

SUPPORT GROUPS

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

Men's Discussion Group **In Person** (April 10th & 24th, 6:15-7:45 PM)

Circle of Support (Thursdays 1:45-3 PM)

Grief Support with Jason (April 17th, 6-7:30 PM)

APRIL AWARENESS SPOLIGHT

MONTH

- National Arab American Heritage Month
- Testicular Cancer Awareness Month
- National Volunteer Month

WEEK/DAYS

- National Public Health Week (04/07 - 04/13)
- Passover (04/12 - 04/20)
- Earth Day (04/22)
- Lesbian Visibility Day (04/26)

MOVIE NIGHT SCHEDULE

- (04/07): The First Wives Club
- (04/14): Sing Sing
- (04/21): The Queen
- (04/28): Disobedience

LIBRARY

- Monday to Friday (12-7pm)

CYBER CENTER

- Monday-Friday (12- 7PM)

LEGAL CLINIC

In-Person Legal Clinic w/ Tom Sciacca
April 14th, 2025 (3-6PM)

VOLS-Volunteer Legal Services
April 21st, 2025 (3-6 PM)

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

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](tel:212-741-3590) to make an appointment.



April 2nd, Wednesday 12pm - 2pm



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.

APRIL DINNER MENU

	1	2	3	4
	Baked Ziti w/Turkey Italian Blend Veggies Vegetable Lasagna	Chicken Parmesan Mixed Green Salad Eggplant Parmesan	Beef Brisket w/Tomato Garden Salad Lentil/Bean Chili	Fish Curry Broccoli Sautee Veggie Humus w/Pita
7	8	9	10	11
Veggie Stew/Rice & Bean Cauliflower/Zucchini Veggie Stew/Rice & Bean	Turkey Tacos Broccoli w/Red Pepper Tacos w/Black Beans	Chicken Cacciatore Mushroom w/Pepper Eggplant Parmesan	Spanish Style Roast Pork Vegetable Mix Grilled Mozzarella Sandwich	Salmon in Garlic Butter Cucumber/Dill Salad Orzo Stuffed Peppers
14	15	16	17	18
Eggplant Parmesan Carrot/Apple/Raisin Salad Eggplant Parmesan	BBQ Chicken Breast Cauliflower/Zucchini Baked Ziti w/Veggies	Beef Meatballs Garden Salad BBQ Pulled Jack Fruit	Chicken Alfredo Green Salad Pasta w/Sweet Pea	Baked Salmon Broccoli/Pepper Salad Eggplant Parmesan
21	22	23	24	25
Bean Quesadilla & Veggie Soup Italian Blend Veggies Bean Quesadilla & Veggie Soup	Chicken w/Mushrooms Garden Salad Eggplant Parmesan	Salmon Salad Vegetable Mix Chickpea & Veggie Salad	Beef/Cheese Lasagna Garden Salad Veggie Lasagna	Chicken Tikka Marsala Corn Confetti Salad Curried Jamaican Stew
28	29	30	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.	
Potato/Red Bean Chili Carrot/Apple/Raisin Salad Potato/Red Bean Chili	BBQ Chicken Breast Cauliflower/Zucchini Baked Ziti w/Veggies	Beef Salisbury Steak Garden Salad BBQ Pulled Jack Fruit		

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

EDIE WINDSOR
sage 
CENTER



The Edie Windsor SAGE Center | 305 7th Avenue, 15th Floor, New York, 10001
Phone: 646-576-8669 | Website: sageusa.org

SPECIAL EVENTS

- (04/03) Vocal Ease Performance (6-7:30 PM)
- (04/15) HCMSG Presentation (3-4 PM)
- (04/16) NAMI-NYC Mental Health Presentation (1-2 PM)
- (04/16) NYCEM Presentation & Bingo (3-4:40 PM)
- (04/17) The Women's House of Detention: A Queer History of a Forgotten Prison (6:15-7:45 PM)
- (04/25) Art Workshop with Maria (6-7:30 PM)
- (04/26) Spring Fling Social (1-5 PM)
- (04/29) NYPD Self Defense Workshop (12-2 PM)
- (04/30) Green Market Tour (10-11 AM)

