

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
 <p><b>SAGE Center Harlem Staff</b> Brandon White, Director Tay Heyward, Program Coordinator Andrew Watson, Food Coordinator Zo Nichols, Care Manager</p> <p><b>sage CENTER HARLEM</b> 220 West 143<sup>rd</sup> Street New York, NY 10030 (on 142<sup>nd</sup> St btwn 7<sup>th</sup> &amp; 8<sup>th</sup> Ave) 646-660-8951; sageserves.org</p> <p><b>March Month Awareness:</b> Women's History Month Self-Injury Awareness Day (1st) International Women's Day (8th) St. Patrick's Day (17th) International Day of Happiness (20th) World Down Syndrome Day (21st) World Tuberculosis Day (24th) Transgender Day of Visibility (31st)</p> <p><b>sage serves</b> LGBTQ+ ELDERS SAGE Center Harlem NORC Funded by NYC Dept. for the Aging/ Serving Older Adults 50+ Across NYC</p> <p>FOLLOW US ON FACEBOOK!  </p> <p><b>To register for our Virtual Programs, email us at <a href="mailto:sageharlem@sageusa.org">sageharlem@sageusa.org</a> for the Zoom link!</b></p>	<p><u>02</u> 10a-11:30a Love Yourself w/ Phyllis 11:30a-1p Love Yourself w/ Phyllis 1:30p-2:30p Line Dancing 3p-5p Movie Mondays: <i>The Woman King (2022)</i></p>	<p><u>03</u> 11:30a-12:30p Flex &amp; Flow 12p-1:30p Writers Roundtable Presentation 1:30p-3p Creative Visibility 3p-4p Bingo</p>	<p><u>04</u> 10a-11:30a Love Yourself w/ Phyllis 11:30a-1p Zumba Harlem 1:30p-3:30p Fashion Art</p>	<p><u>05</u> 1p-2:30p Women's Group 12p-2p Sew What w/ Tim 2:30p-3:30p Crocheting &amp; Knitting w/ Ashley 3:30p-5p Karaoke</p>	<p><u>06</u> 1:30p-2:30p Self Defense 2p-4p Cheeky Charity Presentation 2p-4p Men's Group 2p-4p Lesbian Identified Woman's Group</p>	<p></p>		
	<p><u>09</u> 10a-11:30a Love Yourself w/ Phyllis 11:30a-1p Love Yourself w/ Phyllis 12:30p-1:30p Impact of Alzheimer's in the BLK Community Presentation 1:30p-2:30p Line Dancing 3p-5p Movie Mondays: <i>Becoming Michelle Obama (2020)</i></p>	<p><u>10</u> 11:30a-12:30p Flex &amp; Flow 12p-1:30p Writers Roundtable 1:30p-3p Creative Visibility 3p-4p Bingo 6p-8p MILOCC Game Night</p>	<p><u>11</u> 10a-11:30a Love Yourself w/ Phyllis 11:30a-1p Zumba Harlem 12:30p-1:30p Blood Pressure Screening 1:30p-3:30p Fashion Art 1p-4p Queer Legacies Project 3p-5p FOOD PANTRY</p>	<p><b>Closed For Staff Development</b></p>			<p><u>13</u> 12:30p-1:30p The Hepatitis C Mentor &amp; Support Group Presentation 2p-4p Men's Group 2p-4p Lesbian Identified Woman's Group</p>	<p><u>14</u> 1:30P-7:30P ADODI</p>
	<p><u>16</u> 10a-11:30a Love Yourself w/ Phyllis 11:30a-1p Love Yourself w/ Phyllis 1:30p-2:30p Line Dancing 3p-5p Movie Mondays: <i>The First Wives Club (1996)</i></p>	<p><u>17</u> 11:30a-12:30p Flex &amp; Flow 12p-1:30p Writers Roundtable 12:30p-1:30p Better Bone Health Presentation 1:30p-3p Creative Visibility 3p-4p Bingo</p>	<p><u>18</u> 10a-11:30a Love Yourself w/ Phyllis 11:30a-1p Zumba Harlem 12p-1p Brain Health Presentation 1p-4p Queer Legacies Project 1:30p-3:30p Fashion Art</p>	<p><u>19</u> 1p-2:30p Women's Group 12p-2p Sew What w/ Tim 12:45p-1:45p Weill Cornell Presentation 2:30p-3:30p Crocheting &amp; Knitting w/ Ashley 3:30p-5p Karaoke (<i>Divas of the 80's</i>)</p>	<p><u>20</u> 12:30p-1:30p Piano Sounds 2p-4p Men's Group 2p-4p Lesbian Identified Woman's Group</p>			
	<p><u>23</u> 10a-2p Walmart Trip 10a-11:30a Love Yourself w/ Phyllis 11:30a-1p Love Yourself with Phyllis 1:30p-2:30p Line Dancing 3p-5p Movie Mondays: <i>Shirley (2024)</i></p>	<p><u>24</u> 11:30a-12:30p Flex &amp; Flow 12p-1:30p Writer's Roundtable 1:30p-3p Creative Visibility 3p-4p Bingo</p>	<p><u>25</u> 10a-11:30a Love Yourself w/ Phyllis 11:30a-1p Zumba Harlem 12:30p-1:30p Blood Pressure Screening 1p-4p Queer Legacies Project 3p-5p PANTRY PARTY</p>	<p><u>26</u> 1p-2:30p Women's Group 1p-2p Digest This W/ Mia 12p-2p Sew What w/ Tim 2:30p-3:30p Crocheting &amp; Knitting w/ Ashley 3:30p-5p Karaoke</p>	<p><u>27</u> 2p-4p Men's Group 2p-4p Lesbian Identified Woman's Group</p>			
<p><u>30</u> 10a-11:30a Love Yourself w/ Phyllis 11:30a-1p Love Yourself with Phyllis 1:30p-2:30p Line Dancing 3p-5p Movie Mondays: <i>Fannie Lou Hamer's America (2022)</i></p>	<p><u>31</u> 10:30a-12p TDOV Brunch 11:30a-12:30p Flex &amp; Flow 12p-1:30p Writer's Roundtable 1:30p-3p Creative Visibility 3p-4p Bingo</p>							



# CENTER HARLEM

"Light Isn't Heavy, Carry Light"

## Care Management

Care Managers are available by appointment, Monday through Friday. Please call 212-741-3590 to schedule.

