

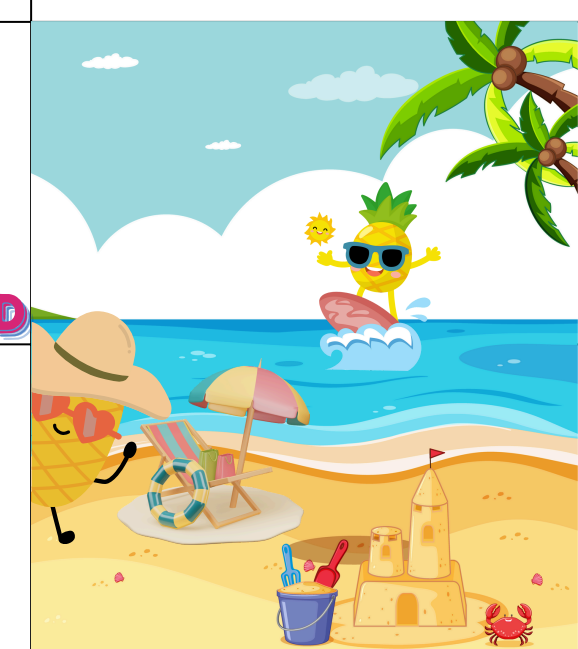




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <p>SAGE Center Harlem Staff Deb Knight, Director Carol Carteciano, Program Coordinator Tay Heyward, Program Coordinator</p> </div> <div> <p>Deborah Stevens, Administrative Support Zo Nichols, Care Manager</p> </div> <div>  <p>EVERY tuesday & friday</p>  <div> <p>To register for our Virtual Programs, email us at sageharlem@sageusa.org for the Zoom link!</p> </div> </div>		<div>01</div> <div> 11:30a-12:30p Flex & Flow 12p-1:30p Writer's Round Table 1:30p-3p Creative Visibility 3p-4p Bingocize </div>	<div>02</div> <div> 11:30a-1p Zumba Harlem 1:30p-3:30p Fashion Art 1:30-3:00p Harlem Harvest </div>	<div>03</div> <div>CLOSED 2PM</div> <div>10:00a-11:00a Yoga Made Easy</div>	<div>CENTER</div> <div>HAPPY Fourth of July</div> <div>CLOSED</div>	
	<div>07</div> <div> 10a-11:30a Love Yourself in the Morning ⓘ 11:30a-1p Love Yourself with Phyllis 1:30p-2:30p Line Dancing </div>	<div>08</div> <div> 11:30a-12:30p Flex & Flow 12p-1:30p Writer's Round Table 1:30p-3p Creative Visibility 3p-4p Bingocize </div>	<div>09</div> <div>PANTRY DAY 3PM to 5PM</div> <div> 10a-11:30a Love Yourself in the Morning ⓘ 11:30a-1p Zumba Harlem 1:30p-3:30p Fashion Art </div>	<div>10</div> <div>2P - A Lil Gift of Goodness 3:30P</div> <div> 10:00a-11:00a Yoga Made Easy 1p-2:15p Women's Group </div>	<div>11</div> <div> 11a-12p LGBTQ 101 1:30p-2:30p Self-Defense 2p-4p Men's Group </div>	
	<div>14</div> <div> 10a-11:30a Love Yourself in the Morning ⓘ 11:30a-1p Love Yourself with Phyllis 1:30p-2:30p Line Dancing </div>	<div>15</div> <div> 11:30a-12:30p Flex & Flow 12p-1:30p Writer's Round Table 1:30p-3p Creative Visibility 3p-4p Bingocize </div>	<div>16</div> <div> 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 </div>	<div>17</div> <div> 10:00a-11:00a Yoga Made Easy 1p-2:15p Women's Group </div>	<div>18</div> <div> 11a-12p LGBTQ 101 1:30p-2:30p Self-Defense 2p-4p Men's Group </div>	<div>19</div> <div>12pm - 5pm PAINTED threads festival</div> 
	<div>21</div> <div> 10a-11:30a Love Yourself in the Morning ⓘ 11:30a-1p Love Yourself with Phyllis 1:30p-2:30p Line Dancing </div>	<div>22</div> <div> 11:30a-12:30p Flex & Flow 12p-1:30p Writer's Round Table 1:30p-3p Creative Visibility 3p-4p Bingocize </div>	<div>23</div> <div> 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 </div>	<div>24</div> <div>12:30 - 1:30pm HEALTHY HABITS</div> <div> 10:00a-11:00a Yoga Made Easy 1:00p-2:00p Digesthis with Mia 1p-2:15p Women's Group </div>	<div>25</div> <div> 11a-12p LGBTQ 101 1:30p-2:30p Self-Defense 2p-4p Men's Group </div>	<div>MOMA</div> <div>2pm 'til TUESDAYS 3:30pm</div> <div>July 1, 8, 15, 22</div>
	<div>28</div> <div> 10a-11:30a Love Yourself in the Morning ⓘ 11:30a-1p Love Yourself with Phyllis 1:30p-2:30p Line Dancing </div>	<div>29</div> <div> 11:30a-12:30p Flex & Flow 12p-1:30p Writer's Round Table 1:30p-3p Creative Visibility 3p-4p Bingocize </div>	<div>30</div> <div> 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 </div>	<div>31</div> <div> 10:00a-11:00a Yoga Made Easy 1p-2:15p Women's Group </div>	<div>  <div> 220 West 143rd Street New York, NY 10030 (On 142nd St btwn 7th & 8th Ave) 646-660-8951; sageserves.org </div> </div> <div> <div> In-Person Hybrid Virtual Intergen </div> <div> ⓘ </div> </div>	