



Advocacy & Services for LGBTQ+ Elders

We refuse to be invisible®

## SAGE Centers Virtual and Telephone-based Programs

### Week of Monday, November 18<sup>th</sup>, 2024 – Sunday, November 24<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, November 18<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 |
| 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 |

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**Tuesday, November 19<sup>th</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, November 20<sup>th</sup>, 2024** - Sign-up for programs online by

\*Registration required

|              |                                     |                          |
|--------------|-------------------------------------|--------------------------|
| 3-5 PM       | New York Writers Coalition Workshop | Edie Windsor SAGE Center |
| 3:30-4:30 PM | Modern Art History with Michael     | Edie Windsor SAGE Center |

[clicking here](#)

**Thursday, November 21<sup>st</sup>, 2024** - Sign-up for programs online by

\*Registration required

|              |                                      |                          |
|--------------|--------------------------------------|--------------------------|
| 12-1 PM      | Spiritual Reflection and Affirmation | SAGE Center Bronx        |
| 3:30-5 PM    | Women’s Dialogue                     | Edie Windsor SAGE Center |
| 6:15-7:45 PM | Men's Discussion                     | Edie Windsor SAGE Center |

[clicking here](#)

**Friday, November 22<sup>nd</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 | SAGE Center Bronx        |



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|           |   |                          |
|-----------|---|--------------------------|
|           | through the lens of the current BLM movement. |                          |
| 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, November 23<sup>rd</sup>, 2024** - Sign-up for programs online by  
\*Registration required

|                |  |                          |
|----------------|--|--------------------------|
| 10:30-11:15 AM | Introduction to Pilates with Frederick | Edie Windsor SAGE Center |
|----------------|--|--------------------------|

[clicking here](#)

**Sunday, November 24<sup>th</sup>, 2024** - Sign-up for programs online by  
\*Registration required

|                |                           |                          |
|----------------|---------------------------|--------------------------|
| 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](#)