

**SAGE Centers Virtual and Telephone-based Programs
Week of Monday, April 15, 2024 – Sunday, April 21, 2024**

Please note: SAGE programming is for registered DFTA participants aged 60 or above, living in New York City. If you are over 60 years old **and** not a registered participant at a SAGE senior center, please contact us at info@sageusa.org for a registration form. If you are a SAGE Center member, please sign-up for a program by

[clicking here](#)

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Monday, April 15, 2024 – Sign-up for programs online by

*Registration required

11:30 –12:30pm	Feldenkrais w/Frederick	Edie Windsor SAGE Center
12:00-1:00pm	Spanish 201	Edie Windsor SAGE Center
1:00pm – 2:00pm	Get Lit! Book Club	SAGE Center Harlem
1:00pm – 2:00pm	Tai Chi w/Jana	Edie Windsor SAGE Center
2:00pm –3:00pm	Let’s Gab	Edie Windsor SAGE Center
1:30-3:30pm	Zensation Art	SAGE Center Harlem
3-4pm	The Whitney Biennial: Even Better Than the Real Thing	SAGE Center Bronx
3:30-5:00pm	Invisible Disabilities	Edie Windsor SAGE Center
6:15-7:15 pm	Me3ditative Movement in Spanish	SAGE Center Bronx
6:15-7:45pm	*Caregiving Support Group (full)	SAGE Care Management

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Tuesday, April 16, 2024 – Sign-up for programs online by

*Registration required

10-11am	Coffee Talk: A Morning Chat Group	SAGE Center Bronx
11:30a-12:30p	Flex and Flow with Tina Redwood-hybrid	SAGE Center Harlem



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Table with 3 columns: Time, Program Name, and Location. Rows include Writer's Round Table, Ella's Cooking Corner, Creative Writing w/Lujira Cooper, Trending Tuesdays, Tuesday Women's Discussion Group, Dance Exercise w/Simone, and Out of the Box Movie Series.

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Wednesday, April 17, 2024 - Sign-up for programs online by

*Registration required

Table with 3 columns: Time, Program Name, and Location. Rows include Golden Rainbow, Committee Meetings, Meditative Art with Rafaela, Tai Chi Exercise Class with Jana, *New York Writer's Coalition Workshop, Modern Art History w/Michael, Black Lives Matter Advocacy Group, Theological Reflection, Dinner and a Movie: One Life (2024), and Drawing Group.



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Thursday, April 18, 2024 - Sign-up for programs online by
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12-1pm	Spiritual Reflection and Affirmation	SAGE Center Bronx
1:00-2:30pm	Women’s Support Group (Hybrid)	SAGE Center Harlem
3:30-5:00pm	Women’s Dialogue	Edie Windsor SAGE Center
4-6pm	Intergenerational Cooking Class	SAGE Pride Center of SI
6:15-7:45pm	Men's Discussion	Edie Windsor SAGE Center

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Friday, April 19, 2024 - Sign-up for programs online by
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1-2pm	Afro-Brazilian Dance	Edie Windsor SAGE Center
1-3pm	Board Gaming	SAGE Pride Center of SI
1-2pm	*Spanish 101	Edie Windsor SAGE Center
2-3pm	America’s Burning: A discussion on inequality, oppression, and social injustice through the lens of the current BLM movement.	SAGE Center Bronx
2-4pm	Men’s Group - HYBRID	SAGE Center Harlem
3-4pm	*Spanish 301	Edie Windsor SAGE Center
3:15-4:15pm	Feldenkrais w/Frederick	Edie Windsor SAGE Center



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3-4pm	Women’s History Group	SAGE Center Stonewall
4:30-6:00pm	Brush Up Your Shakespeare	Edie Windsor SAGE Center
6:00-7:00pm	Cercle Francophone - <i>Gustave Flaubert · UN COEUR SIMPLE – partie première</i>	Edie Windsor SAGE Center

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Saturday, April 20, 2024 - Sign-up for programs online by
*Registration required

10:30-11:15am	Introduction to Pilates w/Frederick	Edie Windsor SAGE Center
10:30am-12pm	Close Knit Community	SAGE Pride Center of SI
11-2pm	Social Saturdays	SAGE Pride Center of SI
2-4pm	Saturday Afternoon Classics: Pitfall (1948)	SAGE Center Bronx

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Sunday, April 21, 2024 - Sign-up for programs online by
*Registration required

11:00-12:30pm	Healthy Mature Reflecting	Edie Windsor SAGE Center
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If you are interested in attending these programs, please sign up by

[clicking here](#)