



Advocacy & Services for LGBT Elders

We refuse to be invisible®

SAGE Centers Virtual and Telephone-based Programs Week of Monday, January 23, 2023 – Sunday, January 29, 2023

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, January 23, 2023 – Sign-up for programs online by

*Registration required

11am-2pm	Benefits w/ Rain	Edie Windsor SAGE Center
1:00pm – 2:00pm	Get Lit! Book Club	SAGE Center Harlem
1:00pm – 2:00pm	Tai Chi w/Jana	Edie Windsor SAGE Center
2-3pm	Let's Gab	Edie Windsor SAGE Center
2-3:30pm	Meditative Art-virtual only	SAGE Center Harlem
3-4pm	L Group (Full)	SAGE Center Bronx
3:15-4:15pm	*Spanish 201 (full)	Edie Windsor SAGE Center
3:30-5:00pm	Invisible Disabilities	Edie Windsor SAGE Center
6:15-7:15 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

[clicking here](#)

Tuesday, January 24, 2023 – 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-hybrid	SAGE Center Harlem
12:00pm-1:30pm	Writer's Round Table	SAGE Center Harlem



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12:30-1:30pm	Feldenkrais w/Frederick	Edie Windsor SAGE Center
2-3pm	Ella's Cooking Corner	SAGE Center Harlem
3-4:30pm	Creative Writing w/Lujira	Edie Windsor SAGE Center
4-5pm	Trending Tuesdays	SAGE Center Harlem
6-7:30pm	Tuesday Women's Discussion Group	Edie Windsor SAGE Center
6:30-7:30pm	Dance Exercise w/ Simone	Edie Windsor SAGE Center

[clicking here](#)

Wednesday, January 25, 2023 - Sign-up for programs online by

*Registration required

10-10:45am	Golden Rainbow	SAGE Pride Center of SI
11-12pm	Cooking Live with DFTA – Creamy Tomato	SAGE Center Bronx
11:30am-1pm	Virtual Art Crit	Edie Windsor SAGE Center
11am-11:45am	Nutrition I	SAGE Pride Center of SI
11:45am-12:30pm	Nutrition II	SAGE Pride Center of SI
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
6pm-8pm	Dinner and A Movie: Glass Onion: A Knives Out Mystery (2022)	SAGE Center Bronx



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[clicking here](#)

Thursday, January 26, 2023 - Sign-up for programs online by

*Registration required

12-1pm	Spiritual Reflection and Affirmation	SAGE Center Bronx
1-2pm	Women’s Support Group (Hybrid)	SAGE Center Harlem
3:30-5pm	*Women’s Dialogue (full)	Edie Windsor SAGE Center
4:30-5:30pm	Women’s Monthly Rap Group	Edie Windsor SAGE Center
4-6pm	Intergenerational Cooking Class	SAGE Pride Center of SI
6:15-7:45pm	Men's Discussion	Edie Windsor SAGE Center

[clicking here](#)

Friday, January 27, 2023 - Sign-up for programs online by

*Registration required

11:00am – 12:00pm	Casual Friday	SAGE Center Harlem
1-2pm	Afro-Brazilian Dance	Edie Windsor SAGE Center
1-2pm	*Spanish 101	Edie Windsor SAGE Center
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 - HYBRID	SAGE Center Harlem
3-4pm	*Spanish 301	Edie Windsor SAGE Center
3:15-4:15pm	Feldenkrais w/Frederick	Edie Windsor SAGE Center
3-4pm	Women’s History Group	SAGE Center Stonewall



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4:00-6:00pm	Brush Up Your Shakespeare (Hybrid)	Edie Windsor SAGE Center
4:30-6	Prize Bingo	SAGE Pride Center of SI
6:00-7:00pm	Cercle Francophone	Edie Windsor SAGE Center

[clicking here](#)

Saturday, January 28, 2023- Sign-up for programs online by
*Registration required

10:30-11:15am	Introduction to Pilates w/Frederick	Edie Windsor SAGE Center
12-3	Everything Goes Book Cafe	SAGE Pride Center of SI
5-8	Dungeons and Dragons*	SAGE Pride Center of SI

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Sunday, January 29, 2023 - Sign-up for programs online by
*Registration required

11am-12:30pm	Healthy Mature Reflection	Edie Windsor SAGE Center
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If you are interested in attending these programs, please sign up by

[clicking here](#)