



Advocacy &
Services for
LGBT Elders

We refuse to be invisible®

**SAGE Centers Virtual and Telephone-based Programs
Week of Monday, September 19, 2022 – Sunday, September 25, 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*

[clicking here](#)

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Monday, September 19, 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	Get Lit! (Virtual book club)	SAGE Center Harlem
2-3pm	Let's Gab	Edie Windsor SAGE Center
2-3:30pm	Meditative Art-virtual only	SAGE Center Harlem
2-4pm	Monday Movie Matinee: El Cantante (2006)	SAGE Center Bronx
2-3pm	Mind, Body, and Soul (Full)	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
8:15-7:15 pm	Meditative Movement in Spanish	SAGE Center Bronx
5-6:30pm	HIV Long-Term Survivor Group (full)	Edie Windsor SAGE Center
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, September 20, 2022 – Sign-up for programs online by

*Registration required

10-11am	Coffee Talk: A Morning Chat Group	SAGE Center Bronx
11:30a-12:30p	Flex and Flow with Tina Redwood-virtual only	SAGE Center Harlem
12-1pm	Writer’s Round Table	SAGE Center Harlem
1-2:30pm	Self-Care with and Wellness with Paulette	SAGE Center Harlem
12:30-1:30pm	Feldenkrais w/Frederick	Edie Windsor SAGE Center
2-3pm	Ella’s Cooking Corner	SAGE Center Harlem
2:30-4pm	AMC Outing: The Woman King	SAGE Pride Center of SI
3-4:30pm	Creative Writing w/ Lujira	Edie Windsor SAGE Center
4-5pm	Trending Tuesdays	SAGE Center Harlem
4-5pm	Gentle Yoga	Edie Windsor SAGE Center
4-5:30pm	Stonewall House Tenants Social Club	SAGE Center Stonewall
6-8:30pm	Out of the Bronx Movie Series: Maria Full of Grace (2004)	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, September 21, 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
11:30am-1pm	Virtual Art Crit	Edie Windsor SAGE Center
11am-11:45am	Tai Chi with Connie	SAGE Pride Center of SI
11:45am-12:30pm	Health Discussion: Air Quality	SAGE Pride Center of SI
12:30-1:15pm	Jazzercise- a fusion of exercise	SAGE Center Bronx
1:30-3pm	Yoga & Meditation w/Yitzy	Edie Windsor SAGE Center
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
5-6pm	Theological Reflection	SAGE Center Harlem
6-7:30pm	Wednesday HIV Group (full)	Edie Windsor SAGE Center
6-8pm	Dinner and a Movie: Breaking (2022)	SAGE Center Bronx

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Thursday, September 22, 2022 - Sign-up for programs online by

*Registration required

11a-12:30p	Jewelry Creations with Paulette	SAGE Center Harlem
12-1pm	LGBT Intergenerational Discussion Group (Hybrid)	SAGE Center Bronx



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1-2pm	Dancing with Derrick (exercise and dance class)	SAGE Center Bronx
1-2pm	Women’s Support Group	SAGE Center Harlem
1-2:30pm	Pen to Power: Playwriting Group	SAGE Center Stonewall
2:30-3:30	Color & Chat	SAGE Center Bronx
3:00-4:00PM	MLK Celebration/ discussion* (Online and in person)	SAGE Center Brooklyn
3:30-5pm	*Women’s Dialogue (full)	Edie Windsor SAGE Center
4-6pm	Intergenerational Cooking Class	SAGE Pride Center of SI
4-6pm	Soul of Song: A New Generation	SAGE Center Harlem
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, September 23, 2022 - Sign-up for programs online by

*Registration required

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
12-1:30pm	Lunchtime with Chef Wilson- Nutrition Cooking Class	SAGE Center Bronx and SAGE Center Stonewall
12-1:30pm	Music & Memories w/ Yael	Edie Windsor SAGE Center
1-2pm	Afro-Brazilian Dance	Edie Windsor SAGE Center

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1-2pm	Spanish 101 (full)	Edie Windsor SAGE Center
1-2:30pm	Out Loud Art Programming	SAGE Center Stonewall
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
2:15-3:15pm	Gyrokinesis	Edie Windsor SAGE Center
2-4pm	Men’s Group-virtual only	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
4:30-6pm	Brush Up Your Shakespeare	Edie Windsor SAGE Center
5-7pm	Diner’s Club: Denino’s Pizzeria	SAGE Pride Center of SI
6:15-7:15pm	Cercle Francophone: QDL : Médée —sur les planches, sur les murs, sur l’écran	Edie Windsor SAGE Center

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Saturday, September 24, 2022- Sign-up for programs online by

*Registration required

10:30-11:15am	Introduction to Pilates w/Frederick	Edie Windsor SAGE Center
11-1pm	Saturday Stride Series: Everything Goes Book Café	SAGE Pride Center of SI



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2:00pm-4:30pm	Saturday Afternoon Classics: <i>Young Man with a Horn (1950)</i>	SAGE Center Harlem
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Sunday, September 25, 2022 - Sign-up for programs online by [clicking here](#)
*Registration required

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](#)