

**SAGE Centers Virtual and Telephone-based Programs
Week of Monday, August 3, 2020 – Sunday, August 9, 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 for a registration form. If you are a SAGE Center member, please sign-up for a program by [clicking here](#).

Monday, August 3, 2020

10:15am-12:45pm	Opera Club	Edie Windsor SAGE Center
10:30-11:30am	Online Open Wellness: Learn Ways to Tap into Nature and Self	SAGE-GRIOT
11:30am-1pm	Art Discussion Group	Edie Windsor SAGE Center
12-1pm	Tai Chi w/Jana	Edie Windsor SAGE Center
12-1pm	Daily Chat (full)	SAGE-GRIOT
12 - 1pm	Senior Chair Yoga	SAGE-GRIOT
1:15-2pm	The Harlem Scoop	SAGE Center Harlem
2-3pm	Dance Exercise w/Simone	Edie Windsor SAGE Center
2-3pm	Meditative Art	SAGE Center Harlem
2-3pm	Book Club	SAGE-GRIOT
2-3pm	Mind, body and Soul	SAGE Center Bronx
2-5pm	Monday Movie Matinee: Hamilton	SAGE Center Bronx
2-3pm	Let's Gab	Edie Windsor SAGE Center
3-4pm	L Group	SAGE Center Bronx
3-5pm	Vamos Hablar - Spanish Speaking only	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	Meditation w/Madhu	Edie Windsor SAGE Center
5-6pm	Theological Reflection	SAGE Center Harlem
5-6:30pm	*HIV Long-Term Survivor Group	SAGE Care Management
6:30-8:30pm	Acting Class w/Michael	Edie Windsor SAGE Center
6:30-8pm	*Trans Women's Group	Edie Windsor SAGE Center
6:15-7:45pm	*Caregiving Support Group	SAGE Care Management

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Tuesday, August 4, 2020 – Sign-up for programs online [here](#). *Registration required

10-11am	Coffee Talk	SAGE Center Bronx
11-12pm	Coffee and Motivation Phone Chat	SAGE Center Harlem
12:30-1:30pm	Feldenkrais w/Frederick	Edie Windsor SAGE Center
12-1pm	Daily Chat (full)	SAGE-GRIOT
12-1pm	Just Say Yes – Nutritional & Culinary Workshop	SAGE-GRIOT
12-1pm	Moving with Fran Exercise Program	SAGE Center Bronx
2-3pm	Netflix’s Patriot Act and discussion	SAGE Center Bronx
2-3pm	Spanish Intermediate Class	SAGE-GRIOT
2-3pm	“I have something to say” Creative Writing	SAGE Center Harlem
3-4:30pm	Creative Writing w/Lujira	Edie Windsor SAGE Center
3:30-4:30pm	Modern Art History	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
6-7:30pm	Tuesday Women's Discussion Group	Edie Windsor SAGE Center

Wednesday, August 5, 2020 - Sign-up for programs online [here](#). *Registration required

11:30-1pm	Mixed Media Group	Edie Windsor SAGE Center
10-11:30am	Golden Rainbow	SAGE Pride Center of SI
11-12pm	Recycle Art	SAGE Center Bronx
11:30am-12:30pm	Ask the Pathologist	SAGE Pride Center of SI
12-1pm	Creative Community Exercise w/Susan	Edie Windsor SAGE Center

