



Advocacy & Services for LGBTQ+ Elders

We refuse to be invisible®

SAGE Centers Virtual and Telephone-based Programs Week of Monday, August 26, 2024 – Sunday, September 1, 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, August 26, 2024 – Sign-up for programs online by

*Registration required

11:30 AM-12:30 PM	Feldenkrais with Frederick	Edie Windsor SAGE Center
12-1 PM	Spanish 201	Edie Windsor SAGE Center
1-2 PM	Tai Chi with Jana	Edie Windsor SAGE Center
1:30-3:30 PM	Zensation Art	SAGE Center Harlem
2-3 PM	Let's Gab	Edie Windsor SAGE Center
3:30-4:45 PM	Invisible Disabilities	Edie Windsor SAGE Center
6:15-7:15 PM	Meditative Movement in Spanish	SAGE Center Bronx
6:15-7:45 PM	*Caregiving Support Group (full)	SAGE Care Management
8:45-9:45 PM	Meditation with Madhu	Edie Windsor SAGE Center

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Tuesday, August 27, 2024 – Sign-up for programs online by

*Registration required

ON HIATUS	Coffee Talk: A Morning Chat Group	SAGE Center Bronx
11:30 AM-12:30 PM	Flex and Flow with Tina Redwood (hybrid)	SAGE Center Harlem
12-1:30 PM	Writer's Round Table	SAGE Center Harlem
2-3:30 PM	Meditative Art	SAGE Center Harlem
3-4:30 PM	Creative Writing with Lujira Cooper (hybrid)	Edie Windsor SAGE Center



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ON HIATUS	Trending Tuesdays	SAGE Center Harlem
6-7:30 PM	Tuesday Women’s Discussion Group	Edie Windsor SAGE Center
6:30-7:30 PM	Dance Exercise with Simone	Edie Windsor SAGE Center

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Wednesday, August 28, 2024 - Sign-up for programs online by

*Registration required

10-10:45 AM	Golden Rainbow	SAGE Pride Center of SI
10:45 AM-12 PM	Nutrition with Jennilynn	SAGE Pride Center of SI
2-3:30 PM	Meditative Art with Rafaela	SAGE Center Harlem
3-5 PM	New York Writers Coalition Workshop	Edie Windsor SAGE Center
6-8:15 PM	Dinner and A Movie	SAGE Center Bronx
6:30-8 PM	Drawing Group	Edie Windsor SAGE Center

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Thursday, August 29, 2024 - Sign-up for programs online by

*Registration required

12-1 PM	Spiritual Reflection and Affirmation	SAGE Center Bronx
1-2:30 PM	Women’s Support Group (hybrid)	SAGE Center Harlem
3:30-5 PM	Women’s Dialogue	Edie Windsor SAGE Center
4-6 PM	Intergenerational Cooking Class	SAGE Pride Center of SI
6:15-7:45 PM	Men's Discussion	Edie Windsor SAGE Center



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Friday, August 30, 2024 - Sign-up for programs online by
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11 AM-12 PM	LGBTQ+ 101	SAGE Center Harlem
1-3 PM	Board Gaming	SAGE Pride Center of SI
1-2 PM	*Spanish 101	Edie Windsor SAGE Center
1-2 PM	Afro-Brazilian Dance (hybrid)	Edie Windsor SAGE Center
2-3 PM	America’s Burning: A discussion on inequality, oppression, and social injustice through the lens of the current BLM movement.	SAGE Center Bronx
2-4 PM	Men’s Group (hybrid)	SAGE Center Harlem
2:15-3:15 PM	Gyrokinesis (hybrid)	Edie Windsor SAGE Center
3-4 PM	*Spanish 301	Edie Windsor SAGE Center
3-4 PM	Feldenkrais with Frederick	Edie Windsor SAGE Center
4:30-6 PM	Brush Up Your Shakespeare	Edie Windsor SAGE Center
6-7 PM	Cercle Francophone	Edie Windsor SAGE Center

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Saturday, August 31, 2024 - Sign-up for programs online by
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10:30-11:15 AM	Introduction to Pilates with Frederick	Edie Windsor SAGE Center
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10:30 AM-12 PM	Close Knit Community	SAGE Pride Center of SI
11 AM-2 PM	Social Saturdays	SAGE Pride Center of SI

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Sunday, September 1, 2024 - Sign-up for programs online by
*Registration required

11 AM-12:30 PM	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](#)