

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|--|---|--|
| <div> <div></div> In-Person <div></div> Hybrid <div></div> Virtual <div></div> Intergen </div> | | 01 11:30a-12:30p Flex & Flow 12p-1:30p Writer's Round Table 1:30p-3p Self-Care & Wellness 3p-4p Bingo | 02 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 | 03 3pm - 4:30pm SATURDAY Church 10:00a-11:00a Yoga Made Easy 11a-12:30p Jewelry Creations 1p-2:15p Women's Group | 04 11a-12p LGBTQ 101 11:30a-12:30p Moving for Life 1:30p-2:30p Self-Defense 2p-4p Men's Group | TRANSGENDER DAY OF VISIBILITY MOVIE SCREENING |
| <div> To register for our Virtual Programs, email us at sageharlem@sageusa.org for the Zoom link! </div> | 07 10a-11:30a Love Yourself in the Morning ⓘ 11:30a-1p Love Yourself with Phyllis | 08 11:30a-12:30p Flex & Flow 12p-1:30p Writer's Round Table 1:30p-3p Self-Care & Wellness 3p-4p Bingo | 09 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 GARRYOKE 3-5PM 10:00a-11:00a Yoga Made Easy 11a-12:30p Jewelry Creations 1p-2:15p Women's Group | 11 11a-12p LGBTQ 101 11:30a-12:30p Moving for Life 1:30p-2:30p Self-Defense 2p-4p Men's Group | 12 2pm-7pm ADODI |
| | 14 10a-11:30a Love Yourself in the Morning ⓘ 11:30a-1p Love Yourself with Phyllis | 15 Spring COOKOUT 4PM 6PM 11:30a-12:30p Flex & Flow 12p-1:30p Writer's Round Table 1:30p-3p Self-Care & Wellness 3p-4p Bingo | 16 2P - A Lil Gift of Goodness 3:30P ⓘ 10a-11:30a Love Yourself in the Morning ⓘ 11:30a-1p Zumba Harlem 1:30p-3:30p Fashion Art 2:30-4:00p Harlem Harvest | 17 12:30P 10 Warning Signs of Alzheimer's - 1:30P 10:00a-11:00a Yoga Made Easy 11a-12:30p Jewelry Creations 1p-2:15p Women's Group 1:30p-2:30p Digesthis with Mia | 18 sleep hygiene 12:30P - 1:30P 11a-12p LGBTQ 101 11:30a-12:30p Moving for Life 1:30p-2:30p Self-Defense 2p-4p Men's Group | |
| | 21 10a-11:30a Love Yourself in the Morning ⓘ 11:30a-1p Love Yourself with Phyllis | 22 HAPPY EARTH DAY! 11:30a-12:30p Flex & Flow 12p-1:30p Writer's Round Table 1:30p-3p Self-Care & Wellness 3p-4p Bingo | 23 ⓘ 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 | 24 10:00a-11:00a Yoga Made Easy 11a-12:30p Jewelry Creations 1p-2:15p Women's Group | 25 11a-12p LGBTQ 101 11:30a-12:30p Moving for Life 1:30p-2:30p Self-Defense 2p-4p Men's Group | 26 LESBIAN VISIBILITY DAY VISIBILITY through VOICES 1pm - 4pm |
| | 28 10a-11:30a Love Yourself in the Morning ⓘ 11:30a-1p Love Yourself with Phyllis | 29 11:30a-12:30p Flex & Flow 12p-1:30p Writer's Round Table 1:30p-3p Self-Care & Wellness 3p-4p Bingo | 30 ⓘ 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 | <div> <div> SAGE Center Harlem Staff Deb Knight, Director Adrian Stivala, Program Coordinator Carol Carteciano, Program Coordinator Tay Heyward, Food Coordinator </div> <div> Ty Martin, Community Liaison Zo Nichols, Care Manager Lincelly Duran, Benefits & Housing Navigation Coordinator </div> </div> | | 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 |