

SUPPORT/DISCUSSION GROUPS

- Circle of Support (Thursdays 1:45-3 PM)
- Meditation & Self Reflection (Tuesdays 6:30-7:30 PM)
- Women’s Topics and Discussion Group (May 23rd, 3-4:30 PM)
- Men’s Discussion Group **In Person** (May 15th & 29th, 6:15-7:45 PM)
- Grief Support with Jason (May 15th, 6-7:30 PM)

MAY AWARENESS SPOLIGHT MONTH WEEK/DAYS

- National Older Americans Month
- AAPI Heritage Month
- Mental Health Awareness Month
- National Military Appreciation Month
- Cinco De Mayo (05/05)
- National Nurses Day (05/06)
- Mother’s Day (05/11)
- Harvey Milk Day (05/22)

MOVIE NIGHT SCHEDULE

- (05/05): The Birdcage
- (05/12): But I’m A Cheerleader
- (05/19): The Ritz
- (05/26): Center is closed

CYBER CENTER

Monday-Friday (12- 7PM)

Cyber Readiness & Security Workshop (May 5th, May 12th & May 19th 6-7pm)

Digital Tools for Creative Expression (OATS) (Starts May 19th , Mondays & Fridays ,2-3:15pm)

LEGAL CLINIC

In-Person Legal Clinic w/ Tom Sciacca May 12th, 2025 (3-6PM)

VOLS-Volunteer Legal Services ** VOLS will not come in for May**

In Person Legal Clinic w/ Matthew Carmody May 28th, 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 to make an appointment.



May 7th , 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.

MAY DINNER MENU

| 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. | | | 1 | 2 |
|--|--|---|--|--|
| 5 | 6 | 7 | 8 | 9 |
| Veggie Soup/Lentil Pasta Broccoli/Pepper Salad Veggie Soup/Lentil Pasta | Beef Sloppy Joe Broccoli w/Red Pepper Lentil & Bean Chili | Turkey Salisbury Steak Romaine/Carrot/Beet Chickpea Salad Broccoli/Cheddar Quiche | Ziti w/Chicken & Tomato Cucumber/Tomato Salad Veggie Lasagna | BBQ Chicken Leg Green Salad w/Apples Baked Ziti w/Cheese |
| 12 | 13 | 14 | 15 | 16 |
| Pea Soup/Tofu Parmesan Cucumber/Dill Salad Pea Soup/Tofu Parmesan | Baked Ziti w/Turkey Italian Blend Veggies Vegetable Lasagna | Chicken Parmesan Mixed Green Salad Eggplant Parmesan | Beef Brisket Green Salad Lentil & Bean Chili | Fish Curry Broccoli w/Toasted Garlic Hummus w/Pita |
| 19 | 20 | 21 | 22 | 23 |
| Root Veggie Soup & Caribbean Rice and Beans Cauliflower/Zucchini | Turkey Tacos Broccoli/ Red Pepper Tacos w/Black Beans | Chicken Cacciatore Sautéed Mushrooms Eggplant Parmesan | Spanish Style Roast Pork Vegetable Mix Mozzarella/Tomato Sandwich | Salmon in Butter Cucumber/Dill Salad Orzo Stuffed Peppers |
| 26 | 27 | 28 | 29 | 30 |
| Closed for Memorial Day | Fish w/Mushrooms Baby Carrots w/Parsley Bean Enchilada Casserole | Beef Meatballs Garden Salad Breaded Eggplant Cutlets | Potato/Red Bean Chili Carrot/Apple/Raisin Salad Potato/Red Bean Chili | Potato/Red Bean Chili Carrot/Apple/Raisin Salad Potato/Red Bean Chili |

