

Sage Upstate News

February, 2021
Vol 25 No 1

Serving Older Gay,
Lesbian, Bisexual, and
Transgender People
in Central New York

For up-to-date info on
SAGE programs, see
www.sageupstate.org
The February calendar
of activities can be found
on page 2.



2nd Sunday in February: Valentines Day

Second Sunday at SAGE falls on Valentine's Day this year, and we have a sweet program for you. We'll hear lovely jazz performed by Valerie McNickol. You may know her from the fabulous local jazz band, *The Nines*, or you might know her from SAGE Programs, which she frequented before she moved to Delaware some years ago.

But that's not all ... you could win prizes. Take a look at what the winner will take home, featured at right. With these prizes, you can celebrate Valentine's Day by pampering yourself. At the Second Sunday event we'll hold a drawing for a beautiful bouquet and chocolates, a basket of soothing products that smell great from Syracuse Soapworks and a cozy robe from LL Bean. Ticket informa-

tion is enclosed, and you can also find it at www.sageupstate.org.

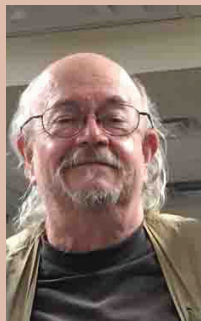
All this plus "Table Hopping" and a spotlight segment on a community organization. You can log in or call in on February 14, 4 pm. Find the info on page 2. See you there.

Win these prizes:



SAGE looking for board members

The SAGE Upstate Board is looking for new members to start terms in May 2021. Responsibilities include participating in monthly meetings, serving on a committee (program, fundraising, outreach, events, etc), and overall guidance of the organization's programs and finances. All meetings are now held on Zoom online or by phone. If you are interested or would like to nominate someone, please contact Gary Fitzgerald, Board Development Chair, at:





Dick Pero

We are sad to share that long-time SAGE Volunteer Dick Pero passed away in January. Anyone who has been to the Center will know Dick. He was always there to help with any and all volunteer tasks or to greet and chat with visitors. He was a constant presence at SAGE, and things will never be quite the same without him there. We will miss his dry humor, eager interest in all things political, and his care and concern for SAGE and its staff.

He was born in Rochester and studied chemistry at Syracuse University where he worked in the chem lab. He was an avid antique collector, especially anything made of glass. The ins and outs of our political climate fascinated him, and he would talk with staff and visitors daily about whatever was going on. He regularly emailed "care packages" to friends, compiling the news of the week.

SAGE will honor Dick at our memorial event next Spring, and we will share information on any other services as they become available. Dick, you will be missed at SAGE more than you could ever imagine.

February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 11 am Fitness Class 6 pm Monday Men's	2 4 pm SAGE Shares	3 5:30 Writers 7:00 Knitters	4	5	6
7	8 11 am Fitness Class 6 pm Monday Men's	9 3 pm Alzheimer's Support 5:30 Crafting	10 5:30 Writers 7:00 Knitters	11	12 11 am Fitness Class	13 Utica group
14 Second Sunday With SAGE	15 6 pm Monday Men's	16	17 5:30 Writers 7:00 Knitters	18	19 11 am Fitness Class 6 pm Men's Night Out	20 7 pm Trans Social
21	22 11 am Fitness Class 6 pm Monday Men's	23 6 pm SAGEVets	24 5:30 Writers 7:00 Knitters	25 5:30 SAGE Board	26 11 am Fitness Class	27
28 2pm Oswego Group						

All Programs on Zoom; Password for all meetings is 1969. Find the links on the calendar page at www.sageupstate.org. To call in: 1-929-205-6099 with meeting ID# (for Alzheimer's see below)

Alzheimer's Association Caregiver Support Group: 2nd Tuesday at 3 pm: Call the 24-Hour Helpline, 800-272-3900, for secure joining details.
Crafters, 2nd Tuesday at 5:30 pm: Projects made out of everyday items. Meeting ID: 850 8420 1891
Falls Prevention Fitness Class led by Barb Genton – exercises to build strength and improve balance. Mon/Fri, 11 am Meeting ID # 894 0192 9890
Knitting and Fiber Arts, Wednesdays at 7 pm: Fiber arts and conversation. Meeting ID: 812 6815 6658
Men's Night Out: Third Friday at 6:00 pm, social for SAGE guys. Meeting ID: 215 654 6687
Oswego Group: Fourth Sunday, 2 pm: Join other SAGErs in Oswego for discussion and socializing. Meeting ID: 821 3206 5529

SAGE Shares, First Tuesday at 4 pm: Join this meeting to help SAGE Upstate reach out to those in need. Meeting ID: 846 1136 5984
SAGEVets, 4th Tuesday at 6 pm: SAGE Veterans meet for discussion/support. We have new things planned for 2021 – see article on page 1. Meeting ID: 871 5736 4984
Second Sundays @ SAGE : See front page for info. Meeting ID # 893 1950 6041
Trans Social, 3rd Saturday, 7 pm: Trans-identified people meet for socializing and support. Meeting ID: 301 786 717
Utica Group: Join other SAGE folks from Utica and beyond for a social gathering on Second Saturday, 5 pm. Meeting ID: 848 0645 9614
Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Meeting ID: 596 630 088

Crafting: February 9



From the Writers Group

Hearts
Affectionately
Pulsating.
Perpetuating
Youthful

Vitality.
Always
Loving --
Exchanging
Nonverbal
Thoughts,
Invoking
New
Exciting
Stimulations

Deepening
Affections
Yearly
--Tim Lattimore

.....
: *Valentine Haiku*
: He brought me candy,
: but he forgot just one thing--
: I'm diabetic
: -- *Tim Lattimore*



.....
: Hello old mandolin! Where have you been?
: Your ancient wood is bent but your sound is true.
: When I strum and singand hold you close...
: I imagine castles and dream of paradise
: Your journey through life....The discords and harmonies!
: You speak of struggles and the hope of peace
: -- *Cindy Perrine*

The writers group meets every Wednesday at 5:30 pm on Zoom. We welcome writers and poets of all genres and experience levels. To join our group (now held on Zoom) see the calendar in this issue for log in or call in information, or visit www.sageupstate.org



On the 2nd Tuesday of the month, 5:30 pm, Leslie Lamb will lead crafters in making mask holders. All of the supplies can be purchased at the dollar store. You'll need yarn or string, beads, and clips. In the pictures above, Leslie used clips from a jewelry kit, but you can also use safety pins-- these are used to attach the mask to the holder. So come and craft or come and watch-- either way there will be plenty of time for socializing. Leslie will even make a mask holder for all who sign up and don't make their own. Log in/ call in info is on the calendar page or find it at www.sageupstate.org.

Each Day ... A Gift: Poetry by Cindy Perrine



Cindy Perrine, long-time SAGER and member of the Writers Group, is offering her new book of poetry to anyone who donates \$20 to SAGE Upstate. Her poems are based on people and nature-- beauty and hardships. In times like these, we need to remember that each day IS a gift. Interested? Contact Kim at kdill@sageupstate.org or leave a message at 315-478-1923.



Join us on the 4th Tuesday for SAGEVets (now on Zoom). Gather with other veterans to socialize and talk about resources available to veterans. You can log in or call in on any phone. Find info on the calendar page of this issue, or visit www.sageupstate.org.



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Help keep SAGE Upstate strong enough to improve health and reduce isolation for older LGBT people during these challenging socially distant times and beyond.

**I want
to keep
SAGE
Upstate
strong!**

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per month

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