PROGRAM HIGHLIGHTS

- Nutrition Class: Digesthis with Mia** **New**
April 2nd from 1-2 PM
- Queer Line Dancing with Jess & Kasia**
April 11th from 6:15-7:45 PM
- Haircuts with KJ Cooper**
April 15th from 12-7 PM
- Percussion with Passion**
April 15th from 12:30-2 PM
- Cyber Readiness and Security Workshop**
Starts on April 21st (6-7pm) **Limited Time**
- Les Ballets Trockadero de Monte Carlo**
Returns on April 4th | Fridays from 2:30-4 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>SAGE Centers are generously funded in part by the NYC Department for the Aging, The Hearst Foundation and Con Edison</p> 	<p>1 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: Scott's Culture Hour: To Kill a Mockingbird 6-7:30: Writing Our Pleasure: A Sex Positive Writing Series 6:30-7:30: Meditation & Self Reflection</p> <p>10-11: SAGE Vets 6-7:30: Tuesday Women's Group</p>	<p>2 12-2: Pantry 12-7: Cyber Center 12-2: Keep On Track - Blood Pressure Workshop 1-2: Nutrition Class: Digest This With Mia 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</p> <p>3-5: New York Writers Coalition Workshop 6-7:30: Book Lover's Club:</p>	<p>3 12-7: Cyber Center 12:15-1: Line Dancing 1:45-3: Circle of Support 2-3: Ballroom Dance 3-5: Meditation w/Madhu 4-6: Theater Ticket Desk 4:45-6: Congregate Dinner 6-7:30: Vocal Ease Performance</p> <p>3-30-5: Women's Dialogue Group 6:15-7:45: Men's Discussion Group</p>	<p>4 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) 2:30-4: Les Ballets Trockadero de Monte Carlo 4:45-6: Congregate Dinner 6-7:30: Game Show w/Jack</p> <p>1-2: Spanish 101 3-4: Spanish 301 4:30-6: Brush Up Your Shakespeare 6-7: Cercle Francophone</p>
<p>7 12-7: Cyber Center 12-2: Open Arts Studio 2:15-4: Observational Drawing 3-5: Meditation w/Madhu 3:30-4:30: Glass Jewelry 4:45-6: Congregate Dinner 6:15-7:45: Trans Women's Group (Hybrid) 6-7:45: Monday Night Movie: The First Wives Club 11:30-12:30: Feldenkrais 1:30-2:30: SAGE Vets Yoga 3:30-5: Invisible Disabilities 5-6:30: HIV Long Term Survivor Group 8:45-9:45: Meditation w/ Madhu</p>	<p>8 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</p> <p>10-11: SAGE Vets 6-7:30: Tuesday Women's Group</p>	<p>9 12-7: Cyber Center 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</p> <p>3-5: New York Writers Coalition Workshop</p>	<p>10 12-7: Cyber Center 12:15-1: Line Dancing 1:45-3: Circle of Support 2-3: Ballroom Dance 3-5: Meditation w/Madhu 4-6: Theater Ticket Desk 4:45-6: Congregate Dinner 6:15-7:45: Men's Discussion Group</p> <p>3-30-5: Women's Dialogue Group 6:15-7:45: Men's Discussion Group</p>	<p>11 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) 2:30-4: Les Ballets Trockadero de Monte Carlo 4:45-6: Congregate Dinner 6-7:45: Queer Line Dancing w/Katya and Jess</p> <p>1-2: Spanish 101 3-4: Spanish 301 4:30-6: Brush Up Your Shakespeare 6-7: Cercle Francophone</p>
