

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>SAGE Centers are generously funded in part by the NYC Department for the Aging</p>	<b>1</b> Congregate Breakfast 10-11AM Circle of Support 11AM-1215PM Open Art Studio 12-2PM ESOL with Jesse 10:30-11:30PM Zumba Gold 1-2PM SageTrans TGNB Support group 2:30-3:30PM Congregate Lunch 3-4PM Stonewall Social 3-4PM Afternoon Game Social 4-5PM	<b>2</b> Congregate Breakfast 10-11AM Comp Tech Drop-in 11AM Health Workshop With Dr. O 11-12PM Line Dance 1215-1PM Chair Yoga 1-145PM SAIL Movement 215-3PM Pottery Group 3-5PM Congregate Lunch 3-4PM	<b>3</b> Congregate Breakfast 10-11AM Open Art Studio 12-1:30PM Heal & Grow With Dr. O 1-2PM Woodcarving 2-4PM Sing-Along with Beverly 2-3PM Congregate Lunch 3-4PM Bingo Social 4-5PM	<b>4</b> Congregate Breakfast 10-11AM Beginner Sewing Class 10:30-12pm SAIL Movement 1115-12PM Creative Writing Class 12-1PM Survival Self-Defense 2-3PM Advanced Sewing 1-3PM Congregate Lunch 3-4PM Gay Mens Social 3:30-5PM Nutrition Workshop 3:45-4:45PM Grab &Go Distribution 4PM
<b>7</b> Congregate Breakfast 10-11AM Pottery Group 10:30-12:30PM Intermediate Comp Learning 11am-12pm SAIL Movement 115-12PM Moving For Life Exercise 12-1PM Thai Chi 215-3PM Congregate Lunch 3-4PM Push Back and Moving Forward 4-5PM	<b>8</b> Congregate Breakfast 10-11AM Circle of Support 11AM-1215PM Open Art Studio 12-2PM ESOL with Jesse 10:30-11:30PM Zumba Gold 1-2PM Congregate Lunch 3-4PM Stonewall Social 3-4PM Afternoon Game Social 4-5PM	<b>9</b> Congregate Breakfast 10-11AM Comp Tech Drop-in 11AM Health Workshop With Dr. O 11-12PM Line Dance Cancelled Today Chair Yoga cancelled today EXOS Heart & Hustle 2-3PM SAIL Movement 4PM** <i>Time Change for today</i> Pottery Group 3-5PM Congregate Lunch 3-4PM	<b>10</b> Congregate Breakfast 10-11AM Open Art Studio 12-1:30PM Heal & Grow With Dr. O 1-2PM Woodcarving 2-4PM Sing-Along with Beverly 2-3PM Congregate Lunch 3-4PM Bingo Social 4-5PM	<b>11</b> Congregate Breakfast 10-11AM Beginner Sewing Class 10:30-12pm SAIL Movement 1115-12PM Creative Writing Class 12-1PM Survival Self-Defense 2-3PM Advanced Sewing 1-3PM Congregate Lunch 3-4PM Gay Mens Social 3:30-5PM Nutrition Workshop 3:45-4:45PM Grab &Go Distribution 4PM
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