

**SAGE Centers Virtual and Telephone-based Programs  
Week of Monday, August 8, 2022 – Sunday, August 14, 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](mailto: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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**Monday, August 8, 2022** – Sign-up for programs online by

\*Registration required

11am-2pm	Benefits w/ Rain	Edie Windsor SAGE Center
12-1pm	Just Dance!	SAGE Center Harlem
1-2pm	Tai Chi w/ Jana	Edie Windsor SAGE Center
1 - 2pm	Tea-Time Concerts in Jazz	GRIOT Circle
1 - 2pm	Get Lit! (virtual book club)	SAGE Center Harlem
2-3pm	Let's Gab	Edie Windsor SAGE Center
2-3:30pm	Meditative Art (hybrid)	SAGE Center Harlem
2-3pm	Book Club (full)	GRIOT Circle
2-3pm	Mind, Body, and Soul (Full)	SAGE Center Bronx
2-4pm	Monday Movie Matinee: Little Women: The Musical (2022)	SAGE Center Bronx
3-4pm	L Group (Full)	SAGE Center Bronx
3:15-4:15pm	*Spanish 201 (full)	Edie Windsor SAGE Center
3:30-5pm	Invisible Disabilities	Edie Windsor SAGE Center
4:30 - 6pm	Virtual Parlor Games	GRIOT Circle
5-6:30pm	HIV Long-Term Survivor Group (full)	Edie Windsor SAGE Center
6:15-7:15 pm	Meditative Movement in Spanish	SAGE Center Bronx
6:15-7:45pm	*Caregiving Support Group (full)	SAGE Care Management
6:30-8pm	*Trans Women's Group	Edie Windsor SAGE Center
8:45-9:45pm	Meditation w/ Madhu	Edie Windsor SAGE Center



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**Tuesday, August 9, 2022** – Sign-up for programs online by

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10-11am	Coffee Talk: A Morning Chat Group	SAGE Center Bronx
11am – 12:30p	Coffee Talk	GRIOT Circle
11:30a-12:30p	Flex and Flow with Tina Redwood (hybrid)	SAGE Center Harlem
12-1pm	Writer’s Round Table	SAGE Center Harlem
12:30-1:30pm	Feldenkrais w/Frederick	Edie Windsor SAGE Center
12:30 – 1:30pm	Tuesday Theatre “First Lady” Series	GRIOT Circle
2-3pm	Lighthouse Museum Outing	SAGE Pride Center of SI
2-3pm	Ella’s Cooking Corner	SAGE Center Harlem
2-3pm	Spanish Intermediate	GRIOT Circle
3-4:30pm	Creative Writing w/ Lujira	Edie Windsor SAGE Center
4-5pm	Gentle Yoga w/ Yukari	Edie Windsor SAGE Center
4-5pm	Trending Tuesdays	SAGE Center Harlem
4-5:30pm	Stonewall House Tenants Social Club	SAGE Center Stonewall
6-9pm	Out of the Box Movie Series: Cooked (2019)	SAGE Center Bronx
6-7:30pm	Tuesday Women’s Discussion Group	Edie Windsor SAGE Center
6:30-7:30pm	Dance Exercise w/Simone	Edie Windsor SAGE Center



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Wednesday, August 10, 2022 - Sign-up for programs online by

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10-10:45am	Golden Rainbow	SAGE Pride Center of SI
10-10:45am	Wednesday Morning Meditation with Rafaela	SAGE Center Harlem
10:00-11:30am	Nutritional Nuggets w/ Quinn	SAGE Harlem
10:30-11:30am	Caribbean Movement w/ Kendra	GRIOT Circle
11:00 – 1:00pm	In-Person Art in the Park	GRIOT Circle
11:30am-1pm	Virtual Art Crit	Edie Windsor SAGE Center
11am-11:45am	Syfy vs. Reality: How Media Influences Scientific Progress	SAGE Pride Center of SI
11:45am-12:30pm	Table Topics Card Game	SAGE Pride Center of SI
12:00-12:45pm	SAGEPositive Virtual Lunch & Learn	Edie Windsor SAGE Center
12:30-1:15pm	Jazzercise- a fusion of exercise	SAGE Center Bronx
1:15-2:15pm	Air Dry Pottery	SAGE Pride Center of SI
1:30-3pm	Yoga & Meditation w/Yitzy	Edie Windsor SAGE Center
1:30 – 2:30pm	Spanish 101	GRIOT Circle
2-3:30pm	Virtual Men’s Sexual Health	GRIOT Circle
2-3:30pm	Meditative Art with Rafaela	SAGE Center Harlem
2-3:00PM	Tai Chi Exercise Class with Jana	SAGE Center Stonewall
3-5pm	*New York Writer's Coalition Workshop (full)	Edie Windsor SAGE Center
4-5pm	Black Lives Matter Advocacy Group	SAGE Center Stonewall
4:45-5:45pm	Women’s Monthly Rap Group	Edie Windsor SAGE Center
5-6pm	Theological Reflection	SAGE Center Harlem

