

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

AUGUST 2025

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

Everyday programs: Coffee talk 10-11 Cybercafé 10-4 Pool games 10-4 Dominos 10-4 		Blood pressure every Mon -Wed Color and chat every Tuesday Frank healing workshop 11-12 on wed	Chair exercise 11-11:30 every Thursday Music appreciation 3x month on Friday 2:30 -3:30	1 Harvest gardening 10-12 Chair aerobics 11-12 Sage salon 11-1 Trans programming 1-4 Karaoke 1:30-2:30
4 SAGE sewing 10-11:30 Smoothie workshop 11-11:30 Stretch & move 11:45-12:30 National watermelon day 1-2 Exercise games 2-4	5 Breakfast Bash 10-11 Pilates 11:30 -12:15 Latin Women's group 1-2 Ivan's art Utopia 1-3 Arts & Craft 3-4 L	6 Brain games 11-12 Nutrition w/ Q 11:15-12 Walking club 11:45 -12:15 Art studio 1:15- 2 Exercise games 2-4	7 Art from the heart 10:30 -12 Crochet 1-2 L group 2-3 Chat and chew 2:30-3:30 Table games 3 -4	8 Harvest gardening 10-12 Chair aerobics 11-12 Sage salon 11-1 Trans programming 1-4 Karaoke 1:30-2:30 Latino gay men group 3-4
11 SAGE sewing 10-11:30 Smoothie workshop 11-11:30 Stretch & move 11:45-12:30 Exercise games 2-4	12 Breakfast Bash 10-11 Pilates 11:30 -12:15 Afternoon movies 1:45-4 Ivan's art utopia 1-3 Arts & crafts 3-4	13 Brain games 11-12 Brain boosting w/Oak St. 11-1 Walking club 11:45 -12:15 Art studio 1:15- 2 Exercise games 2-4	14 Art from the heart 10:30 -12 Visit from the senator 11-2 L group 2-3 Art studio 2-3 Board games 3 -4	15 Harvest gardening 10-12 Chair aerobics 11-12 Sage salon 11-1 Trans programming 1-4 Elderly abuse workshop 1-2:30 Music appretiation 2:30 -3:30
18 SAGE sewing 10-11:30 Smoothie workshop 11-11:30 Stretch & move 11:45-12:30 Exercise games 2-4	19 Breakfast Bash 10-11 Pilates 11:30 -12:15 Ivan's art utopia 1-3 Arts & crafts 3-4 	20 Brain games 11-12 Walking club 11:45 -12:15 Art studio 1:15- 2 Exercise games 2-4 Creative sewing 10:15-12	21 Art from the heart 10:30 -12 Crochet 1-2 Art studio 2-3 L group 2-3 Chat and chew 2:30-3:30 Table games 3 -4	22 Harvest gardening 10-12 Chair aerobics 11-12 Trans programming 1-4 Karaoke 1:30-2:30 Latino gay men group 3-4 Evening center 4-7
25 SAGE sewing 10-11:30 Stretch & move 11:45-12:30 Level up games 2-4	26 Cold breakfast 10 -11 Pilates 11:30 -12:15 Women's Equality Day 1-2 Jewelry w Omi 1-3 Arts & crafts 3-4	27 Nutrition workshop 10:30-12 Brain games 11-12 Walking club 11:45 -12:15 Art studio 1:15- 2 Exercise games 2-4	28 Art from the heart 10:30 -12 L group 2-3 Art studio 2-3 Board games 3 -4 	29 Harvest gardening 10-12 Chair aerobics 11-12 Trans programming 1-4 Birthday bash 1-2 Closed at 2pm

Generously funded by DFTA

Calender subject to change



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LGBTQ+ ELDERS