

**SAGE Centers Virtual and Telephone-based Programs
Week of Monday, July 22, 2024 – Sunday, July 28, 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, July 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
1:00-2:00pm	Tai Chi w/Jana	Edie Windsor SAGE Center
1:30-3:30pm	Zensation Art	SAGE Center Harlem
2:00-3:00om	Let’s Gab	Edie Windsor SAGE Center
3:30-4:45pm	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
8:45-9:45pm	Meditation w/Madhu	Edie Windsor SAGE Center

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Tuesday, July 23, 2024 – Sign-up for programs online by

*Registration required

ON HIATUS	Coffee Talk: A Morning Chat Group (O	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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3:00-4:30	Creative Writing w/Lujira Cooper (Hybrid)	Edie Windsor SAGE Center
ON HIATUS	Trending Tuesdays	SAGE Center Harlem
6-7:30pm	Tuesday Women’s Discussion Group	Edie Windsor SAGE Center
6:30-7:30pm	Dance Exercise w/Simone	Edie Windsor SAGE Center
6:30-9pm	Out of the Box Movie Series: Aimee & Jaquer (1999)	Sage Center Bronx

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Wednesday, July 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
3:00-5:00pm	New York Writers Coalition Workshop	Edie Windsor SAGE Center
3:30-4:30pm	Modern Art History w/Michael	Edie Windsor SAGE Center
6-8:15pm	Dinner and A Movie: The Oak Room	
4-5pm	Black Lives Matter Advocacy Group	SAGE Center Stonewall
6-8:15pm	Out of the Box Movie Series: The Old Oak (2014)	SAGE Center Bronx
6:30-8:00pm	Drawing Group	Edie Windsor SAGE Center



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Thursday, July 25, 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
4-6pm	Intergenerational Cooking Class	SAGE Pride Center of SI
6:15-7:45pm	Men's Discussion	Edie Windsor SAGE Center
6:30-9pm	Out of the Box Movie Series: Daddy's Little Girls	SAGE Center Bronx

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

*Registration required

11am - 12pm	LGBTQ+ 101 (next session June 28 th)	SAGE Center Harlem
1-3pm	Board Gaming	SAGE Pride Center of SI
1-2pm	*Spanish 101	Edie Windsor SAGE Center
1:00-2:00pm	Afro-Brazilian Dance (Hybrid)	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
2:15-3:15pm	Gyrokinesis (Hybrid)	Edie Windsor SAGE Center



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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 - Une discussion ouverte	Edie Windsor SAGE Center

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Saturday, July 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
2-4pm	Saturday Afternoon Movie Special: The Death and Life of Marsha P Johnson (2017)	SAGE Center Bronx

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Sunday, July 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](#)