



## SUPPORT GROUPS

**Grief Support *\*Last Session\**** (March 20th, 6 - 7:30pm)

**Circle of Support** (Thursdays 1:45-3pm)

**Meditation & Self Reflection** (Tuesdays 6:30-7:30pm)

**Men's Discussion Group *\*In Person\**** (March 13th & 27th, 6:15-7:45pm)

## MARCH AWARENESS SPOTLIGHT

MONTH

- Women's History Month
- Health Awareness Month
- Gender Equality Month
- Irish American Hertiage Month

WEEK/DAYS

- Hearing Awareness Day **(03/03)**
- St. Patricks Day **(03/17)**
- World Tuberculosis Day **(03/24)**
- Epilepsy Awareness Day **(03/26)**
- Trans Day of Visibility **(03/31)**

## MOVIE NIGHT SCHEDULE

- **(03/03):** Desert Hearts
- **(03/10):** Grounders
- **(03/17):** Hidden Figures

- **(03/24):** 9 to 5
- **(03/31):** Rita Moreno: *Just a Girl Who Decided to go with It*

## LIBRARY

- Monday to Friday (12-7pm)

## CYBER CENTER


- Monday-Friday (12- 7PM)

## LEGAL CLINIC

**In-Person Legal Clinic w/ Tom Sciacca**  
March 10th, 2025 (3-6PM)

**In Person Legal Clinic w/ Matthew Carmody**  
March 26th, 2025 (5:30-7:30PM)

**VOLS-Volunteer Legal Services**  
***\*Next session in April\****



## THEATER TICKET DESK

Thursdays at 4pm ***\*depends on availability\****

## CARE MANAGEMENT

Information & Referrals  
Case Management  
Benefits & Entitlements Assistance  
Caregiving Issues  
Friendly Visiting  
SAGEVets (*for LGBT military veterans*)  
SAGEPositive (*for people living with HIV/AIDS and at-risk older adults*)  
Bereavement support

Care Managers are available by appointment Monday through Friday  
Please call **212-741-3590** to make an appointment.



# PANTRY

March 5th , Wednesday 12pm - 2pm



# GRAB & GO

Fridays from 12pm - 2pm

## DINNER AT THE EDIE WINDSOR SAGE CENTER

Enjoy a nutritious, delicious meal  
between 4:45 - 6:00pm  
weekdays, first come, first served.



## MARCH DINNER MENU

3	4	5	6	7
Eggplant Parmesan Carrot/Apple/Raisin Salad <i>Eggplant Parmesan</i>	Fish w/Mushrooms Baby Carrots w/Parsley <i>Black Bean Enchilada</i>	Beef Meatballs Garden Salad <i>Breaded Eggplant</i>	Pork Spare Ribs Broccoli/Pepper Salad <i>Potato Red Bean Chili</i>	BBQ Chicken Breast Garden Salad <i>Sweet Potato Gumbo</i>
10	11	12	13	14
Bean Quesadilla & Veggie Soup Italian Blend Veggies <i>Bean Quesadilla &amp; Veggie Soup</i>	Chicken w/Mushrooms Garden Salad <i>Eggplant Parmesan</i>	Salmon Salad Vegetable Mix <i>Chickpea &amp; Veggie Salad</i>	Beef Lasagna Garden Salad <i>Veggie Lasagna</i>	Chicken Tikka Marsala Corn Confetti Salad <i>Curried Jamaican Stew</i>
17	18	19	20	21
Potato/Sweet Bean Chili Carrot/Apple/Raisin Salad <i>Potato/Sweet Bean Chili</i>	BBQ Chicken Breast Cauliflower/Zucchini <i>Baked Ziti w/Veggies</i>	Beef Salisbury Garden Salad <i>BBQ Pulled Jack Fruit</i>	Chicken Alfredo Green Salad <i>Pasta w/Sweet Pea</i>	Baked Salmon Broccoli/Pepper Salad <i>Eggplant Parmesan</i>
24	25	26	27	28
Lentil Pasta & Veggie Soup Cauliflower/ Zucchini <i>Lentil Pasta &amp; Veggie Soup</i>	Beef Sloppy Joe Zucchini w/Peppers <i>Lentil/Bean Chili</i>	Turkey Salisbury Romaine/Beet Salad <i>Broccoli/Cheeddar Quiche</i>	Ziti w/Chicken Cucumber/Tomato Salad <i>Veggie Lasagna</i>	BBQ Chicken Leg Leafy Green Salad <i>Baked Ziti w/Cheese</i>
31	Voluntary contribution of \$3 suggested for 60+. Guests under 60 charged \$6. Meal program is partially funded by the NYC Department for the Aging and Con Edison.			
Tofu Parmesan & Soup Cucumber/Dill Salad <i>Tofu Parmesan &amp; Soup</i>				

***\*SAGE is funded in part by the New York City Department for the Aging\****



## EDIE WINDSOR sage CENTER



# MARCH 2025 CALENDAR

The Edie Windsor SAGE Center | 305 7th Avenue, 15th Floor, New York, 10001  
Phone Number: 646-576-8669 | Website: [sageusa.org](https://www.sageusa.org)

## SPECIAL EVENTS

- **(03/06) Women's History Month Presentation:**  
*The Majority Report* (6-7:30 pm)
- **(03/07) Book Club Meeting w/ Reading Rainbow** (6-7:30pm)
- **(03/10) Monday Night Screening:**  
*Grounders with Producer Q&A* (6-7:45pm)
- **(03/11) Sexual Wellness for Caregivers**  
***\*Virtual Only\**** (3-4pm)
- **(03/20) Let's Talk and Eat Vegetables** (3-4pm)
- **(03/20) Women's Sex & Dating Event** (6-7:30pm)
- **(03/20) Richard Helfer Poetry Reading** (6-6:45pm)
- **(03/25) HIGN+SAGE: Oral Hygiene Presentation**  
(2:15-3:15pm)
- **(03/26) LGBTQ+ Fraud Prevention Workshop** (2-4pm)