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



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

SPECIAL EVENTS

- (05/01) Mark Salzwedel Book Reading (6-7:30 PM)
- (05/06) Liz Abzug: Female Leaders Presentation (6-7:15 PM)
- (05/12) Monday Movie Night w/Gotham Cheer (6-7:45 PM)
- (05/13) Envisioning Aging Workshop w/ The Urban Design Forum (12-2 PM)
- (05/13) Walking Group: Stargazing on the Highline (6-8 PM)
- (05/14) Take Charge of your Health: Health Screening Event (1-4 PM)
- (05/15) Sock Monkey Exhibit (6-7:30 PM)
- (05/20) NAMI:NYC Mental Health Presentation (1-2 PM)
- (05/21) Talent is Timeless! (6-7:30 PM)
- (05/22) Ray’s Art Show (6:15-7:45 PM)
- (05/29) Sing for Your Seniors (3:30-4:30 PM)
- (05/30) Queer Line Dancing (6:15-7:45 PM)

PROGRAM HIGHLIGHTS

- Nutrition Class: Digesthis with Mia May 7th from 1-2 PM
- Scott’s Culture Hour: A Raisin in the Sun May 8th from 6-7:30 PM
- Let’s Talk and Eat Vegetables May 15th from 3-4 PM
- Percussion Freestyle Workshop May 20th from 12:30-2 PM
- Spanish 101 **NEW** Fridays from 2-3pm
- Spanish 201 **NEW** Fridays from 3:15-4:15 PM