<p>14 12-7: Cyber Center 12-2: Open Arts Studio 2:15-4: Observational Drawing 3-5: Meditation w/Madhu 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 Night: Sing Sing</p> <p>11:30-12:30: Feldenkrais 3:30-5: Invisible Disabilities 5-6:30: HIV Long Term Survivor Group 8:45-9:45: Meditation w/ Madhu</p>	<p>15 12-7: Cyber Center 12-7: Haircuts with KJ Cooper 12:30-2: Percussion With Passion 2-3:30: Sock Monkey Circle 3-4: HCMMSG Presentation 3-4:30: Creative Writing w/Lujira (Hybrid) 4:45-6: Congregate Dinner 6-7:30: Writing Our Pleasure: A Sex Positive Writing Series 6:30-7:30: Meditation & Self Reflection</p> <p>10-11: SAGE Vets 6-7:30: Tuesday Women's Group</p>	<p>16 12-7: Cyber Center 12-2: Keep On Track - Blood Pressure Workshop 1-2: NAMI-NYC Mental Health Presentation 2:15-3:15: Chair Pilates 3-4:40: NYCEM Presentation & Bingo 4:45-6: Congregate Dinner 6-6:45: American Sign Language 6-7:30: Karaoke</p> <p>3-5: New York Writers Coalition Workshop</p>	<p>17 12-7: Cyber Center 12:15-1: Line Dancing 1:45-3: Circle of Support 2-3: Ballroom Dance 3-5: Meditation w/Madhu 4-6: Theater Ticket Desk 4:45-6: Congregate Dinner 6-7:30: Grief Support w/Jason 6:15-7:45: The Women's House of Detention: A Queer History of a Forgotten Prison Presentation by Hugh Ryan</p> <p>3-30-5: Women's Dialogue Group 6:15-7:45: Men's Discussion Group</p>	<p>18 12-7: Cyber Center 12-2: Grab and Go</p> <p>1-2: Afro-Brazilian Dance (Hybrid) 2-3:30: Crochet w/Patricia 2:15-3:15: Gyrokinesis (Hybrid) 2:30-4: Les Ballet Trockadero de Monte Carlo 3-4:30: Women's Topics & Discussion 4:45-6: Congregate Dinner 6-7:45: Game Night w/Bowling</p> <p>1-2: Spanish 101 3-4: Spanish 301 4:30-6: Brush Up Your Shakespeare 6-7: Cercle Francophone</p> 
<p>21 12-7: Cyber Center 12-2: Open Arts Studio 2:15-4: Observational Drawing 3-5: Meditation w/Madhu 3-6: Legal Clinic w/VOLS 3:30-4:30: Glass Jewelry 4:45-6: Congregate Dinner 6-7: Cyber Readiness and Security Workshop 6:15-7:45: Trans Women's Group (Hybrid) 6:15-7:45: Monday Night Movie: The Queen 11:30-12:30: Feldenkrais 3:30-5: Invisible Disabilities 5-6:30: HIV Long Term Survivor Group 8:45-9:45: Meditation w/ Madhu</p>	<p>22 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</p> <p>10-11: SAGE Vets 6-7:30: Tuesday Women's Group</p>	<p>23 12-7: Cyber Center 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</p> <p>3-5: New York Writers Coalition Workshop</p>	<p>24 12-7: Cyber Center 12:15-1: Line Dancing 1:45-3: Circle of Support 2-3: Ballroom Dance 3-4: Let's Eat and Talk Vegetables 3-5: Meditation w/Madhu 4-6: Theater Ticket Desk 4:45-6: Congregate Dinner 6:15-7:45: Men's Discussion Group</p> <p>3-30-5: Women's Dialogue Group 6:15-7:45: Men's Discussion Group</p>	<p>25 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) 2:30-4: Les Ballets Trockadero de Monte Carlo 4:45-6: Congregate Dinner 6-7:30: Art Workshop with Maria 6-7:45: Game Night w/Bowling</p> <p>1-2: Spanish 101 3-4: Spanish 301 4:30-6: Brush Up Your Shakespeare 6-7: Cercle Francophone</p>
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