



Advocacy & Services for LGBTQ+ Elders

We refuse to be invisible®

SAGE Centers Virtual and Telephone-based Programs

Week of Monday, September 9, 2024 – Sunday, September 15, 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](#)

[clicking here](#)

Monday, September 9, 2024 – Sign-up for programs online by

*Registration required

| | | |
|-------------------|----------------------------------|--------------------------|
| 11:30 AM-12:30 PM | Feldenkrais with Frederick | 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, September 10, 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 |
| 3-4:30 PM | Creative Writing with Lujira Cooper (hybrid) | Edie Windsor SAGE Center |
| 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, September 11, 2024 - Sign-up for programs online by

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| | | |
|----------------|---|--------------------------|
| 10-10:45 AM | Golden Rainbow | SAGE Pride Center of SI |
| 10:45 AM-12 PM | Nutrition with Jennilynn | SAGE Pride Center of SI |
| 3-5 PM | New York Writers Coalition Workshop | Edie Windsor SAGE Center |
| 6:00-7:30pm | Book Lovers' Group: In Memoriam by Alice Winn | Edie Windsor SAGE Center |

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Thursday, September 12, 2024 - Sign-up for programs online by

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| | | |
|--------------|--------------------------------------|--------------------------|
| 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, September 13, 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 |
| 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, September 14, 2024 - Sign-up for programs online by

*Registration required

| | | |
|----------------|--|--------------------------|
| 10:30-11:15 AM | Introduction to Pilates with Frederick | Edie Windsor SAGE Center |
| 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 15, 2024 - Sign-up for programs online by

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| | | |
|----------------|---------------------------|--------------------------|
| 11 AM-12:30 PM | Healthy Mature Reflecting | Edie Windsor SAGE Center |
|----------------|---------------------------|--------------------------|

If you are interested in attending these programs, please sign up by

[clicking here](#)