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6-7:30pm	Wednesday HIV Group (full)	Edie Windsor SAGE Center
6-8pm	Dinner and a Movie: Mrs. Harris goes to Paris (2022)	SAGE Center Bronx

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**Thursday, August 11, 2022** - Sign-up for programs online by

\*Registration required

11-1pm	In-Person Woodcarving (full)	GRIOT Circle
12-1pm	LGBT Intergenerational Discussion Group (Hybrid)	SAGE Center Bronx
1-2pm	Dancing with Derrick (exercise and dance class)	SAGE Center Bronx
1-2pm	Women’s Support Group (hybrid)	SAGE Center Harlem
1-2:30pm	Pen to Power: Playwriting Group	SAGE Center Stonewall
1:30-3:30pm	In-Person Pride June Birthday Celebration	GRIOT Circle
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	GRIOT Circle
3:30-5pm	Women’s Dialogue (full)	Edie Windsor SAGE Center
4-6pm	Intergenerational Cooking Class	SAGE Pride Center of SI
4-5pm	*LGBTQ+ Grief and Loss Group (full)	Edie Windsor SAGE Center
4-5pm	LGBTQ+ Grief, Loss and Bereavement Support Group (full)	GRIOT Circle
4-6pm	Soul of Song: Buena Vista Social Club (1999)	SAGE Center Harlem



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5-6pm	LGBTQ+ Virtual Trivia Night	Edie Windsor SAGE Center
6:15-7:45pm	Men's Discussion	Edie Windsor SAGE Center
6-8pm	Out of the Box Movie Series: Molly's Game (2017)	SAGE Center Bronx
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, August 12, 2022** - Sign-up for programs online by

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10:45-11:30	Men's group	SAGE Center Bronx
11:00am – 12:00pm	Casual Friday	SAGE Center Harlem
11:30am-1pm	Drawing Group	Edie Windsor SAGE Center
11:30am – 1pm	Meditative Art	GRIOT Circle
12-1:30pm	Lunchtime with Chef Wilson- Nutrition Cooking Class	SAGE Center Bronx and SAGE Center Stonewall
1-2pm	Afro-Brazilian Dance	Edie Windsor SAGE Center
1-2pm	Spanish 101 (full)	Edie Windsor SAGE Center
1-2:30pm	Out Loud Art Programming	SAGE Center Stonewall
2-3pm	Concerts in Motion Jazz Motown	GRIOT Circle
2-3pm	SAGEVets	Edie Windsor SAGE Center
2-3pm	America's Burning: A discussion on inequality, oppression, and social injustice	SAGE Center Bronx



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	through the lens of the current BLM movement.	
2:15-3:15pm	Gyrokinesis	Edie Windsor SAGE Center
2-4pm	Men’s Group (online and in-person)	SAGE Center Harlem
3-4pm	Spanish 301 (full)	Edie Windsor SAGE Center
3:15-4:15pm	Feldenkrais w/Frederick	Edie Windsor SAGE Center
3-4pm	Women’s History Group	SAGE Center Stonewall
4:30-5:45pm	TGP Pride Virtual Writing Party	GRIOT Circle
4:30-6pm	Brush Up Your Shakespeare	Edie Windsor SAGE Center
5-7pm	Diner’s Club: Sofia’s Taqueria	SAGE Pride Center of SI
6:15-7:15pm	Cercle Francophone: QDL : Simone Veil : la dépenalisation de l’IVG	Edie Windsor SAGE Center

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**Saturday, August 13, 2022-** Sign-up for programs online by

\*Registration required

10:30-11:15am	Introduction to Pilates w/Frederick	Edie Windsor SAGE Center
12:00pm-3pm	Saturday Stride Series: Museum of Sex	SAGE Pride Center of SI
2-4pm	Saturday Afternoon Classics: Suspicion (1941)	SAGE Center Bronx



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**Sunday, August 14, 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**

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