



Advocacy & Services for LGBT Elders

We refuse to be invisible®

SAGE Centers Virtual and Telephone-based Programs Week of Monday, May 13, 2024 – Sunday, May 19, 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, May 13, 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
3:30-5:00pm	Invisible Disabilities	Edie Windsor SAGE Center
6:15-7:15 pm	Meditative Movement in Spanish	SAGE Center Bronx
6:15-7:45pm	*Caregiving Support Group (full)	SAGE Care Management
6:15-7:45pm	Trans Women’s Group (Hybrid)	Edie Windsor SAGE Center
8:45-9:45pm	Meditation w/Madhu	Edie Windsor SAGE Center

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Tuesday, May 14, 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
2:00pm – 3:30pm	Meditative Art	SAGE Center Harlem



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Table with 3 columns: Time, Program Name, Location. Rows include Creative Writing w/Lujira Cooper (Hybrid), Trending Tuesdays, Tuesday Women's Discussion Group, and Dance Exercise w/Simone.

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Wednesday, May 15, 2024 - Sign-up for programs online by

*Registration required

Table with 3 columns: Time, Program Name, Location. Rows include Golden Rainbow, Nutrition with Jennilynn, Meditative Art with Rafaela, Tai Chi Exercise Class with Jana, *New York Writer's Coalition Workshop, Modern Art History with Michael, Black Lives Matter Advocacy Group, and Drawing Group.

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Thursday, May 16, 2024 - Sign-up for programs online by

*Registration required

Table with 3 columns: Time, Program Name, Location. Rows include Spiritual Reflection and Affirmation, Women's Support Group (Hybrid), and Women's Dialogue.



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4-6pm	Intergenerational Cooking Class	SAGE Pride Center of SI
6:15-7:45pm	Men's Discussion	Edie Windsor SAGE Center
6:30-8:30pm	Out of the Box Movie Series: A People without a Land (2014)	SAGE Center Bronx

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Friday, May 17, 2024 - Sign-up for programs online by

*Registration required

11am - 12pm	LGBTQ+ 101 (MAY 31)	SAGE Center Harlem
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
3:00-4:00pm	Feldenkrais w/Frederick	Edie Windsor SAGE Center
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 - QDL - Georges Seurat, Un dimanche après-midi à l'île de Grande Jatte (1886). A Chicago program	Edie Windsor SAGE Center



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[clicking here](#)

Saturday, May 18, 2024 - Sign-up for programs online by
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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, May 19, 2024 - Sign-up for programs online by
*Registration required

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

[clicking here](#)