## PROGRAM HIGHLIGHTS

- **Empowering Movement**  
Fridays from 2:30-4pm
- **Women's Topic Discussion and Community Building**  
March 21st, 2-3:30pm
- **Haircuts with KJ**  
March 18th, 12 - 7pm
- **Percussion with Passion**  
March 18th, 1-2:30pm
- **Arts and Minds**  
March 11th & March 25th, 6-7:30pm





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 12-7: Cyber Center 12-2: Open Arts Studio 2:15-4: Observational Drawing <b>3-5: Meditation w/Madhu</b> 3:30-4:30: Glass Jewelry 4:45-6: Congregate Dinner 6:15-7:45: Trans Women’s Group (Hybrid) 6-7:30: Monday Movie Night: Desert Hearts 11:30-12:30: Feldenkrais 1:30-2:30: SAGE Vets Yoga 2-3: Let’s Gab! <b>3:30-5: Invisible Disabilities</b> 5-6:30: HIV Long Term Survivor Group <b>8:45-9:45: Meditation w/ Madhu</b>	<b>4</b> 12-7: Cyber Center 2-3:30: Sock Monkey Circle 3-4:30: Creative Writing w/Lujira (Hybrid) 4:45-6: Congregate Dinner 6-7: Culture Hour w/Scott 6:30-7:30: Meditation & Self Reflection  10-11: SAGE Vets 6-7:30: Tuesday Women’s Group	<b>5</b> 12-2: Pantry 12-7: Cyber Center 12-2: Keep On Track - Blood Pressure Workshop 2:15-3:15: Chair Pilates 3:30-4:30: Bingo 4:45-6: Congregate Dinner 6-6:45: American Sign Language 6-7:30: Karaoke  3-5: New York Writers Coalition Workshop 6-7:30: Book Lover’s Club: The Great Believer	<b>6</b> 12-7: Cyber Center 12:15-1: Line Dancing 1-1:45: Yoga 1:45-3: Circle of Support 2-3: Ballroom Dance <b>3-5: Meditation w/Madhu</b> 4-6: Theater Ticket Desk 4:45-6: Congregate Dinner <b>6-7:30: Women’s History Month Presentation: The Majority Report</b>  3-30-5: Women’s Dialogue Group 6:15-7:45: Men’s Discussion Group	<b>7</b> 12-7: Cyber Center 12-2: Grab and Go 1-2: Afro-Brazilian Dance (Hybrid) 2-3:30: Crochet w/Patricia 2:15-3:15: Gyrokinesis (Hybrid) <b>2:30-4: Empowering Movement</b> 4:45-6: Congregate Dinner <b>6-7:30: Interger Book Club Meeting w/Reading Rainbow</b> 6-7:30: Game Show w/Jack  1-2: Spanish 101 3-4: Spanish 301 4:30-6: Brush Up Your Shakespeare 6-7: Cercle Francophone
<b>10</b> 12-7: Cyber Center 12-2: Open Arts Studio 2:15-4: Observational Drawing <b>3-5: Meditation w/Madhu</b> 3-6: Legal Clinic w/Tom 3:30-4:30: Glass Jewelry 4:45-6: Congregate Dinner 6:15-7:45: Trans Women’s Group (Hybrid) 6-7:45: Monday Movie Screening: Grounders w/ producer Q&A  11:30-12:30: Feldenkrais 2-3: Let’s Gab! 3:30-5: Invisible Disabilities 5-6:30: HIV Long Term Survivor Group <b>8:45-9:45: Meditation w/ Madhu</b>	<b>11</b> 12-7: Cyber Center 2-3:30: Sock Monkey Circle 3-4:30: Creative Writing w/Lujira (Hybrid) 4:45-6: Congregate Dinner 6-7:30: Arts & Minds 6:30-7:30: Meditation & Self Reflection  10-11: SAGE Vets <b>3-4: Sexual Wellness for Caregivers (Zoom)</b> 6-7:30: Tuesday Women’s Group	<b>12</b> 12-7: Cyber Center 2:15-3:15: Chair Pilates 3:30-4:30: Bingo 4:45-6: Congregate Dinner <b>6-6:45: American Sign Language</b> 6-7:30: Karaoke  3-5: New York Writers Coalition Workshop	<b>13</b> 12-7: Cyber Center 12:15-1: Line Dancing 1-1:45: Yoga 1:45-3: Circle of Support 2-3: Ballroom Dance <b>3-5: Meditation w/Madhu</b> 3:30-4:30: Sing for your Seniors 4-6: Theater Ticket Desk 4:45-6: Congregate Dinner 6:15-7:45: Men’s Discussion Group  3-30-5: Women’s Dialogue Group 6:15-7:45: Men’s Discussion Group	<b>14</b> 12-7: Cyber Center 12-2: Grab and Go 1-2: Afro-Brazilian Dance (Hybrid) 2-3:30: Crochet w/Patricia 2:15-3:15: Gyrokinesis (Hybrid) <b>2:30-4: Empowering Movement</b> 4:45-6: Congregate Dinner 6-7:45: Game Night w/Ping Pong  1-2: Spanish 101 3-4: Spanish 301 4:30-6: Brush Up Your Shakespeare 6-7: Cercle Francophone
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