| MONDAY | TUESDAY | | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|---|
| <div><div><div><div><div>sage</div><div>serve</div><div>LGBTQ+ ELDERS</div></div><div>SAGE Centers are generously funded in part by the NYC Department for the Aging, The Hearst Foundation and Con Edison</div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div></div> | <div><div><div><div>Virtual Weekends</div><div>Introduction to Pilates (Saturdays 10:30 - 11:15AM)</div><div>Healthy Mature Reflection (Sundays 11-12:30 PM)</div></div><div><div>KEY</div><div><div>Virtual Programming</div><div>New Programming</div><div>Special Events</div><div>Canceled Session</div></div></div></div></div> | | | <div><div><div><div>1</div><div>12-7: Cyber Center</div><div>12:15-1: Line Dancing</div><div>1:45-3: Circle of Support</div><div>2-3: Ballroom Dance</div><div>3-5: Meditation w/Madhu</div><div>4-6: Theater Ticket Desk</div><div>4:45-6: Congregate Dinner</div><div>6-7:30: Mark Salzwedel Book Reading</div></div><div><div>3-30-5: Women's Dialogue</div><div>6:15-7:45: Men's Discussion Group</div></div></div></div> | <div><div><div><div>2</div><div>Center is Closed</div></div><div><div>4-2: Spanish 101</div><div>2-3: Spanish Conversation & Culture Group</div><div>3-4: Spanish 301</div><div>4:30-6: Brush Up Your Shakespeare</div><div>6-7: Cercle Francophone</div></div></div></div> |
| <div><div><div><div>5</div><div>12-7: Cyber Center</div><div>12-2: Open Arts Studio</div><div>2:15-4: Observational Drawing</div><div>3-5: Meditation w/Madhu</div><div>3:30-4:30: Glass Jewelry</div><div>4:45-6: Congregate Dinner</div><div>6:15-7:45: Trans Women's Group (Hybrid)</div><div>6-7: Cyber Readiness and Security Workshop</div><div>6-7:45: Monday Night Movie: The Birdcage</div><div>11:30-12:30: Feldenkrais</div><div>1:30-2:30: SAGE Vets Yoga</div><div>3:30-5: Invisible Disabilities</div><div>5-6:30: HIV Long Term Survivor Group</div><div>8:45-9:45: Meditation w/ Madhu</div></div></div></div> | <div><div><div><div>6</div><div>12-7: Cyber Center</div><div>2-3:30: Sock Monkey Circle</div><div>3-4:40: Creative Writing w/Lujira (Hybrid)</div><div>4:45-6: Congregate Dinner</div><div>6-7:15: Liz Abzug: Female Leaders Presentation</div><div>6-7:30: Writing Our Pleasure: A Sex Positive Writing Series</div><div>6:30-7:30: Meditation & Self Reflection</div></div><div><div>10-11: SAGE Vets</div><div>6-7:30: Tuesday Women's Group</div></div></div></div> | <div><div><div><div>7</div><div>12-7: Cyber Center</div><div>12-2 EWSC Pantry</div><div>12-2 "Keep On Track" Blood Pressure Workshop</div><div>1-2: Nutrition Class: Digest This with Mia</div><div>2:15-3:15: Chair Pilates</div><div>3:30-4:30: Bingo</div><div>4:45-6: Congregate Dinner</div><div>6-6:45: American Sign Language</div><div>6-7:30: Karaoke</div><div>3-5: New York Writers Coalition Workshop</div><div>6-7:30: Book Lover's Club: Olga Dies Dreaming. Next Month: Maurice by E.M. Foster</div></div></div></div> | <div><div><div><div>8</div><div>12-7: Cyber Center</div><div>12:15-1: Line Dancing</div><div>1:45-3: Circle of Support</div><div>2-3: Ballroom Dance</div><div>3-5: Meditation w/Madhu</div><div>4-6: Theater Ticket Desk</div><div>4:45-6: Congregate Dinner</div><div>6-7:30: Scott's Culture Hour: A Raisin in the Sun</div></div><div><div>3-30-5: Women's Dialogue</div><div>6:15-7:45: Men's Discussion Group</div></div></div></div> | <div><div><div><div>9</div><div>12-7: Cyber Center</div><div>12-2: Grab and Go</div><div>1-2: Afro-Brazilian Dance (Hybrid)</div><div>2-3: Spanish 101</div><div>2-3:30: Crochet w/Patricia</div><div>2:15-3:15: Gyrokinesis (Hybrid)</div><div>2:30-4: Les Ballets Trockadero de Monte Carlo</div><div>3:15-4:15: Spanish 201</div><div>4:45-6: Congregate Dinner</div><div>6-7:45: Game Show w/Jack</div><div>2-3: Spanish Conversation & Culture Group</div><div>3-4: Spanish 301</div><div>4:30-6: Brush Up Your Shakespeare</div><div>6-7: Cercle Francophone</div></div></div></div> | |
