



Advocacy &
Services for
LGBT Elders

We refuse to be invisible®

**SAGE Centers Virtual and Telephone-based Programs
Week of Tuesday, January 18, 2022 – Sunday, January 23, 2022**

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 for a registration form. If you are a SAGE Center member, please sign-up for a program by

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Tuesday, January 18, 2022 – Sign-up for programs online by

*Registration required

10-11am	Coffee Talk: A Morning Chat Group	SAGE Center Bronx
10:30am – 12:30pm	In- Person Coffee Talk	SAGE-GRIOT
11am-12pm	SAGE Joins ‘OUT @ DOROT’ (full)	Edie Windsor SAGE Center & DOROT
11:30a-12:30p	Flex and Flow with Tina Redwood (online and in-person)	SAGE Center Harlem
12-1pm	The Story of Us-A Memoir Class	SAGE Center Harlem
12:30-1:30pm	Feldenkrais w/ Frederick	Edie Windsor SAGE Center
1-2pm	Just Say Yes to Nutrition	SAGE-GRIOT
2-3pm	Ella’s Cooking Corner	SAGE Center Harlem
2-3pm	Spanish Intermediate	SAGE-GRIOT
3pm-4pm	The Rainbow Connection	SAGE Pride Center of SI
3pm-4pm	"Career Coaching Workshop: Accelerate Your Career in the New Year"	SAGE NYC Special Program
3-4:30pm	Creative Writing w/ Lujira	Edie Windsor SAGE Center
4-5pm	Gentle Yoga w/ Yukari	Edie Windsor SAGE Center
4pm-6pm	Intergenerational LGBTQ+ Watch Party	SAGE Pride Center of SI
4-5pm	Trending Tuesdays	SAGE Center Harlem
4-5:30pm	Stonewall House Tenants Social Club	SAGE Center Stonewall

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6-7:30pm	Tuesday Women’s Discussion Group	Edie Windsor SAGE Center
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Wednesday, January 19, 2022 - Sign-up for programs online by

*Registration required

10-11am	Golden Rainbow	SAGE Pride Center of SI
10-10:45am	Wednesday Morning Meditation with Rafaela	SAGE Center Harlem
10:30-11:30am	Caribbean Movement w/ Kendra	SAGE-GRIOT
11a-12:30pm	Cooking Live with DFTA: Curried Red Lentil Soup	SAGE Center Harlem
11:00am – 1:00pm	In-Person Woodcarving	SAGE-GRIOT
11:30am-1pm	Mixed Media Group	Edie Windsor SAGE Center
11am-11:45am	Intersex Conditions: Jacob’s Syndrome	SAGE Pride Center of SI
11:45am-12:30pm	LGBTQ+ Trivia Games	SAGE Pride Center of SI
12-1pm	Wednesday Shorts: ‘Harlem Episodes 5 & 6 (2021) ‘	SAGE Center Harlem
12:30pm-1:15pm	Tai Chi with Connie	SAGE Pride Center of SI
12:30-1:15pm	Jazzercise- a fusion of exercise	SAGE Center Bronx
1:15pm-2pm	Guided Meditation for Total Relaxation	SAGE Pride Center of SI
1:30 – 2:30pm	Spanish 101	SAGE-GRIOT
1:30-3:00 pm	Sewing 101	SAGE-Bronx
2-3:30pm	In-Person Men’s Sexual Health	SAGE-GRIOT
2-3:30pm	Meditative Art	SAGE Center Harlem
2-3:00PM	Tai Chi Exercise Class With Jana	SAGE Center Stonewall
2-4pm	Open Art Studio	SAGE Center Bronx



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3-5pm	*New York Writer's Coalition Workshop (full)	Edie Windsor SAGE Center
4-5pm	Black Lives Matter Advocacy Group	SAGE Center Stonewall
4-6pm	Black Cinema Wednesday Celebrates Martin Luther King, Jr: <i>MLK/FBI (2021)</i>	SAGE Center Harlem
5-6pm	Theological Reflection	SAGE Center Harlem
5-6pm	POC Trans Social	SAGE-GRIOT
6-8pm	Dinner and a Movie: Funny World of Lucy, The Early Years- The Rise of her Career up to "I Love Lucy" (1993)	SAGE Center Bronx

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Thursday, January 20, 2022 - Sign-up for programs online by

