

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.

PANTRY

May 7th , Wednesday 12pm - 2pm

GRAB & GO

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

EDIE WINDSOR
sage
CENTER

MAY

2025 CALENDAR

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) NAMI:NYC Mental Health Presentation (1-2 PM)
- (05/20) Sock Monkey Exhibit (6-7:30 PM)
- (05/21) Talent is Timeless! (6-7:30 PM)
- (05/22) Ray’s Art Show (6:15-7:45 PM)
- (05/28) Ready.Set.Bank (1-2PM)
- (05/29) Sing for Your Seniors (3:30-4:30 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
- Queer Line Dancing May 30th from 6:16-7:45 PM

MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
<div><p>SAGE Centers are generously funded in part by the NYC Department for the Aging, The Hearst Foundation and Con Edison</p></div> <div></div>	<div><h2>Virtual Weekends</h2><p>Introduction to Pilates (Saturdays 10:30 - 11:15AM)</p><p>Healthy Mature Reflection (Sundays 11-12:30 PM)</p></div> <div><h3>KEY</h3><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></div></div></div></div>			<div><div>1</div><div>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: Mark Salzwedel Book Reading</div><div></div><div><div>3-30-5: Women’s Dialogue 6:15-7:45: Men’s Discussion Group</div></div></div>	<div><div>2</div><div>Center is Closed</div></div>
<div><div>5</div><div>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: Cyber Readiness and Security Workshop 6-7:45: Monday Night Movie: The Birdcage 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</div></div>	<div><div>6</div><div>12-7: Cyber Center 2-3:30: Sock Monkey Circle 3-4:40: Creative Writing w/Lujira (Hybrid) 4:45-6: Congregate Dinner 6-7:15: Liz Abzug: Female Leaders Presentation 6-7:30: Writing Our Pleasure: A Sex Positive Writing Series 6:30-7:30: Meditation & Self Reflection</div><div><div>10-11: SAGE Vets 6-7:30: Tuesday Women’s Group</div></div></div>	<div><div>7</div><div>12-7: Cyber Center 12-2 EWSC Pantry 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 3-5: New York Writers Coalition Workshop 6-7:30: Book Lover’s Club: Olga Dies Dreaming. Next Month: Maurice by E.M. Foster</div></div>	<div><div>8</div><div>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: Scott’s Culture Hour: A Raisin in the Sun</div><div><div>3-30-5: Women’s Dialogue 6:15-7:45: Men’s Discussion Group</div></div></div>	<div><div>9</div><div>12-7: Cyber Center 12-2: Grab and Go 1-2: Afro-Brazilian Dance (Hybrid) 2-3: Spanish 101 2-3:30: Crochet w/Patricia 2:15-3:15: Gyrokinesis (Hybrid) 2:30-4: Les Ballets Trockadero de Monte Carlo 3:15-4:15: Spanish 201 4:45-6: Congregate Dinner 6-7:45: Game Show w/Jack 2-3: Spanish Conversation & Culture Group 3-4: Spanish 301 4:30-6: Brush Up Your Shakespeare 6-7: Cercle Francophone</div></div>	
<div><div>12</div><div>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 6-7: Cyber Readiness and Security Workshop 6:15-7:45: Trans Women’s Group (Hybrid) 6-7:45: Monday Night Movie w/Gotham Cheer: But I’m a Cheerleader</div><div><div>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</div></div></div>	<div><div>13</div><div>12-7: Cyber Center 12-2: Envisioning Aging Workshop with The Urban Design Forum 2-3:30: Sock Monkey Circle 3-4:30: Creative Writing w/Lujira(Hybrid) 4:45-6: Congregate Dinner 6-7:30: Arts and Minds 6-8: Walking Group: Stargazing On The Highline 6:30-7:30: Meditation & Self Reflection</div><div><div>10-11: SAGE Vets 6-7:30: Tuesday Women’s Group</div></div></div>	<div><div>14</div><div>12-7: Cyber Center 1-4: Take Charge Of Your Health: Health Screening Event 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</div><div><div>3-5: New York Writers Coalition Workshop</div></div></div>	<div><div>15</div><div>12-7: Cyber Center 12:15-1: Line Dancing 1-2: NAMI-NYC Mental