family. Mom and baby are both healthy and doing well.

VOLUNTEERS

We are so thankful for over 100 volunteers who gave their time as volunteers in 2024.

We are currently looking for volunteers to assist with Customer Service Reception, income tax administration (booking appointments) and various Life Enrichment positions, such as Games lead, Book Club leader, Outings leader and more. If you are interested in volunteering, please contact Jade at volunteer@mysage.ca.

We were sorry to hear of the passing of long-time volunteer Irl Miller, who passed away peacefully on December 4, 2024, at the age of 92. Irl was a long-time member and volunteer with Sage, often volunteering to lead day trips.

AGM NOTICE

Join us at our Annual General Meeting (AGM) in-person or online Thursday, May 29 at 12:00pm. Please call 780.423.5510 or email info@mysage.ca by May 26 to register.

SENIORS' WEEK CELEBRATION

Celebrate Seniors' week with Sage! Enjoy live music on Churchill Square and visit Sage's tent for a sweet treat. Everyone Welcome! Hosted

in partnership with Edmonton Arts Council *Live at Lunch*. Limited seating available. **THURS, JUNE 5 12:00 – 1:00PM**

SAGE'S INCOME TAX CLINIC

Sage is continuing to offer free income tax services year-round for low-resourced seniors. Our annual Income Tax Clinic continues in April, and is available to any qualifying seniors in Alberta, including those who are hospitalized or in care facilities. We are 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.

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WORLD ELDER ABUSE AWARENESS DAY

World Elder Abuse Awareness Day (WEAAD) is observed annually on June 15. It is a day designated by the United Nations General Assembly to raise awareness about the issue of elder abuse, promote respect for the rights of older people, and prevent and/or address abuse of older persons. On June 15, activities and events are organized worldwide to promote awareness, education, and advocacy to prevent elder abuse and support those who have experienced abuse.

DID YOU KNOW Elder abuse is any action or inaction by a person(s) in a trusting relationship that causes harm and distress to an older adult? The Alberta Government estimates that 1 in 10 older adults might experience elder abuse.

SAVE THE DATE! Join us on Thursday June 12 from 10am-12pm at Sage as we recognize such an important day. We'll have an information session on elder abuse, ageism, and how to be a good bystander. Displays will include information about our Safe House as we look back on the past 25 years since we've been in operation.

If you or someone you know experiences abuse, please visit www.mysage.ca for elder abuse resources and more information.



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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.

ZOOM PROGRAMS: 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 780-701-9016 or life@mysage.ca.

When: 1st and 3rd Fridays of the month
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! Max 8-12 participants. Pre-register by the Friday before the series begins.

When: Mon 2:15-3:15pm

Series 1: Mar 10, 17, 31, Apr 7

Series 2: May 5 - Jun 2

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, healthy eating and becoming more active, how to talk to your health care team, and tips for living a better quality life.

Virtual Chronic Pain Workshops

Option 1: Apr 8 - May 13, 6-8:30pm

Option 2: Apr 16 - May 21, 10am-12:30pm

Option 3: May 6 - Jun 10, 1-3:30pm

Option 4: May 15 - Jun 19, 6-8:30pm

Option 5: Jun 3 - Jul 15, 1:30-4pm

Option 6: Jun 12 - Jul 17, 6-8:30pm

Virtual Chronic Conditions Workshops

Option 1: Apr 30 - Jun 4, 6-8:30pm

Option 2: Jun 5 - Jul 10, 10-12pm

IN-PERSON PROGRAMS

Let's do Lunch (Pre-Register)

This group comes together on the third Mon of each month at 11am at Sage (or 11:30am at restaurant) and ventures out to new dining experiences. Pre-register by the Wednesday before. Spaces are limited. Must be able to walk to the restaurant from Sage or meet at the restaurant. Pay for your lunch + ETS.

When: Apr 28 (moved from Apr 28)
- Bianco (10020-101A Ave)
May 26 (moved from May 19)
- Mercer Warehouse (10359-104 st)
Jun 16
- Campio Brewing Co. (10257-105 st)

New Greenland Garden Center (Pre-Register)

Greenland has beautiful plants, flowers, a delicious café, and an amazing selection of decorations, giftware and home decor. Plus an outdoor space to walk around and enjoy. Must be able to go up and down several steps on the bus. Pre-register by Monday, May 26.

When: Wed, May 28 10:30-1:30pm
Where: Greenland Garden Center
Cost: \$15 for school bus. Pay own lunch, and purchases, etc.

River Cree Casino Outing (Pre-Register)

Hop on the River Cree bus the third Wed of the 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 Mon before the trip or when the trip is sold out.

When: Wed: Apr 16, May 21, Jun 18
Depart Sage at 9:30am and 2:00pm departure from River Cree. Must stay for the entire four hours to get deal.
Cost: \$5.00 (includes bus to and from casino, lunch and \$5 free play voucher).

***New* Introductory Computer Classes (Pre-Register)** In these free 15 weeks of classes, learn how to use the mouse & keyboard, navigate websites using the internet, recognize scams and stay safe online, connect with loved ones through social media & online video calls. Classes will be hands-on and will be held in the Computer Lab at Sage. No need to bring your own device. Call 780-701-9016 or email life@mysage.ca to register.

