

## SAGE Centers Virtual and Telephone-based Programs Week of Monday, May 25, 2020 – Sunday, May 31, 2020

**Please note:** SAGE programming is for registered DFTA participants aged 60 or above, living in New York City. If you are over 60 years old and not a registered participant at a SAGE senior center, please contact us at [info@sageusa.org](mailto:info@sageusa.org) for a registration form. If you are a SAGE Center member, please sign-up for a program by [clicking here](#).

**Monday, May 25, 2020** – No classes

**Tuesday, May 26, 2020** – Sign-up for programs online [here](#). \*Registration required

10:30-11:30am	Online Open Wellness	SAGE-GRIOT
10am-11am	Coffee Talk	SAGE Center Bronx
12:30-1:30pm	Feldenkrais w/ Frederick	Edie Windsor SAGE Center
12-1pm	Daily Chat	SAGE-GRIOT
12pm-1pm	Moving with Fran Exercise Program	SAGE Center Bronx
2-2:45pm	Navigating the New Healthcare Normal	Edie Windsor SAGE Center
2-3:30pm	Meditative Art	SAGE Center Harlem
2-3pm	Spanish Class	SAGE-GRIOT
3:30 – 4:30	CUMBE Afro Haitian Music Party	SAGE - GRIOT
3:30-4:30	Modern Art History	Edie Windsor SAGE Center
3-4:30pm	Creative Writing w/ Lujira	Edie Windsor SAGE Center
4-5pm	Gentle Yoga w/ Richard	Edie Windsor SAGE Center
4-5pm	Chit Chat Check In	SAGE Center Harlem
5:30-7:30pm	*Tech Support w/ Evelyn	Edie Windsor SAGE Center
5-6pm	Theological Reflection	SAGE Center Harlem
5-6pm	Noteworthy Music Organization Concert	SAGE Center Harlem
6-7:30pm	Tuesday Women's Discussion Group	Edie Windsor SAGE Center



Advocacy &  
Services for  
LGBT Elders

**We refuse to be invisible®**

**SAGE Centers Virtual and Telephone-based Programs  
Week of Monday, May 25, 2020 – Sunday, May 31, 2020**

**Wednesday, May 27, 2020** - Sign-up for programs online [here](#). \*Registration required

10:30-11:30am	Cooking with Amelia – Simple Latin Recipes	SAGE-GRIOT
10-11am	Nutrition I - Stroke	SAGE Pride Center of SI
11:30am-1pm	Mixed Media Group	Edie Windsor SAGE Center
11am-12pm	Nutrition II - Healthy Diet for Older Adults	SAGE Pride Center of SI
12-1pm	Creative Community Movement w/ Susan	Edie Windsor SAGE Center
12-1pm	Daily Chat (full)	SAGE-GRIOT
12-1pm	Movement through Music	SAGE Pride Center of SI
1-2pm	Financial Presentation	SAGE Pride Center of SI
1-5pm	*Financial Coaching w/ Bill	Edie Windsor SAGE Center
1:30-3pm	Yoga & Meditation w/Yitzy	Edie Windsor SAGE Center
2-3:30pm	Meditative Art	SAGE Center Harlem
2-3pm	Men's Sexual Health	SAGE-GRIOT
3:30-4:30pm	Online Trans Social	SAGE-GRIOT
3-4:30pm	Music & Memories	Edie Windsor SAGE Center
3-5pm	*New York Writer's Coalition Workshop (full)	Edie Windsor SAGE Center
3pm-5pm	Vamos Hablar- Spanish Speaking only	SAGE Center Bronx
6:15-7:45pm	Men's Discussion (full)	Edie Windsor SAGE Center
7:30-8:30pm	Culture Hour w/ Scott: Max Shulman	Edie Windsor SAGE Center

**SAGE Centers Virtual and Telephone-based Programs  
Week of Monday, May 25, 2020 – Sunday, May 31, 2020**

**Thursday, May 28, 2020** - Sign-up for programs online [here](#). \*Registration required

10:30-11:30am	Online Arthritis Movement	SAGE-GRIOT
11-11:45am	Dance Party with Nicole	Edie Windsor SAGE Center
12-1pm	Gyrokinesis w/ Natalie	Edie Windsor SAGE Center
12-1pm	Daily Chat (full)	SAGE-GRIOT
12-1pm	LGBT Discussion Group	SAGE Center Bronx
1-2pm	Women's Group	SAGE Center Harlem
1:30-2:30pm	Whitney Art Class w/ Jano: Mexican Muralists and Their Influence on American Art	Edie Windsor SAGE Center
1:30-2:30pm	Life Story Workshop w/ Vida Story Club	Edie Windsor SAGE Center
1:30-2:30pm	75+ Mixed Gender Group	Edie Windsor SAGE Center
2-3pm	Reminiscence Group	SAGE Center Harlem
2-4pm	Spanish 101	SAGE Center Bronx
3-4pm	Women's Group Chat	SAGE-GRIOT
3:30-5pm	*Women's Dialogue (full)	Edie Windsor SAGE Center
5:30-6:30pm	Concert w/ Christian	Edie Windsor SAGE Center

**Friday, May 29, 2020** - Sign-up for programs online [here](#). \*Registration required

11:30am-12:30pm	Medicare Minutes	SAGE-GRIOT
11:30am-1pm	Drawing Group	Edie Windsor SAGE Center
11am-1pm	Men's Group	SAGE Center Bronx
12pm-1pm	Lunchtime with Chef Wilson	SAGE Center Bronx
1-2pm	*Spanish 101 (full)	Edie Windsor SAGE Center
1-2pm	Book Club	SAGE Pride Center of SI
1:30-2:30pm	Meditative Chair Fitness	SAGE Center Harlem

**We refuse to be invisible®**

**SAGE Centers Virtual and Telephone-based Programs  
Week of Monday, May 25, 2020 – Sunday, May 31, 2020**

2-3pm	Afro Brazilian Dance w/ Maria	Edie Windsor SAGE Center
2-3pm	CUMBE Online African Lecture	SAGE-GRIOT
3-4:30pm	Brush Up Your Shakespeare	Edie Windsor SAGE Center
3-4pm	*Spanish 301 (full)	Edie Windsor SAGE Center
3-4pm	Positive Thinking	SAGE Center Harlem
3:15-4:15pm	Feldenkrais w/ Frederick	Edie Windsor SAGE Center
4:30-6pm	Meditation w/ Madhu	Edie Windsor SAGE Center
4-5pm	Men's Group	SAGE Center Harlem
4pm-6pm	Latino Gay Men's Group (Spanish Speaking Only)	SAGE Center Bronx
6-7pm	Cercle Francophone	Edie Windsor SAGE Center
6-7pm	Transgender Community Group	SAGE Center Harlem

**Saturday, May 30, 2020** - Sign-up for programs online [here](#). \*Registration required

12-1pm	LGBTQ+ TEDtalk and Discussion	SAGE Pride Center of SI
1-1:45pm	Questions in Philosophy- Creativity and Art	SAGE Pride Center of SI
1:45-2:30pm	Photographic Storytelling	SAGE Pride Center of SI

**Sunday, May 31, 2020** - Sign-up for programs online [here](#). \*Registration required

1-2:30pm	Healthy Mature Reflecting	Edie Windsor SAGE Center
----------	---------------------------	--------------------------

**If you are interested in attending a virtual or telephone-based program,  
please sign up at [sageusa.org/nycprogram-signup](https://sageusa.org/nycprogram-signup).**