Health 101 Presentation 1:45-3: Circle of Support 2-3: Ballroom Dance 3-4: Let’s Talk and Eat Vegetables 3-5: Meditation w/Madhu 4-6: Theater Ticket Desk 4:45-6: Congregate Dinner 6-7:30: Grief Support w/Jason 6-7:45: Men's Discussion Group 3-30-5: Women’s Dialogue 6:15-7:45: Men’s Discussion Group</div></div>	<div><div>16</div><div>12-7: Cyber Center 12-2: Grab and Go 1-2: Afro-Brazilian Dance (Hybrid) 2-3: Spanish 101 2-3:30: Crochet w/Patricia 2:15-3:15: Gyrokinesis (Hybrid) 2:30-4: Les Ballet Trockadero de Monte Carlo 3:15-4:15: Spanish 201 4:45-6: Congregate Dinner 6-7:45: Game Night w/Bowling 2-3: Spanish Culture & Conversation Group 3-4: Spanish 301 4:30-6: Brush Up Your Shakespeare 6-7: Cercle Francophone</div></div>	
<div><div>19</div><div>12-7: Cyber Center 12-2: Open Arts Studio 2:15-4: Observational Drawing 2-3:15: Digital Tools for Creative Expression 3-5: Meditation w/Madhu 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 Ritz</div><div><div>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</div></div></div>	<div><div>20</div><div>12-7: Cyber Center 12-7: Haircuts with KJ 12:30-2: Percussion Freestyle Workshop 2-3:30: Sock Monkey Circle 3-4:30: Creative Writing w/Lujira (Hybrid) 4:45-6: Congregate Dinner 6-7:30: Sock Monkey Exhibit 6:30-7:30: Meditation & Self Reflection</div><div><div>10-11: SAGE Vets 6-7:30: Tuesday Women’s Group</div></div></div>	<div><div>21</div><div>12-7: Cyber Center 12-2: “Keep on Track” Blood Pressure Workshop 2-3:15: Digital Tools for Creative Expression 2:15-3:15: Chair Pilates 3:30-4:30: Bingo 4:45-6: Congregate Dinner 6-7:30: Talent is Timeless!</div><div><div>3-5: New York Writers Coalition Workshop 3:30-4:30: Modern Art History w/Michael</div></div></div>	<div><div>22</div><div>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: Ray Faraday’s Art Show</div><div><div>3-30-5: Women’s Dialogue 6:15-7:45: Men’s Discussion Group</div></div></div>	<div><div>23</div><div>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 Ballet Trockadero de Monte Carlo 3:15-4:15: Women’s Topics & Discussion 4:45-6: Congregate Dinner 6-7:45: Game Night w/Bowling 2-3: Spanish Culture & Conversation Group 3-4: Spanish 301 4:30-6: Brush Up Your Shakespeare 6-7: Cercle Francophone</div></div>	
<div><div>26</div><div>Center is Closed for</div><div></div><div><div>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</div></div></div>	<div><div>27</div><div>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 6:15-7:45: Health Cinema: The Longevity Film 6:30-7:30: Meditation & Self Reflection</div><div><div>10-11: SAGE Vets 6-7:30: Tuesday Women’s Group</div></div></div>	<div><div>28</div><div>10-11: Green Market Tour 12-7: Cyber Center 1-2: Ready. Set. Bank. 2-3:15: Digital Tools for Creative Expression 2:15-3:15: Chair Pilates 3:30-4:30: Bingo 5:30-7:30: Legal Clinic w/Matthew 4:45-6: Congregate Dinner 6-6:45: American Sign Language 6-7:30: Karaoke</div><div><div>3-5: New York Writers Coalition Workshop</div></div></div>	<div><div>29</div><div>12-7: Cyber Center 12:15-1: Line Dancing 1:45-3: Circle of Support 2-3: Ballroom Dance 3-5: Meditation w/Madhu 3:30-4:30: Sing For Your Seniors 4-6: Theater Ticket Desk 4:45-6: Congregate Dinner 6:15-7:45: Men’s Discussion Group</div><div><div>3-30-5: Women’s Dialogue 6:15-7:45: Men’s Discussion Group</div></div></div>	<div><div>30</div><div>12-7: Cyber Center 12-2: Grab and Go 1-2: Afro-Brazilian Dance (Hybrid) 2-3: Spanish 101 2-3:30: Crochet w/Patricia 2:15-3:15: Gyrokinesis (Hybrid) 2:30-4: Les Ballet Trockadero de Monte Carlo 3:15-4:15: Spanish 201 4:45-6: Congregate Dinner 6-7:45: Queer Line Dancing w/Jess and Kasia 2-3: Spanish Culture & Conversation Group 3-4: Spanish 301 4:30-6: Brush Up Your Shakespeare 6-7: Cercle Francophone</div></div>	