

**SAGE Centers Virtual and Telephone-based Programs
Week of Monday, April 29, 2024 – Sunday, May 5, 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 22, 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	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 23, 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
12:00pm-1:30pm	Writer’s Round Table	SAGE Center Harlem
3:00-4:30	Creative Writing w/Lujira Cooper	Edie Windsor SAGE Center
4-5pm	Trending Tuesdays	SAGE Center Harlem



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6-7:30pm	Tuesday Women’s Discussion Group	Edie Windsor SAGE Center
6:30-7:30pm	Dance Exercise w/Simone	Edie Windsor SAGE Center
6:30-8:30pm	Out of the Box Movie Series: A Taste of Honey (1961)	SAGE Center Bronx

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Wednesday, April 24, 2024 - Sign-up for programs online by

*Registration required

10-10:45	Golden Rainbow	SAGE Pride Center of SI
10:45-12	Nutrition with Jennilynn	SAGE Pride Center of SI
2-3:30pm	Meditative Art with Rafaela	SAGE Center Harlem
2-3:00PM	Tai Chi Exercise Class with Jana	SAGE Center Stonewall
3-5pm	*New York Writer's Coalition Workshop (Open for new members)	Edie Windsor SAGE Center
4-5pm	Black Lives Matter Advocacy Group	SAGE Center Stonewall
6-8:30pm	Dinner and a Movie: Rebecca (1948)	SAGE Center Harlem
6:30-8:00pm	Drawing Group	Edie Windsor SAGE Center

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Thursday, April 24, 2024 - Sign-up for programs online by

*Registration required

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



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Table with 3 columns: Time, Program Name, and Location. Rows include Intergenerational Cooking Class and Men's Discussion.

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Friday, April 26, 2024 - Sign-up for programs online by

*Registration required

Large table with 3 columns: Time, Program Name, and Location. Rows include LGBTQ+ 101, Afro-Brazilian Dance, Board Gaming, Spanish 101, and various discussion groups.



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Saturday, April 27, 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

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Sunday, April 28, 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](#)