| <div><div><div><div>12</div><div>12-7: Cyber Center</div><div>12-2: Open Arts Studio</div><div>2:15-4: Observational Drawing</div><div>3-5: Meditation w/Madhu</div><div>3-6: Legal Clinic w/Tom</div><div>3:30-4:30: Glass Jewelry</div><div>4:45-6: Congregate Dinner</div><div>6-7: Cyber Readiness and Security Workshop</div><div>6:15-7:45: Trans Women's Group (Hybrid)</div><div>6-7:45: Monday Night Movie w/Gotham Cheer: But I'm a Cheerleader</div></div><div><div>11:30-12:30: Feldenkrais</div><div>3:30-5: Invisible Disabilities</div><div>5-6:30: HIV Long Term Survivor Group</div><div>8:45-9:45: Meditation w/ Madhu</div></div></div></div> | <div><div><div><div>13</div><div>12-7: Cyber Center</div><div>12-2: Envisioning Aging Workshop with The Urban Design Forum</div><div>2-3:30: Sock Monkey Circle</div><div>3-4:30: Creative Writing w/Lujira(Hybrid)</div><div>4:45-6: Congregate Dinner</div><div>6-7:30: Arts and Minds</div><div>6-8: Walking Group: Stargazing On The Highline</div><div>6:30-7:30: Meditation & Self Reflection</div></div><div><div>10-11: SAGE Vets</div><div>6-7:30: Tuesday Women's Group</div></div></div></div> | <div><div><div><div>14</div><div>12-7: Cyber Center</div><div>1-4: Take Charge Of Your Health: Health Screening Event</div><div>2:15-3:15: Chair Pilates</div><div>3-4:40: Bingo</div><div>4:45-6: Congregate Dinner</div><div>6-6:45: American Sign Language</div><div>6-7:30: Karaoke</div></div><div><div>3-5: New York Writers Coalition Workshop</div></div></div></div> | <div><div><div><div>15</div><div>12-7: Cyber Center</div><div>12:15-1: Line Dancing</div><div>1-2: NAMI-NYC Mental Health 101 Presentation</div><div>1:45-3: Circle of Support</div><div>2-3: Ballroom Dance</div><div>3-4: Let's Talk and Eat Vegetables</div><div>3-5: Meditation w/Madhu</div><div>4-6: Theater Ticket Desk</div><div>4:45-6: Congregate Dinner</div><div>6-7:30: Grief Support w/Jason</div><div>6-7:45: Men's Discussion Group</div><div>3-30-5: Women's Dialogue</div><div>6:15-7:45: Men's Discussion Group</div></div></div></div> | <div><div><div><div>16</div><div>12-7: Cyber Center</div><div>12-2: Grab and Go</div><div>1-2: Afro-Brazilian Dance (Hybrid)</div><div>2-3: Spanish 101</div><div>2-3:30: Crochet w/Patricia</div><div>2:15-3:15: Gyrokinesis (Hybrid)</div><div>2:30-4: Les Ballet Trockadero de Monte Carlo</div><div>3:15-4:15: Spanish 201</div><div>4:45-6: Congregate Dinner</div><div>6-7:45: Game Night w/Bowling</div><div>2-3: Spanish Culture & Conversation Group</div><div>3-4: Spanish 301</div><div>4:30-6: Brush Up Your Shakespeare</div><div>6-7: Cercle Francophone</div></div></div></div> | |
| <div><div><div><div>19</div><div>12-7: Cyber Center</div><div>12-2: Open Arts Studio</div><div>2:15-4: Observational Drawing</div><div>2-3:15: Digital Tools for Creative Expression</div><div>3-5: Meditation w/Madhu</div><div>3:30-4:30: Glass Jewelry</div><div>4:45-6: Congregate Dinner</div><div>6-7: Cyber Readiness and Security Workshop</div><div>6:15-7:45: Trans Women's Group (Hybrid)</div><div>6:15-7:45: Monday Night Movie: The Ritz</div><div>11:30-12:30: Feldenkrais</div><div>3:30-5: Invisible Disabilities</div><div>5-6:30: HIV Long Term Survivor Group</div><div>8:45-9:45: Meditation w/ Madhu</div></div></div></div> | <div><div><div><div>20</div><div>12-7: Cyber Center</div><div>12-7: Haircuts with KJ</div><div>12:30-2: Percussion Freestyle Workshop</div><div>2-3:30: Sock Monkey Circle</div><div>3-4:30: Creative Writing w/Lujira (Hybrid)</div><div>4:45-6: Congregate Dinner</div><div>6-7:30: Sock Monkey Exhibit</div><div>6:30-7:30: Meditation & Self Reflection</div></div><div><div>10-11: SAGE Vets</div><div>6-7:30: Tuesday Women's Group</div></div></div></div> | <div><div><div><div>21</div><div>12-7: Cyber Center</div><div>12-2: "Keep on Track" Blood Pressure Workshop</div><div>2-3:15: Digital Tools for Creative Expression</div><div>2:15-3:15: Chair Pilates</div><div>3:30-4:30: Bingo</div><div>4:45-6: Congregate Dinner</div><div>6-7:30: Talent is Timeless!