*Registration required

10:30-12:00	Art from the Heart	SAGE Center Bronx
11:30-12:30	Just Say Yes Fruits/Veggie	SAGE CENTER Bronx
11-12:30pm	Fuse Jewelry Making	SAGE-GRIOT
12-1pm	Gyrokinesis w/ Natalie	Edie Windsor SAGE Center
12-1pm	LGBT Discussion Group (Full)	SAGE Center Bronx
1-2pm	Dancing with Derrick (exercise and dance class)	SAGE Center Bronx
1-2pm	Women's Group* (online and in-person)	SAGE Center Harlem
1-2:30pm	Pen to Power: Playwriting Group	SAGE Center Stonewall
1:30-3:30pm	Ageless SAGERS in Conversation	Edie Windsor SAGE Center
1:30pm – 2:3pm	READY.SET.BANK!: Everything you need to know about online banking.	NYC SAGE Centers Special Program
1:30-2:30	Martin Luther King open Mic	SAGE Center Bronx



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2:30-3:30pm	GET LIT Harlem: A Reading Group* (online and in-person)	SAGE Center Harlem
2:30-3:30	Color & Chat	SAGE Center Bronx
3:00-4:00PM	MLK Celebration/ discussion * (Online and in person)	SAGE Center Brooklyn
3-4pm	Women’s Group -Mind, Body & Soul Discussion	SAGE-GRIOT
3:30-5pm	Women’s Dialogue (full)	Edie Windsor SAGE Center
4-5pm	LGBTQ+ Grief, Loss and Bereavement Support Group	SAGE-GRIOT
4-5pm	Women’s Political Wisdom	Edie Windsor SAGE Center
4:30- 6:00	Soul of Song: <i>Muscle Shoals (2013)</i>	SAGE Center Harlem
4:30 – 6:30pm	Friday Movie “The Harder They Fall”	SAGE-GRIOT
5-6:30pm	Intergenerational Social Writing Party w/ The Generations Project	Edie Windsor SAGE Center
5-6pm	Intergenerational Foodie Watch Party	SAGE Pride Center of SI
6:15-7:45pm	Men's Discussion	Edie Windsor SAGE Center
6pm-7pm	Transgender Community Social with Tanya	SAGE Center Stonewall
7pm-8pm	Resilience Building & Self Care for Transgender Community	SAGE Center Stonewall

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Friday, January 21, 2022 - Sign-up for programs online by

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10:45-11:45	Men’s group	SAGE Center Bronx
11am-12:30pm	Music & Memories w/ Yael	Edie Windsor SAGE Center

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11:30am – 1:00pm	Meditative Art	SAGE-GRIOT
11:30am-1pm	Drawing Group	Edie Windsor SAGE Center
11:30am-1:30pm	Brunch Movie Watch Celebrates Sidney Poitier: <i>Guess Who's Coming to Dinner (1967)</i>	SAGE Center Harlem
12pm-1pm	Keep it Moving with Fran	SAGE Center Bronx
12-1pm	Afro-Brazilian Dance w/ Maria	Edie Windsor SAGE Center
12-1:30pm	Lunchtime with Chef Wilson- Nutrition Cooking Class	SAGE Center Bronx and SAGE Center Stonewall
1-2:15pm	A Buddhist Perspective on Taking Care of Ourselves First	SA Celebrates GE Pride Center SI
1-2:30 pm	Jewelry Making	SAGE Center Bronx
1-2:30pm	Out Loud Art Programming	SAGE Center Stonewall
2-3pm	Concerts in Motion Jazz Motown	SAGE-GRIOT
2-3pm	SAGEVets	Edie Windsor SAGE Center
2-3pm	America's Burning: A discussion on inequality, oppression, and social injustice through the lens of the current BLM movement.	SAGE Center Bronx
2-4pm	Men's Group (online and in-person)	SAGE Center Harlem
2:15- 3pm	Friday Watch Party	SAGE Pride Center of SI
3-4pm	Current Themes in Latin American Art	Edie Windsor SAGE Center
3:15-4:15pm	Feldenkrais w/ Frederick	Edie Windsor SAGE Center
3-4pm	Women's History Group	SAGE Center Stonewall
3:30-4:30pm	Broadway Encore	Edie Windsor SAGE Center
4:30-6pm	Brush Up Your Shakespeare	Edie Windsor SAGE Center



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4:30 – 6:30pm	Friday Movie “Lilies in the Field” celebrating the life of Sidney Portier	SAGE-GRIOT
6:15-7:15pm	Cercle Francophone: Le Bourgeois gentilhomme - Acte II (sommaire III-IV)	Edie Windsor SAGE Center

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Saturday, January 22, 2022- Sign-up for programs online by
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10:30-11:15am	Introduction to Pilates w/ Frederick	Edie Windsor SAGE Center
12-1:30pm	SAGE Cinema: Lingua Franca	SAGE Pride Center of SI
9-10:15pm	Gentle Yoga for Terrible Times (Eventbrite)	SAGE Center Harlem

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Sunday, January 23, 2022 - Sign-up for programs online by
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11am-12:30pm	Healthy Mature Reflecting	Edie Windsor SAGE Center
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If you are interested in attending these programs, please sign up by

[clicking here](#)