SUPPORT GROUPS

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

Men's Discussion Group *In Person* (June 12th & 26th, 6:15-7:45 PM)

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

Grief Support with Jason (June 26th, 6-7:30 PM)

JUNE AWARENESS SPOTLIGHT

MONTH

- LGBTQ+ Pride Month
- Caribbean American Heritage Month
- Black Music Apperciation Month

WEEK/DAYS

- HIV Long-Term Survivor's Awareness Day (06/05)
- Pulse Remembrance Day (06/12)
- Autistic Pride Day (06/18)
- Juneteenth (06/19)

MOVIE NIGHT SCHEDULE

- (06/02): Fire Island
- (06/09): The Watermelon Woman
- **(06/23):** The Adventures of Priscilla: Queen of the Desert
- (06/30): The Boys in the Band

CYBER CENTER

Monday-Friday (12- 7PM)

Digital Tools for Creative Expressions

Mondays & Wednesdays from 2 - 3:15 *Last session on 06/23*

LEGAL CLINIC

In-Person Legal Clinic w/ Tom Sciacca June 9th, 2025 (3-6PM)

VOLS-Volunteer Legal Services June 16th, 2025 (3-6 PM)

June 25th, 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 <u>212-741-3590</u> to make an appointment.



June 4th, 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.

JUNE DINNER MENU

2	3	4	5	6
Veggie Soup Quesadilla w/Beans Italian Blend Veggies	Chicken Breast w/Mushrooms Garden Salad Eggplant Parmesan	Salmon Salad Vegetable Mix Chickpea Salad	Beef/Cheese Lasagna Garden Salad Vegetable Lasagna	Chicken Tikka Marsala Corn Confetti Salad Curried Jamaican Stew
9	10	11	12	13
Potato/Red Bean Chili Carrot/Apple/Raisin Salad	BBQ Chicken Breast Cauliflower/Carrots Baked Ziti w/Veggies	Beef Salisbury Steak Garden Salad BBQ Pulled Jack Fruit	Chicken Alfredo Penne Garden Salad Pasta w/Sweet Peas	Baked Salmon in Citrus Broccoli Pepper Salad Eggplant Parmesan
16	17	18	19	20
Veggie Soup Red Lentil Pasta Broccoli Pepper Salad	Beef Sloppy Joe Zucchini/Peppers Lentil/Bean Chili	Turkey Salisbury Steak Romaine/Carrot/Beet Chickpea Salad Broccoli/Cheddar Quiche	CENTER CLOSED JUNETEENTH HOLIDAY	BBQ Chicken Leafy Green Salad w/Apples Baked Ziti w/Cheese
23	24	25	26	27
Split Pea Soup Tofu Parmesan Cucumber/Dill Salad	Baked Ziti w/Turkey Italian Blend Veggies Vegetable Lasagna		Beef Brisket w/Tomato Garden Salad Lentil/Bean Chili	Fish Curry Broccoli w/Toasted Garlic Hummus w/Pita
30 TBD Plant Based Meal		Guests under	of \$3 suggested 50 charged \$6. nded by the NYC	

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

for the Aging and Con Edison.





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

SPECIAL EVENTS

- (06/03) Ready.Set.Bank (1-2 PM)
- (06/03) Gay 80's Pride: A Photo Presentation by Marc P. Anderson (6-7:30PM)
- (06/04) Teaching Garden Tour on Governor's Island (12:30-4PM)
- (06/05) Pride Percussion Performance by *Dalys Torres* (6-7:30PM)
- (06/07) Pride Social (1-5PM)
- (06/09) SAGE Vets Art Program (1:30-3:30PM)
- (06/10) Walking Group: The Forest Within (1-2PM)
- (06/13) Reading Rainbow Book Club Meeting (6-7:30PM)
- **(06/16) Monday Magic Show** (6-7:45 PM)
- (06/17) Film Making Workshop (1-3:30 PM)
- (06/17) Trio Phos Classical Music Performance (6-7:30 PM)
- **(06/20) Pride Disco Jam** (6-7:45 PM)
- **(06/24) Pride Haircuts by Prose** (6-8:30PM)
- (06/25) Triad Theater Pride Night *Offsite* (6-8PM)
- (06/29) Heritage of Pride/NYC Pride Party (12-5PM)