</div></div><div><div>3-5: New York Writers Coalition Workshop</div><div>3:30-4:30: Modern Art History w/Michael</div></div></div></div> | <div><div><div><div>22</div><div>12-7: Cyber Center</div><div>12:15-1: Line Dancing</div><div>1:45-3: Circle of Support</div><div>2-3: Ballroom Dance</div><div>3-5: Meditation w/Madhu</div><div>4-6: Theater Ticket Desk</div><div>4:45-6: Congregate Dinner</div><div>6:15-7:45: Ray Faraday's Art Show</div></div><div><div>3-30-5: Women's Dialogue</div><div>6:15-7:45: Men's Discussion Group</div></div></div></div> | <div><div><div><div>23</div><div>12-7: Cyber Center</div><div>12-2: Grab and Go</div><div>1-2: Afro-Brazilian Dance (Hybrid)</div><div>2-3:30: Crochet w/Patricia</div><div>2:15-3:15: Gyrokinesis (Hybrid)</div><div>2:30-4: Les Ballet Trockadero de Monte Carlo</div><div>3:15-4:15: Women's Topics & Discussion</div><div>4:45-6: Congregate Dinner</div><div>6-7:45: Game Night w/Bowling</div><div>2-3: Spanish Culture & Conversation Group</div><div>3-4: Spanish 301</div><div>4:30-6: Brush Up Your Shakespeare</div><div>6-7: Cercle Francophone</div></div></div></div> | |
| <div><div><div><div>26</div><div>Center is Closed for Memorial Day</div></div><div><div>11:30-12:30: Feldenkrais</div><div>3:30-5: Invisible Disabilities</div><div>5-6:30: HIV Long Term Survivor Group</div><div>8:45-9:45: Meditation w/ Madhu</div></div></div></div> | <div><div><div><div>27</div><div>12-7: Cyber Center</div><div>2-3:30: Sock Monkey Circle</div><div>3-4:30: Creative Writing w/Lujira (Hybrid)</div><div>4:45-6: Congregate Dinner</div><div>6-7:30: Arts & Minds</div><div>6:15-7:45: Health Cinema: The Longevity Film</div><div>6:30-7:30: Meditation & Self Reflection</div></div><div><div>10-11: SAGE Vets</div><div>6-7:30: Tuesday Women's Group</div></div></div></div> | <div><div><div><div>28</div><div>10-11: Green Market Tour</div><div>12-7: Cyber Center</div><div>2-3:15: Digital Tools for Creative Expression</div><div>2:15-3:15: Chair Pilates</div><div>3:30-4:30: Bingo</div><div>5:30-7:30: Legal Clinic w/Matthew</div><div>4:45-6: Congregate Dinner</div><div>6-6:45: American Sign Language</div><div>6-7:30: Karaoke</div></div><div><div>3-5: New York Writers Coalition Workshop</div></div></div></div> | <div><div><div><div>29</div><div>12-7: Cyber Center</div><div>12:15-1: Line Dancing</div><div>1:45-3: Circle of Support</div><div>2-3: Ballroom Dance</div><div>3-5: Meditation w/Madhu</div><div>3:30-4:30: Sing For Your Seniors</div><div>4-6: Theater Ticket Desk</div><div>4:45-6: Congregate Dinner</div><div>6:15-7:45: Men's Discussion Group</div></div><div><div>3-30-5: Women's Dialogue</div><div>6:15-7:45: Men's Discussion Group</div></div></div></div> | <div><div><div><div>30</div><div>12-7: Cyber Center</div><div>12-2: Grab and Go</div><div>1-2: Afro-Brazilian Dance (Hybrid)</div><div>2-3: Spanish 101</div><div>2-3:30: Crochet w/Patricia</div><div>2:15-3:15: Gyrokinesis (Hybrid)</div><div>2:30-4: Les Ballet Trockadero de Monte Carlo</div><div>3:15-4:15: Spanish 201</div><div>4:45-6: Congregate Dinner</div><div>6-7:45: Queer Line Dancing w/Jess and Kasia</div><div>2-3: Spanish Culture & Conversation Group</div><div>3-4: Spanish 301</div><div>4:30-6: Brush Up Your Shakespeare</div><div>6-7: Cercle Francophone</div></div></div></div> | |