



Advocacy & Services for LGBTQ+ Elders

We refuse to be invisible®

## SAGE Centers Virtual and Telephone-based Programs Week of Monday, September 30<sup>th</sup>, 2024 – Sunday, October 6<sup>th</sup>, 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](mailto: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 30<sup>th</sup>, 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
6:15-7:45 PM	*Caregiving Support Group (full)	SAGE Care Management
8:45-9:45 PM	Meditation with Madhu	Edie Windsor SAGE Center

[clicking here](#)

**Tuesday, October 1<sup>st</sup>, 2024** – Sign-up for programs online by

\*Registration required

ON HIATUS	Coffee Talk: A Morning Chat Group	SAGE Center Bronx
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, October 2<sup>nd</sup>, 2024** - Sign-up for programs online by

\*Registration required

3-5 PM	New York Writers Coalition Workshop	Edie Windsor SAGE Center
6:30-7:30 PM	Book Lovers Group: Greenland by David Santos	Edie Windsor SAGE Center

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**Thursday, October 3<sup>rd</sup>, 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
6:15-7:45 PM	Men's Discussion	Edie Windsor SAGE Center

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**Friday, October 4<sup>th</sup>, 2024** - Sign-up for programs online by

\*Registration required

11 AM-12 PM	LGBTQ+ 101	SAGE Center Harlem
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



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2-4 PM	Men’s Group (hybrid)	SAGE Center Harlem
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, October 5<sup>th</sup>, 2024** - Sign-up for programs online by  
\*Registration required

10:30-11:15 AM	Introduction to Pilates with Frederick	Edie Windsor SAGE Center
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**Sunday, October 6<sup>th</sup>, 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](#)