










SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div></div> <div>In-Person</div> </div> <div> <div></div> <div>Hybrid</div> </div> <div> <div></div> <div>Virtual</div> </div> <div> <div></div> <div>Intergen</div> </div>	<p><u>SAGE Center Harlem Staff</u></p> <p>Deb Knight, Director</p> <p>Carol Carteciano, Program Coordinator</p> <p>Tay Heyward, Food Coordinator</p> <p>Deborah Stevens, Administrative Support</p>	<p>Ty Martin, Community Liaison</p> <p>Zo Nichols, Care Manager</p> <p>Lincelly Duran, Benefits & Housing Navigation Coordinator</p>	<p>SAGE CENTER HARLEM</p> <p>220 West 143rd Street, New York, NY 10030</p> <p>(Entrance on 142nd Street Btw. 7th and 8th Avenue)</p> <p>646-660-8951; sageusa.org</p>	<p>01</p> <p>10:00a-11:00a Yoga Made Easy</p> <p>11a-12:30p Jewelry Creations</p> <p>1p-2:15p Women’s Group</p>	<p><i>Center</i></p> <p>CLOSED</p>	<p>OLDER AMERICANS MONTH</p>
 <p>EVERY <i>tuesday & friday</i></p>	<p>05</p> <p>10a-11:30a Love Yourself in the Morning </p> <p>11:30a-1p Love Yourself with Phyllis</p>	<p>06</p> <p>11:30a-12:30p Flex & Flow</p> <p>12p-1:30p Writer's Round Table</p> <p>1:30p-3p Self-Care & Wellness</p> <p>3p-4p Bingocize</p>	<p>07</p> <p>10a-11:30a Love Yourself in the Morning </p> <p>11:30a-1p Zumba Harlem</p> <p>1:30p-3:30p Fashion Art</p> <p>1:30-3:00p Harlem Harvest</p>	<p>08 2P - <i>A Lil Gift of Goodness</i></p> <p>3:30P</p> <p>10:00a-11:00a Yoga Made Easy</p> <p>11a-12:30p Jewelry Creations</p> <p>1p-2:15p Women’s Group</p>	<p>09</p> <p>11a-12p LGBTQ 101</p> <p>11:30a-12:30p Moving for Life</p> <p>1:30p-2:30p Self-Defense</p> <p>2p-4p Men’s Group</p>	<p>10</p> <p>2pm-7pm ADODI</p>
	<p>12</p> 	<p>13</p> <p>11:30a-12:30p Flex & Flow</p> <p>12p-1:30p Writer's Round Table</p> <p>1:30p-3p Self-Care & Wellness</p> <p>3p-4p Bingocize</p>	<p>14 PANTRY DAY 3PM to 5PM</p> <p>10a-11:30a Love Yourself in the Morning </p> <p>11:30a-1p Zumba Harlem</p> <p>1:30p-3:30p Fashion Art</p> <p>2:30-4:00p Harlem Harvest</p>	<p>15 GARRYOKE 3-5PM</p> <p>10:00a-11:00a Yoga Made Easy</p> <p>11a-12:30p Jewelry Creations</p> <p>1p-2:15p Women’s Group</p> <p>1:30p-2:30p Digesthis with Mia</p>	<p>16</p> <p>11a-12p LGBTQ 101</p> <p>11:30a-12:30p Moving for Life</p> <p>1:30p-2:30p Self-Defense</p> <p>2p-4p Men’s Group</p>	
	<p>19</p> <p>AAPI HERITAGE movie screening 2PM 4PM</p> <p>10a-11:30a Love Yourself in the Morning </p> <p>11:30a-1p Love Yourself with Phyllis</p>	<p>20 Sexual HEALTH 12:30 1:30</p> <p>11:30a-12:30p Flex & Flow</p> <p>12p-1:30p Writer's Round Table</p> <p>1:30p-3p Self-Care & Wellness</p> <p>3p-4p Bingocize</p>	<p>21</p> <p>10a-11:30a Love Yourself in the Morning </p> <p>11:30a-1p Zumba Harlem</p> <p>1:30p-3:30p Fashion Art</p> <p>1:30-3:00p Harlem Harvest</p>	<p>22</p> <p>10:00a-11:00a Yoga Made Easy</p> <p>11a-12:30p Jewelry Creations</p> <p>1p-2:15p Women’s Group</p>	<p>23</p> <p>11a-12p LGBTQ 101</p> <p>1:30p-2:30p Self-Defense</p> <p>2p-4p Men’s Group</p>	
	<p>CENTER closed for MEMORIAL DAY</p>	<p>27</p> <p>11:30a-12:30p Flex & Flow</p> <p>12p-1:30p Writer's Round Table</p> <p>1:30p-3p Self-Care & Wellness</p> <p>3p-4p Bingocize</p>	<p>28</p> <p>10a-11:30a Love Yourself in the Morning </p> <p>11:30a-1p Zumba Harlem</p> <p>1:30p-3:30p Fashion Art</p> <p>1:30-3:00p Harlem Harvest</p>	<p>29</p> <p>10:00a-11:00a Yoga Made Easy</p> <p>11a-12:30p Jewelry Creations</p> <p>1p-2:15p Women’s Group</p>	<p>30 Sexual Wellness 12:30 1:30</p> <p>11a-12p LGBTQ 101</p> <p>1:30p-2:30p Self-Defense</p> <p>2p-4p Men’s Group</p>	
	<p>To register for our Virtual Programs, email us at sageharlem@sageusa.org for the Zoom link!</p>					<p>may 30th @ 4pm</p> <p>concerts in MOTION</p>