PROGRAM HIGHLIGHTS

- LGBTQ Supportive Connections *New*
 June 2nd from 6:15-7 PM
- Nutrition Class: Digest this with Mia June 4th & June 24th from 1-2 PM
- Fitness Boxing *New*
 June 6th from 2:30-4 PM
- Green Market Tour June 18th from 10-11 AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 12-7: Cyber Center	3 12-7: Cyber Center	▲ 12-2: EWSC Pantry	5 12-7: Cyber Center	6 12-7: Cyber Center
12-2: Open Arts Studio 2-3:15: Digital Tools for Creative	1-2: Ready. Set. Bank	12-7: Cyber Center	12:15-1: Line Dancing	12-2: Grab and Go 1-2: Afro-Brazilian Dance
Expression	2-3:30: Sock Monkey Circle	12:30-4: Teaching Garden Tour on	1.45-5. Circle of Support	(Hybrid)
	3-4:30: Creative Writing	Governors Island 1-2: Nutrition Class: Digest This With	2-5: Maditation w/Madhu	2-3: Spanish 101
2:20 4:20: Glass loweley	w/Lujira (Hybrid)		4 C. Thooton Ticket Dock	2-3:30: Crochet w/Patricia 2:15-3:15: Gyrokinesis (Hybrid)
4:45-6: Congregate Dinner	4:45-6: Congregate Dinner 6-7:30: Gay 80's Pride: A Photo	2-3:15: Digital Tools for Creative		2:30-4: Les Ballets Trockadero de
10.13-7.43. Italia Wollielia Gloup	Presentation by Marc P.	Expression 2:15-3:15: Chair Pilates		Monte Carlo
6-7:45: Monday Night Movie: Fire	Anderson	3:30-4:30: Bingo	i circimanice by banys remes	2:30-4: Fitness Boxing 3:15-4:15: Spanish 201
6.15-7. LGRTO Supportive	6:30-7:30: Meditation & Self	4:45-6: Congregate Dinner		4:45-6: Congregate Dinner
Connections	Reflection	5-7: Keep on Track: Blood Pressure Workshop		6-7:45: Game Night w/Bowling
11:30-12:30: Feldenkrais		6-6:45: American Sign Language		1-2: Spanish Conversation &
1:30-2:30: SAGE Vets Yoga 3:30-5: Invisible Disabilities	10-11: SAGE Vets	6-7:30: Karaoke 3-5: New York Writers		Culture Group 3-4: Spanish 301
5-6:30: HIV Long Term Survivor	10 11. SAGE VCCS	Coalition Workshop	3-30-5: Women's Dialogue	4:30-6: Brush Up Your
Group 8:45-9:45: Meditation w/ Madhu		6-7:30: Book Lover's Group: Maurice By E.M. Foster	6:15-7:45: Men's Discussion Group	Shakespeare
_	10 12-7: Cyber Center	· -	12 12-7: Cyber Center	6-7: Cercle Francophone 13 12-7: Cyber Center
12-2: Open Arts Studio	1-2: Walking Group: The	2-3:15: Digital Tools for	12:15-1: Line Dancing	12-2: Grab and Go
	Forest within at Genesis	Creative Expression	1:45-3: Circle of Support	1-2: Afro-Brazilian Dance (Hybrid)
•	House	2:15-3:15: Chair Pilates	2-3: Ballroom Dance	2-3: Spanish 101
b C. I a - a I Climia / T	2-3:30: Sock Monkey Circle	3:30-4:30: Bingo		2-3:30: Crochet w/Patricia
R-5: Meditation w/Madhu	3-4:30: Creative Writing	4:45-6: Congregate Dinner 6-6:45: American Sign		2:15-3:15: Gyrokinesis (Hybrid) 2:30-4: Les Ballets Trockadero de
B:30-4:30: Glass Jeweiry	w/Lujira (Hybrid) 4:45-6: Congregate Dinner	Language	4-6: Theater Ticket Desk	Monte Carlo
m.43-0. Congregate Diffici		6-7:30: Karaoke	4.45-0. Congregate Diffici	3:15-4:15: Spanish 201 4:45-6: Congregate Dinner
•	6:30-7:30: Meditation & Self		6-7:30: Scott's Culture Hour:	6-7:30: Reading Rainbow Book Club
	Reflection		Pride Edition	Meeting
Watermelon Woman 11:30-12:30: Feldenkrais	!		6:15-7:45: Men's Discussion Group	6-7:30: Game Night Friday
3:30-5: Invisible Disabilities	10-11: SAGE Vets	3-5: New York Writers Coalition	·	1-2: Spanish Culture & Conversation
5-6:30: HIV Long Term Survivor	6-7:30: Tuesday Women's	Workshop	3-30-3: Women's Dialogue	Group 3-4: Spanish 301
Group	Group	3:30-4:30: Modern Art History	6:15-7:45: Men's Discussion	4:30-6: Brush Up Your Shakespeare
8:45-9:45: Meditation W/ Madnu	4=	w/Michael		6-7: Cercle Francophone
16 12-7: Cyber Center 12-2: Open Arts Studio	17 12-7: Cyber Center 1-3:30: Filmmaking Workshop	18 10-11: Green Market Tour 12-7: Cyber Center	19	20 12-7: Cyber Center 12-2: Grab and Go
