




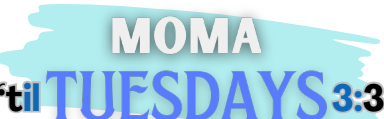



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>  <p>EVERY <i>tuesday &amp; friday</i></p> </div>  <div> <p>To register for our <b>Virtual Programs</b>, email us at <a href="mailto:sageharlem@sageusa.org">sageharlem@sageusa.org</a> for the Zoom link!</p> </div>	02 10a-11:30a Love Yourself in the Morning ⓘ 11:30a-1p Love Yourself with Phyllis	03 11:30a-12:30p Flex & Flow 12p-1:30p <b>Writer's Round Table</b> 1:30p-3p Self-Care & Wellness 3p-4p Bingocize	04 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	05 12:30 - 1:30pm <b>COMMUNICATING EFFECTIVELY</b> 10:00a-11:00a Yoga Made Easy 11a-12:30p Jewelry Creations 1p-2:15p Women's Group	06 4 P - <i>pride decorating PARTY</i> 6 P 11a-12p <b>LGBTQ 101</b> 1:30p-2:30p Self-Defense 2p-4p Men's Group	
	09 10a-11:30a Love Yourself in the Morning ⓘ 11:30a-1p Love Yourself with Phyllis	10 11:30a-12:30p Flex & Flow 12p-1:30p <b>Writer's Round Table</b> 1:30p-3p Self-Care & Wellness 3p-4p Bingocize	11 <b>PANTRY DAY</b> 3PM to 5PM ⓘ 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	12 2P - <i>A Lil Gift of Goodness</i> 3:30P 10:00a-11:00a Yoga Made Easy 11a-12:30p Jewelry Creations 1p-2:15p Women's Group	13 <b>BLUES WORKSHOP</b> 12:30 - 1:30 P 11a-12p <b>LGBTQ 101</b> 1:30p-2:30p Self-Defense 2p-4p Men's Group	14 2pm-7pm <b>ADODI</b> 
	16 10a-11:30a Love Yourself in the Morning ⓘ 11:30a-1p Love Yourself with Phyllis	17 11:30a-12:30p Flex & Flow 12p-1:30p <b>Writer's Round Table</b> 1:30p-3p Self-Care & Wellness 3p-4p Bingocize	18 ⓘ 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	19 <b>HAPPY JUNE TEENTH</b> <b>CENTER CLOSED</b>	20 11a-12p <b>LGBTQ 101</b> 1:30p-2:30p Self-Defense 2p-4p Men's Group	<div>  <p>2pm 'til <b>TUESDAYS</b> 3:30pm</p> </div> <p><b>June 10, 17, 24</b> <b>July 1, 8, 15</b></p>
	23 10a-11:30a Love Yourself in the Morning ⓘ 11:30a-1p Love Yourself with Phyllis	24 11:30a-12:30p Flex & Flow 12p-1:30p <b>Writer's Round Table</b> 1:30p-3p Self-Care & Wellness 3p-4p Bingocize	25 ⓘ 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	26 10:00a-11:00a Yoga Made Easy 11a-12:30p Jewelry Creations 1:00p-2:00p Digesthis with Mia 1p-2:15p Women's Group	27 4PM - 6PM <i>Pride Party</i> 11a-12p <b>LGBTQ 101</b> 1:30p-2:30p Self-Defense 2p-4p Men's Group	28 <b>Harlem PRIDE</b> 12pm to 6pm
	30 10a-11:30a Love Yourself in the Morning ⓘ 11:30a-1p Love Yourself with Phyllis	<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> </div> <div> <p>Ty Martin, Community Liaison</p> <p>Zo Nichols, Care Manager</p> <p>Lincelly Duran, Benefits &amp; Housing Navigation Coordinator</p> </div> <div> <p>SAGE CENTER HARLEM</p> <p>220 West 143<sup>rd</sup> Street, New York, NY 10030 (Entrance on 142<sup>nd</sup> Street Btw. 7<sup>th</sup> and 8<sup>th</sup> Avenue) 646-660-8951; <a href="http://sageusa.org">sageusa.org</a></p> </div> </div> <div> <div> <div></div> <div></div> <div></div> <div> ⓘ </div> </div> <div> <p>In-Person</p> <p>Hybrid</p> <p>Virtual</p> <p>Intergen</p> </div> </div> <div>  </div>				