









SAGE CENTER BRONX @  
CROTONA PRIDE HOUSE  
1784 PROSPECT AVENUE, BRONX, NY  
929-458-2150

# July 2025

**On-Site Programs**  
10am-4pm  
**Lunch 12:15-1:30pm**

<p>Everyday programs: Coffee talk 10-12 Cybercafé 10- 4 Pool Games 10 - 4 Domino Games 10- 4 July 15<sup>th</sup>: let's picnic 1-3:30</p>	<p>1 Cold Breakfast 10-12 Health and Wellness fair 10 - 1 Pilates 11:45- 12:30 Arts &amp; Crafts 3-4</p>	<p>2 Blood Pressure Screening 10-11 Harvest gardening 10-12 Creative sewing 10-12:00 Brain games 11-12 Art studio 11:30-12:30 Exercise games 2-4</p>	<p>3 Art from the Heart 10:30-12 Chair exercise 11- 11:30 L Group 1-2 Chat and Chew 1-2 <b>Closing early: 2pm</b></p>	<p>4 <b>Closed for 4<sup>th</sup> of July</b> </p>
<p>7 Sage sewing 10-12 Smoothie workshop 11-11:30 Stretch &amp; Move 11:45-12:30 Exercise games 2-4</p> 	<p>8 Breakfast Bash 10-11:15 Pilates 11:45- 12:30 Womens group 1 -2 Jewelry w Omi 1-3 Arts &amp; Crafts 3-4</p>	<p>9 Bureau of health workshop 10-11 Blood Pressure Screening 10-11 Brain games 11-12 Frank healing workshop 11-12 Art studio 11:30-12:30 Exercise games 2-4</p>	<p>10 Art from the Heart 10:30-12 Chair exercise 11- 11:30 L Group 2-3 Chat and Chew 2:30 - 3:30 Table games 3-5</p>	<p>11 Chair aerobics 11-12 Sage salon 11-1 Trans Programming 1-4 Self defence w James 2-4 Music appretiation 2:30-3:30 Latino Gay Men's Group 3-4</p>
<p>14 Sage sewing 10-12 Barbershop 11-1 Smoothie workshop 11-11:30 Essen workshop 2-4 Stretch &amp; Move 11:45-12:30 Exercise games 2-4</p>	<p>15 Cold Breakfast 10-11:15 Pilates 11:45- 12:30 Arts Crafts 3-4</p> 	<p>16 Blood Pressure Screening 10-11 Brain games 11-12 Frank healing workshop 11-12 Art studio 11:30-12:30 Exercise games 2-4</p>	<p>17 Art from the Heart 10:30-12 Chair exercise 11- 11:30 Chat and Chew 2:30 - 3:30 Board games 2-4</p> 	<p>18 Chair aerobics 11-12 Sage salon 11-1 Trans Prgramming 1-4 Music appretiation 2:30-3:30 Icecream social 2-3</p>
<p>21 Sage sewing 10-12 Smoothie workshop 11-11:30 Stretch &amp; Move 11:45-12:30 Exercise games 2-4</p>	<p>22 Breakfast Bash 10-11:15 Pilates 11:45- 12:30 Womens group 1 -2 Jewelry w Omi 1-3 Arts Crafts 3-4</p>	<p>23 Blood Pressure Screening 10-11 Brain games 11-12 Art studio 11:30-12:30 Exercise games 2-4</p>	<p>24 Art from the Heart 10:30-12 Chair exercise 11- 11:30 L Group 2-3 Tech triage 2-3 Chat and Chew 2:30 - 3:30 Table games 3-5</p>	<p>25 Chair aerobics 11-12 Sage salon 11-1 Birthday bash 12-2 Trans Prgramming 1-4 Latino Gay Men's Group 3-4 Evening center 5 -7</p>
<p>28 Sage sewing 10-12 Barbershop 11-1 Smoothie workshop 11-11:30 Stretch &amp; Move 11:45-12:30 Level up games 2-4</p>	<p>29 Cold Breakfast 10-11:15 Pilates 11:45- 12:30 Arts Crafts 3-4 Let's gather 2-4</p> 	<p>30 Blood Pressure Screening 10-11 Brain games 11-12 Art studio 11:30-12:30 Exercise games 2-4 Beach day w Yahaira and Shaina 10-3</p>  	<p>31 Art from the Heart 10:30-12 Chair exercise 11- 11:30 L Group 2-3 Chat and Chew 2:30 - 3:30 Board games 2-4</p>	<p>Brain games every Monday 11-12 Walking club every MON and WED Harvest gardening 2x a month Tuesday 1:30 -3:30 Color &amp; chat every Tuesday 10-12 Wellness every Thursday 11:30-12:15 Karaoke every Friday 1:30-2:30</p>

Generously funded by DFTA

Calender subject to change

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