2-3:15: Digital Tools for Creative	with Sarah Friedland	12-2: Keep On Track - Blood		1-2: Afro-Brazilian Dance
Expression 2:15-4: Observational Drawing	2-3:30: Sock Monkey Circle	Pressure Workshop	CENTER CLOSED	(Hybrid)
3-5: Meditation w/Madhu	3-4:30: Creative Writing	2-3:15: Digital Tools for		2-3:30: Crochet w/Patricia
5 of Legal Chille W/ VOLS	w/Lujira (Hybrid)	Creative Expression		2:15-3:15: Gyrokinesis (Hybrid)
	4:45-6: Congregate Dinner 6-7:30: Trio Phos Classical	2:15-3:15: Chair Pilates 3-4:40: Bingo		3-4:30: Women's Topics &
0 .0		4:45-6: Congregate Dinner		Discussion
•	6:30-7:30: Meditation & Self	6-6:45: American Sign		4:45-6: Congregate Dinner 6-7:45: Pride Disco Jam
6-7:45: Monday Magic Show	Reflection	Language		w/Disco Curandera
11:30-12:30: Feldenkrais	!	6-7:30: Karaoke		
3:30-5: Invisible Disabilities				1-2: Spanish Culture & Conversation
5-6:30: HIV Long Term Survivor Group		3-5: New York Writers Coalition		3-4: Spanish 301
8:45-9:45: Meditation w/ Madhu			3-30-5: Women's Dialogue	4:30-6: Brush Up Your Shakespeare
12-7: Cyber Center	Group		6:15-7:45: Men's Discussion Group	
23 12-7: Cyber Center 12-2: Open Arts Studio	24 12-7: Cyber Center	25 12-7: Cyber Center	26 12-7: Cyber Center	27 12-7: Cyber Center 12-2: Grab and Go
- 51.51 5.61tai 10015 101 Greative	1-2: Nutrition Class: Digest	2:15-3:15: Chair Pilates 3:30-4:30: Bingo	12-3: SAGEVets Lighthouse Guild Lunch & Learn	1-2: Afro-Brazilian Dance
p.: 000:01:	This With Mia	4:45-6: Congregate Dinner	12:15-1: Line Dancing	(Hybrid)
_	2-3:30: Sock Monkey Circle 3-4:30: Creative Writing	5:30-7:30: Legal Clinic	1:45-3: Circle of Support	2-3: Spanish 101 2-3:30: Crochet w/Patricia
3:30-4:30: Glass Jewelry	w/Lujira (Hybrid)	w/Matthew	2-3: Ballroom Dance	2:15-3:15: Gyrokinesis (Hybrid)
4:45-6: Congregate Dinner	4:45-6: Congregate Dinner	6-6:45: American Sign	3-5: Meditation w/Madhu	3:15-4:15: Spanish 201
6:15-7:45: Trans Women's Group (Hybrid)	6-8:30: Pride Haircuts Event	Language 6-8: Triad Theater Pride Night	4-6: Theater Ticket Desk	4:45-6: Congregate Dinner
6:15-7:45: Monday Night Movie:	Sponsored by Prose		6-7:30: Grief Support Group	6-7:45: Game Show w/Jack
The Adventures of Priscilla,	6:30-7:30: Meditation & Self	111p (1111111)	w/Jason	1-2: Spanish Culture &
Queen of the Desert	Reflection		6:15-7:45: Men's Discussion	Conversation
11:30-12:30: Feldenkrais 3:30-5: Invisible Disabilities			Group	3-4: Spanish 301
5-6:30: HIV Long Term Survivor	10-11: SAGE Vets		3-30-5: Women's Dialogue	4:30-6: Brush Up Your
Group	6-7:30: Tuesday Women's		6:15-7:45: Men's Discussion	Shakespeare
8:45-9:45: Meditation w/ Madhu 12-7: Cyber Center	Group	Coalition Workshop	Group	6-7: Cercle Francophone
12-7: Cyber Center 12-2: Open Arts Studio	sage		Virtual Weekends	
2:15-4: Observational Drawing	serves"		Introduction to Pilates	
3-5: Meditation w/Madhu	LGBTQ+ ELDERS			
3:30-4:30: Glass Jewelry	,		(Saturdays 10:30 - 11:15AM)	
4:45-6: Congregate Dinner 6:15-7:45: Trans Women's	SAGE Centers are generously funded in part by the NYC Department for the Aging,		Healthy Mature Reflection	
Group (Hybrid)	NYC Department The Hearst Foundati	0 0	(Sundays 1	I1-12:30 PM)
6:15-7:45: Monday Night	ine nearst Foundati	on and Con Edison	1/21	
Movie: The Boys in the Band			KE)	
			Virtual Programming	* / • • • • • • • • • • • • • • • • • •
11:20 12:20: Faldanissaia			New Programming	
11:30-12:30: Feldenkrais				

Special Events

Canceled Session

11:30-12:30: Feldenkrais 3:30-5: Invisible Disabilities

5-6:30: HIV Long Term Survivor

8:45-9:45: Meditation w/ Madhu