

SAGE Center Harlem

August 2025 Event Calendar

Grab n Go's
Tues & Fri, 1:30-2:30pm

Meals Served Daily
Mon-Fri, 12:30-1:30pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div> <p>SAGE Center Harlem Staff</p> <p>Brandon White, Director</p> <p>Carol Carteciano, Program Coordinator</p> <p>Tay Heyward, Program Coordinator</p> </div> <div> <p>Andrew Watson, Food Coordinator</p> <p>Zo Nichols, Care Manager</p> </div> <div> <p>220 West 143rd Street New York, NY 10030 (on 142nd St btwn 7th & 8th Ave) 646-660-8951; sageserves.org</p> </div> <div> <p>● In-Person</p> <p>● Hybrid</p> <p>● Virtual</p> <p>● Intergen</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>	04 <div> 10a-11:30a Love Yourself in the Morning 11:30a-1p Love Yourself with Phyllis 1:30p-2:30p Line Dancing </div>	05 <div> 11:30a-12:30p Flex & Flow 12p-1:30p Writer's Round Table 1:30p-3p Creative Visibility 2p-3:30p MoMA Tuesdays 3p-4p Bingocize </div>	06 <div> 10a-11:30a Love Yourself in the Morning 11:30a-1p Zumba Harlem 1:30p-3:30p Fashion Art </div>	07 <div> 12:30 - 1:30pm NEW ADVANCES IN ALZHEIMER'S 10:30a-11:30a Yoga Made Easy 11:30a-1p Harlem Harvest 1p-2:15p Women's Group </div>	01 <div> 11a-12p LGBTQ 101 1:30p-2:30p Self-Defense 2p-4p Men's Group </div>	
	11 <div> 10a-11:30a Love Yourself in the Morning 11:30a-1p Love Yourself with Phyllis 1:30p-2:30p Line Dancing </div>	12 <div> 11:30a-12:30p Flex & Flow 12p-1:30p Writer's Round Table 1:30p-3p Creative Visibility 3p-4p Bingocize </div>	13 PANTRY DAY 3PM to 5PM <div> 10a-11:30a Love Yourself in the Morning 11:30a-1p Zumba Harlem 1:30p-3:30p Fashion Art </div>	14 GARRYOKE 3-5PM <div> 10:30a-11:30a Yoga Made Easy 1:00p-2:00p Digesthis with Mia 1p-2:15p Women's Group </div>	08 <div> 11a-12p LGBTQ 101 2p-4p Men's Group </div>	09 <div> 2p-7p ADODI </div>
	18 <div> 10a-11:30a Love Yourself in the Morning 11:30a-1p Love Yourself with Phyllis </div>	19 <div> 11:30a-12:30p Flex & Flow 12p-1:30p Writer's Round Table 1:30p-3p Creative Visibility 3p-4p Bingocize </div>	20 <div> 10a-11:30a Love Yourself in the Morning 11:30a-1p Zumba Harlem 1:30p-3:30p Fashion Art </div>	21 TIE DYE INTERGEN EVENT 2:00-3:30P <div> 10:30a-11:30a Yoga Made Easy 11:30a-1p Harlem Harvest 1p-2:15p Women's Group </div>	22 POSITIVE PSYCHOLOGY & healthy aging 12:45-1:45 <div> 11a-12p LGBTQ 101 2p-3p Men's Group </div>	<div> <p>Friday, august 22nd 2 - 5PM</p> </div>
	25 <div> 10a-11:30a Love Yourself in the Morning 11:30a-1p Love Yourself with Phyllis 1:30p-2:30p Line Dancing </div>	26 <div> 11:30a-12:30p Flex & Flow 12p-1:30p Writer's Round Table 1:30p-3p Creative Visibility 3p-4p Bingocize </div>	27 SAGEVETS Art Wellness Program 3:30P - 4:30P <div> 10a-11:30a Love Yourself in the Morning 11:30a-1p Zumba Harlem 1:30p-3:30p Fashion Art </div>	28 <div> 10:30a-11:30a Yoga Made Easy 11:30a-1p Harlem Harvest 1p-2:15p Women's Group </div>	29 CLOSED 2PM <div> 11a-12p LGBTQ 101 </div>	