

SUPPORT GROUPS

- Meditation & Self Reflection (Tuesdays 6:30-7:30 PM)
- Men’s Discussion Group *\*In Person\** (August 10th & 21st, 6:15-7:45 PM)
- Creating Community: A Women’s Group (August 8th & 22nd, 6:15-7:45 PM)
- Circle of Support (Thursdays 1:45-3 PM)
- LGBTQ Supportive Connections (August 7th, 6:15-7 PM)

AUGUST AWARENESS SPOTLIGHT

DAYS	WEEKS/MONTH
World Lung Cancer Day (08/01)	Transgender History Month
National Nonprofit Day (08/17)	National Wellness Month
Women’s Equality Day (08/26)	National Dog Month
National Grief Awareness Day (08/30)	Psoriasis Awareness Month

MOVIE NIGHT SCHEDULE

- (08/04): Desperately Seeking Susan
- (08/11): Enigma
- (08/18): Rustin
- (08/25): Some Like it Hot

CYBER CENTER

Monday-Friday (12- 7PM)

LEGAL CLINIC

In-Person Legal Clinic w/ Tom Sciacca  
August 11th, 2025 (3-6PM)

VOLS-Volunteer Legal Services  
*\*No VOLS for the month of August\**

In Person Legal Clinic w/ Matthew Carmody  
August 27th, 2025 (5:30-7:30PM)

THEATRE DESK

Thursdays at 4pm *\*depends on availability\**

CARE MANAGEMENT

- Information & Referrals
- Case Management
- Benefits & Entitlements Assistance
- Caregiving Issues
- Friendly Visiting
- SAGEVets (for LGBT military veterans)
- SAGEPositive (for people living with HIV/AIDS and at-risk older adults)
- Bereavement support

PANTRY

August 6th, Wednesday 12pm - 2pm

GRAB & GO

Fridays from 12pm - 2pm

DINNER AT THE  
EDIE WINDSOR SAGE CENTER

Enjoy a nutritious, delicious meal  
between 4:45 - 6:00pm  
weekdays, first come, first served.

AUGUST DINNER MENU

Voluntary contribution of \$3 suggested for 60+. Guests under 60 charged \$6. Meal program is partially funded by the NYC Department for the Aging and Con Edison				1 Coconut Breaded Fish Smashed Potatoes Breaded Eggplant
4	5	6	7	8
Sesame Orange Chicken Asian Cucumber Salad Coconut Curry w/Tofu	Vegan Veggie Stew Mixed Salad Vegan Veggie Stew	Spanish Style Roast Pork Italian Blend Veggies Potato Red Bean Chili	Baked Chicken Breast California Blend Veggies Eggplant Parmesan	Mango-licious Fish Sauteed Spinach Baked Ziti w/Veggies
11	12	13	14	15
Baked Mushroom Chicken Broccoli w/Garlic Crispy Tofu/Veggie Stir Fry	Eggplant Parmesan Sauteed Spinach Eggplant Parmesan	Beef Meatloaf Sauteed String Beans Curried Jamaican Stew	Chicken w/Rice Tossed Salad Veggie Lasagna	Baked Salmon Roasted Broccoli Chickpea Veggie Salad
18	19	20	21	22
Baked Chicken Cutlet Sauteed Spinach Baked Ziti w/Veggies	Bean/Veggie Chili Garden Salad Bean/Veggie Chili	Deluxe Cheeseburger Cole Slaw Veggie Soy Burger	Spanish Style Baked Chicken Mixed Green Salad Lentil/Bean Chili	Baked Fish w/Lemon Sauce Italian Blend Veggies Chickpea & Veggie Salad
25	26	27	28	29
Chicken Fajita Broccoli/Red Pepper Broccoli/Cheddar Quiche	Eggplant Parmesan Sauteed Spinach Eggplant Parmesan	Baked Pork Chops Garden Salad Vegan Veggie Stew	Chicken Parmesan Italian Blend Veggies Eggplant Parmesan	Center Closes at 2PM Labor Day Holiday

EDIE WINDSOR  
sage  
CENTER

AUGUST  
2025 CALENDAR

The Edie Windsor SAGE Center | 305 7th Avenue, 15th Floor, New York, 10001  
Phone: 646-576-8669 | Website: sageusa.org

SPECIAL EVENTS

- (08/08) Reading Rainbow Book Club (6-7:30 PM)
- (08/13) Weill Cornell Tabling (2-3:30 PM)
- (08/19) Theater Games with Lauren (2:30-4 PM)
- (08/20) Health & Wellness Fair (12-4 PM)
- (08/20) Karaoke: 70's Edition (6-7:30 PM)
- (08/21) Let’s Talk and Eat Vegetables (3-4 PM)
- (08/25) Pilobolus Workshop (3-4PM)
- (08/26) Theater Games with Lauren (2:30-4PM)
- (08/27) Weill Cornell Mental Health Presentation  
(1-2PM)

PROGRAM HIGHLIGHTS

- Digest This with Mia  
August 6<sup>th</sup> from 1-2 PM
- Scott’s Culture Hour  
August 21<sup>st</sup> from 6:15 - 7:45 PM
- Haircuts with KJ  
August 19<sup>th</sup>, from 12-4 PM & August 26<sup>th</sup> , from 3-7pm
- Fitness Boxing  
Fridays from 3:30-4:30 PM



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div>Virtual Weekends</div> <div>Introduction to Pilates (Saturdays 10:30 - 11:15AM)</div> <div>Healthy Mature Reflection (Sundays 11-12:30 PM)</div>				<div></div> <div>SAGE Centers are generously funded in part by the NYC Department for the Aging, The Hearst Foundation and Con Edison</div>				<div>1 12-7: Cyber Center 12-2: Grab and Go 1-2: Zumba &amp; Afro-Brazilian Dance (Hybrid) 2-3:15: Spanish 101/201 2-3:30: Crochet w/Patricia 2:15-3:15: Gyrokinesis (Hybrid) 3:30-4:30: Fitness Boxing 4:45-6: Congregate Dinner 6-7:30: Game Show w/Jack</div> <div>2-3: Spanish Conversation &amp; Culture Group 3-4: Spanish 301 4:30-6: Brush Up Your Shakespeare 6-7: Cercle Francophone</div>	
<div>KEY</div> <div>Virtual Programming</div> <div>New Programming</div> <div>Special Events</div> <div>Canceled Session</div>									
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