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12-1pm	Daily Chat (full)	SAGE-GRIOT
12-1pm	<i>Comer Sano, Estar Activo: Taller de Nutricion</i>	SAGE Center Bronx
1-2pm	Jazzercise- a fusion of exercise	SAGE Center Bronx
12:30pm-1:15pm	Apps for Empathy	SAGE Pride Center of SI
1:15pm-2pm	Make Music with LoopLabs!	SAGE Pride Center of SI
1:30-3pm	Yoga & Meditation w/Yitzy	Edie Windsor SAGE Center
1:30-2:30pm	Spanish 101 Class	SAGE-GRIOT
2-3-pm	GROWNYC workshop	SAGE Center Harlem
2-3:30pm	Meditative Art	SAGE Center Harlem
2-3pm	Men's Sexual Health	SAGE-GRIOT
2-4pm	Vamos Hablar - Spanish Speaking only	SAGE Center Bronx
3-5pm	*New York Writer's Coalition Workshop (full)	Edie Windsor SAGE Center
3:30-4:30pm	Online Trans Social	SAGE-GRIOT
4-5pm	What's the App?	SAGE Center Harlem
6-7pm	Discussion about internet equity	SAGE Center Harlem
6-7:30pm	Book Lover's Group (August: Orlando by Virginia Woolf) (September: State of Wonder by Ann Patchett)	Edie Windsor SAGE Center

Thursday, August 6, 2020 - Sign-up for programs online [here](#). *Registration required

10:30-11:30am	Online Arthritis Movement	SAGE-GRIOT
11am-12pm	Meditative Art	SAGE Center Bronx
12-1pm	Gyrokinesis w/Natalie	Edie Windsor SAGE Center



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12-1pm	LGBT Discussion Group	SAGE Center Bronx
1-2pm	Women’s Group	SAGE Center Harlem
1-2pm	Chair Exercise	SAGE Center Bronx
1:30-2:30pm	75+ Mixed Gender Group	Edie Windsor SAGE Center
2-3pm	Reminiscence Group	SAGE Center Harlem
2-3pm	Spanish 101 (Full)	SAGE Center Bronx
3-4pm	Spanish 102	SAGE Center Bronx
3-4pm	Women’s Group -Mind, Body & Soul Discussion	SAGE-GRIOT
3:30-5pm	*Women's Dialogue (full)	Edie Windsor SAGE Center
6-7pm	Virtual Series LGBTQ + People of Color Mental Health	SAGE Center Harlem
6:15-7:45pm	Men's Discussion	Edie Windsor SAGE Center

Friday, August 7, 2020 - Sign-up for programs online [here](#). *Registration required

11am-1pm	Men's Group	SAGE Center Bronx
11:30am-12:30pm	Meditation Draw Art	SAGE-GRIOT
11:30am-1pm	Drawing Group	Edie Windsor SAGE Center
12-1pm	Lunchtime with Chef Wilson Nutrition Class	SAGE Center Bronx
1-2pm	*Spanish 101 (full)	Edie Windsor SAGE Center
1-2pm	Vista Story Telling Workshop	SAGE-GRIOT
1-1:45pm	D4K: Nutrition	SAGE Pride Center of SI
1:30-3pm	Meditative Chair Fitness	SAGE Center Harlem
1:45-3:15pm	Grace and Frankie Watch Party	SAGE Pride Center of SI
2-3pm	America's Burning: A Black Lives Matter Series	SAGE Center Bronx



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2-3pm	Afro Brazilian Dance w/ Maria	Edie Windsor SAGE Center
3-4pm	*Spanish 301 (full)	Edie Windsor SAGE Center
3-5pm	Netflix Movie Watch Party “The Queen”	SAGE Center Harlem
3:15-4:15pm	Feldenkrais w/ Frederick	Edie Windsor SAGE Center
4:30-6pm	Brush Up Your Shakespeare	Edie Windsor SAGE Center
4-6pm	Men's Group	SAGE Center Harlem
6:15-7:15pm	Cercle Francophone	Edie Windsor SAGE Center
5-6pm	Transgender Community Group	SAGE Center Harlem

Saturday, August 8, 2020 - Sign-up for programs online [here](#). *Registration required

12-1:40pm	SAGE Cinema: Toc Toc	SAGE Pride Center of SI
1:40-2:30pm	Table Talk	SAGE Pride Center of SI

Sunday, August 9, 2020 - Sign-up for programs online [here](#). *Registration required

1-2:30pm	Healthy Mature Reflecting	Edie Windsor SAGE Center
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**If you are interested in attending a virtual or telephone-based program,
please sign up at sageusa.org/nycprogram-signup.**