Our services include:

- 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



220 West 143<sup>rd</sup> Street  
New York, NY 10030  
(on 142<sup>nd</sup> St btwn 7<sup>th</sup> & 8<sup>th</sup> Ave)  
646-660-8951; [sageserves.org](http://sageserves.org)

# MARCH 2026

**DAILY MEALS**  
MONDAY - FRIDAY  
12:30PM-1:30PM

Mon	Tue	Wed	Thu	Fri
2 Sesame Chicken Curry Tofu	3 Dominican Root Stew	4 Roast Pork Red Bean Chili	5 Chicken Breast Eggplant Parm	6 Baked Fish Baked Ziti
9 Mushroom Chicken Crispy Tofu	10 Eggplant Parm	11 Beef Meatloaf Jamaican Stew	12 Chicken Veggie Lasagna	13 Baked Salmon Chickpea Salad
16 Chicken Cutlet Baked Ziti	17 Veggie Bean Chili	18 Cheeseburger Veggie burger	19 Baked Chicken Lentil Chili	20 Baked Fish BBQ Jackfruit
23 Chicken Fajitas Broccoli Quiche	24 Eggplant Parm	25 Pork Chops Veggie Stew	26 Chicken Parm Eggplant Parm	27 Curried Fish Stuffed Peppers
30 Chicken Cutlet Eggplant Cutlet	31 Brown Rice and Pigeon Peas			

**PANTRY DAY**  
MARCH 11<sup>TH</sup> & MARCH 25<sup>TH</sup>  
3PM-5PM

**GRAB & GO**  
TUESDAYS & FRIDAYS  
1:30PM-2:30PM



\*SAGE is funded in part by the New York City Department for the Aging\*

## SPECIAL EVENTS

- Sew What w/Tim Kokott March 5<sup>th</sup> 19<sup>th</sup> 26<sup>th</sup> 12:00pm-2:00pm
- Cheeky Charity Presentation Friday March 6<sup>th</sup> 2:00pm-4:00pm
- Impact of Alzheimer's in the BLK Community Monday March 9<sup>th</sup> 12:30pm-1:30pm
- Masculine Identified Lesbians of Color Collective Game Night Tuesday March 10<sup>th</sup> 6pm-8pm
- Queer Legacies Project Wednesday March 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> 1:00pm-4:00pm
- The Hepatitis C Mentor & Support Group Presentation Friday March 13<sup>th</sup> 12:30pm-1:30pm
- Better Bone Health Presentation March 17<sup>th</sup> 12:30pm-1:30pm
- Brain Health Presentation Wednesday March 18<sup>th</sup> 12:00pm-1:00pm
- Weill Cornell Presentation Thursday March 19<sup>th</sup> 12:45pm-1:45pm
- Piano Sounds w/Tracy Chang Friday March 20<sup>th</sup>, 12:30pm-1:30pm
- Walmart Trip Monday March 23<sup>rd</sup> 10:00am-2pm
- Transgender Day of Visibility Brunch Tuesday March 31<sup>st</sup> 10:30am-12:00pm

## PROGRAM HIGHLIGHTS

- Monday Movie Night, Mondays 3pm-5pm
- Karaoke Thursdays, Thursdays 3pm-5pm
- Crochet & Knitting with Ashley Thursdays 2:30pm-3:30p
- Self-Defense with Cookie Friday, February 13<sup>th</sup> 1:30pm-2:30pm
- Food Pantry, Wednesdays March 11<sup>th</sup> & March 25<sup>th</sup> 3pm-5pm
- Blood Pressure Screening March 11<sup>th</sup> & March 25<sup>th</sup> 12:30pm-1:30pm
- Digest This w/Mia Thursday March 26<sup>th</sup> 1pm-2pm (Cooking Demo)
- Events Desk (Theatre/Event Tickets) RSVP w/ Tay  
[Theyward@sageusa.org](mailto:Theyward@sageusa.org)

## Monday Night Movies

- **The Woman King (2022)**: A sweeping historical action-drama following the Agojie, an all-female warrior unit defending the Kingdom of Dahomey with courage, strategy, and unbreakable sisterhood.
- **Becoming Michelle Obama (2020)**: A warm, intimate documentary that follows Michelle Obama on her book tour, reflecting on identity, service, and the power of personal storytelling.
- **The First Wives Club (1996)**: A sharp, comedic revenge romp where three divorced women reclaim their power, rediscover their friendship, and serve justice with style.
- **Shirley (2024)**: A political biographical drama capturing Shirley Chisholm's groundbreaking 1972 presidential run and the bold, uncompromising leadership that reshaped American politics.
- **Fannie Lou Hamer's America (2022)**: A powerful documentary portrait of civil rights icon Fannie Lou Hamer, told through her own words, activism, and unwavering fight for voting rights.