When: Mondays, starting Apr 7, 12:00-1:30pm
Where: Computer Lab (3rd Floor)

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 to request 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: Tues 1:00pm & Wed 11:30am-1:00pm
Where: Sage Main Floor

Raye Dolgoy Bridge Club (Drop-In) 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

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: Mon 11:30am-1:00pm

Wed 11:45am-1:15pm

Class B: Mon 1:15pm-2:45 pm

Wed 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 11-12:00pm

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 and 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: Wed 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 and enjoy a visit. Teaching help with some projects may also be available.

When: Tues 9:30am-12:00pm

Where: 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. 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 welcome.

When: Tues Apr 29, May 27, Jun 24
10:30am-11:30am

Where: Main Floor

Coffee Group (Drop-In) Get together on Sage Main every Wed from 10:30am-11:00am to have discussions and see some friendly faces! Donations for coffee are appreciated.

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: Mon 10:30am-12pm

Where: Main Floor

Pride Week Senior's Strawberry Tea (Drop-in) Celebrate with some live music and goodies. Event is in collaboration with Aging with Pride.

When: Mon Jun 16 1pm

Where: Auditorium

SPECIAL EVENT! Pro Coro Canada (Pre-register) Watch a screening of Edmonton's renowned Professional Chamber Choir in Concert. Includes coffee, light snacks, and a pre-screening introduction by special guests. Free event. To pre-register, call 780-701-9016 or email life@mysage.ca.

When: Apr 10 1:00pm
Where: Auditorium

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: Tues Mar - May 10-11:30am
 Thursdays (June onward), 10-11:30am
Where: Main Floor

Mahjong sets are available for play outside of lesson times, Mon-Thurs 10am-2pm

***New* Book Club (Pre-Register)** A great opportunity to meet new people and share your love of reading. Group will meet each month to discuss that month's book and get the book for the following month. Will be using book club kits from Stanley Milner Library.

When: Begins in April. Register at reception and you will be contacted with details.
Where: Sage - room TBD

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***New* Better Choices, Better Health Workshops (Pre-Register, In-Person)**
 In these free, 6-week workshops presented by AHS, 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 780-701-9016 or life@mysage.ca.

When: Thurs May 1 - Jun 5, 10-12:30pm
Where: Sage Classroom A

Volunteers Make Waves:
 Together, we create ripples of change.

Thank you

to Sage's volunteers - for everything you do!

NATIONAL VOLUNTEER WEEK APRIL 27 - MAY 3

HYBRID PROGRAMS

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. Email agingwithprideveg@gmail.com or call Rachel at 780.701.9016 to register.

When: Mon until end of May 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 9:30-11:00am

Where: Sage Auditorium or on Zoom

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-In: 1.855.703.8985

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

When: June 11, 11:00am

Where: Sage Room

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 camping! Pre-Register at life@mysage.ca or call 780.701.9016.

When: Tues 11:45am-1:00pm

Where: Sage, Classroom C

Zoom Meeting ID: 657 878 2877

Toll-Free Phone-In: 1.855.703.8985

IN THE COMMUNITY

Join us for events, activities, and gatherings in communities around Edmonton!

Seniors' Drop-ins at various Edmonton Public Library branches. Join other seniors for coffee, conversation and activities selected by the seniors at each branch.

Woodcroft 13420-114 Ave
4th Tuesday of the month 10:30am

Castle Downs 15379 Castle Downs Road
2nd Tuesday of the month 1:30pm

Calder 12710-131 Ave
1st Friday of the month 10:30am

Questions? Contact Jan at jtwarek@mysage.ca or 780-809-9404

Health & Wellness Days

As you consider the next phase of your life, are there topics you need more information on? What about those important projects you need to get to but seem overwhelmed by? We will be coming to a community near you this spring to offer discussion sessions! Look for more information www.mysage.ca.

Golden Years Cinema Relive the magic of Hollywood's golden era as we screen beloved classic films that have stood the test of time. It's also a chance to connect with fellow seniors over popcorn and learn about Sage and other community resources. Call Theresa 780-809-9405 for more information.

Cultural Men's Shed Wednesdays at Sage
Call Christopher for details 780-701-9010.

Hollywood/Bollywood A concert of popular songs connecting cultures. May 22, 4-8:00pm.
Call Christopher 780-701-9010.

Amazing Elders Fridays 1:00-3:00pm
C5 North East Community Hub
14017 Victoria Trail
Contact Christopher for details 780-701-9010

Seniors Drop-in Every 2nd Friday 2-3:00pm.
Edmonton Public Library, Capilano Branch
9915 67st. Contact Christopher 780-701-9010.

A HEARTFELT THANK YOU

THANK YOU TO OUR 2024 DONORS!

Your generosity has made a profound impact. With your help, we've been able to create safe and welcoming spaces for our community, offer vital support in times of crisis, foster meaningful social connections, and provide invaluable resources to those in need. Your support helps us build a stronger, more compassionate community, and we are truly grateful for your commitment.

Thank you for being a part of this journey with us!

Tina Abrahams
Larena Anderson
Janet Askin
Bryan Balding
Winifred Batchelor
Barbara Belanger
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