

SAGE Center Harlem NORC Funded by NYC Dept. for the Aging/ Serving <u>Older Adults 60+</u> Across NYC







Grab n Go's Fridays 1:30-2:30pm

Meals Served Daily Mon-Fri, 12:30-1:30pm





FACEBOOK! HARLEM				A		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Women's History Month	10a-11:30a Love Yourself in the Morning 1 11:30a-1p Love Yourself with Phyllis	11:30a-12:30p Flex & Flow 12p-1:30p Writer's Round Table 1:30p-3p Self-Care & Wellness	10a-11:30a Love Yourself in the Morning 1 11:30a-1p Zumba Harlem 1:30p-3:30p Fashion Art 1:30-3:00p Harlem Harvest	10:00a-11:00a Yoga Made Easy 11a-12:30p Jewelry Creations 1p-2:15p Women's Group	O7 12:30p mental health - 1:30p JEOPARDY 11a-12p LGBTQ 101 11:30a-12:30p Moving for Life 1:30p-2:30p Self-Defense 2p-4p Men's Group	
	10a-11:30a Love Yourself in the Morning 1 11:30a-1p Love Yourself with Phyllis	11:30a-12:30p Flex & Flow 12p-1:30p Writer's Round Table 1:30p-3p Self-Care & Wellness	12 PANTRY DAY 3PM to 5PM 10a-11:30a Love Yourself in the Morning 11:30a-1p Zumba Harlem 1:30p-3:30p Fashion Art 1:30-3:00p Harlem Harvest	10:00a-11:00a Yoga Made Easy 11a-12:30p Jewelry Creations 1p-2:15p Women's Group	14 2p SUICIDE -4p PREVENTION WORKSHOP 11a-12p LGBTQ 101 11:30a-12:30p Moving for Life 2p-4p Men's Group	2pm-7pm ADODI
	17 10a-11:30a Love Yourself in the Morning 11:30a-1p Love Yourself with Phyllis	11:30a-12:30p Flex & Flow 12p-1:30p Writer's Round Table 1:30p-3p Self-Care & Wellness	3:30P of goodness 10a-11:30a Love Yourself in the Morning 1 11:30a-1p Zumba Harlem 1:30p-3:30p Fashion Art 2:30-4:00p Harlem Harvest	20 1:30P - digesthis 2:30P 10:00a-11:00a Yoga Made Easy 11a-12:30p Jewelry Creations 1p-2:15p Women's Group	21 Spring 12:30p cleaning -1:30p 11a-12p LGBTQ 101 11:30a-12:30p Moving for Life 1:30p-2:30p Self-Defense 2p-4p Men's Group	
	24 10a-11:30a Love Yourself in the Morning 11:30a-1p Love Yourself with Phyllis	11:30a-12:30p Flex & Flow 12p-1:30p Writer's Round Table 1:30p-3p Self-Care & Wellness	26 10a-11:30a Love Yourself in the Morning 11:30a-1p Zumba Harlem 1:30p-3:30p Fashion Art 1:30-3:00p Harlem Harvest	27 10:00a-11:00a Yoga Made Easy 11a-12:30p Jewelry Creations 1p-2:15p Women's Group	28 11a-12p LGBTQ 101 11:30a-12:30p Moving for Life 2p-4p Men's Group	
	31 10a-11:30a Love Yourself in the Morning 11:30a-1p Love Yourself with Phyllis	SAGE Center Harlem Staff Deb Knight, Site Director Adrian Stivala, Program Coordinator Carol Carteciano, Program Coordinator Tay Heyward, Food Coordinator	I Incelly Lillran Repetits X, Hollsing	SAGE CENTER HARLEM 220 West 143 rd Street, New York, NY 10030 (Entrance on 142 nd Street Btw. 7 th and 8 th Avenue) 646-660-8951; sageusa.org	In-Person Hybrid Virtual Intergen	