



January 2024 Vol 28 # 1

# Let's Dance!

Sign up for dance classes on Tuesday afternoons!  
Starts Tuesday January 16  
2:00 - 3:00 pm  
431 E Fayette St. 2nd Floor Ballroom  
Instructor: Susan Shockey  
Smooth soled shoes recommended.  
FREE.  
For more info or to sign up:  
Leslie Lamb at 315-478-1923  
llamb@sageupstate.org



## 2nd Sunday in Syracuse

Happy New Year Games & Fun  
Sunday, January 14  
3:00 social time  
4:00 program  
Shared supper following program  
Bring a dish to pass if you are able.

# Reaching Out In The New Year

Johna Melius: Gender Blend and Social Media/ Office Coordinator



Hi, Sage Community. Let me first introduce myself. My full Name is Johna Pauline Melius, but you can call me Johna. I am a Peer Support Advocate for the LGBTQIA Community.

I am the Organizer/Leader of a Social Support Group called "Rainbow Talk of Madison County," which I have been running since June 2022. I organized a support group for the LGBTQIA Network in Madison County, where I am have been working as a community volunteer. For the last few years, I've had a Facebook Blog called Johna's Trans Blurbs. I am also a Moderator of the Trans Alliance of CNY.

When Kelvin Williams approached me to co-lead the Trans Social, I agreed. Then Leslie offered me the position of Trans Ambassador at SAGE and I said yes. The Trans Social is now known as Gender Blend, and I co-lead that group with Kelvin.

As Trans Ambassador, I network with other LGBTQIA and Pride associations across all of the counties SAGE serves. At events where we are offered a table, I set one up and and supply information

*Continued on page 3*

## Color Coordinated



Hello Everyone! This is the first entry for "Color Coordinated," and I'd like to start off by saying Happy Kwanzaa, Merry Christmas, Happy Holidays, and wish you all a Happy New Year. This year has been filled with many ups and downs for LGBTQ+ and BIPOC communities, but I hope that [we] can come together and create positive change by building a safe space for ourselves and our communities.

See page 3 for a three-question survey to be completed by LGBTQ+ BIPOC people. Your responses will help me create relevant programs to better serve our community .

Coming in the near future, IDENTITY will be offering a program called "Just Like Me," where we can get together and socialize, learn about one another, make friends and connections, and support one another. All LGBTQ+ BIPOC adults are welcome.

IDENTITY is a space for YOU, for us, to be ourselves and be proud of who we are both as individuals and as a community... so I hope to start hearing from you and seeing many of you from the BIPOC community attending IDENTITY at SAGE.

*-- Tim Lattimore*

*Survey on page 3*

## Potlucks in Oswego and Utica

**In Oswego**  
4th Sunday, 2 pm  
This month on 1/21  
Trinity Methodist  
45 E Utica



**In Utica:**  
1st Saturday, 2 pm  
This month on 1/6  
Utica Unitarian  
10 Higby Rd



# January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 5:30 Writers 7:00 Knitting & Fiber Arts	4 10 am Walking	5 3 pm 1st Friday Social	6 2 pm Utica Social
7	8 6 pm Men's Group	9 5:30 Crafting	10 5:30 Writers 7:00 Knitting & Fiber Arts	11 10 am Walking	12	13
14 2nd Sunday Potluck 3pm social time 4pm program dinner after	15 <i>MLK Day</i> <i>Office Closed</i>  6 pm Men's Group	16	17 5:30 Writers 7:00 Knitting & Fiber Arts	18 10:00 Walking  3pm: <i>Rustin</i>	19 11 am Fitness Class  7 pm Men's Night Out	20 7:00 Gender Blend
21 2:00 pm Oswego Potluck	22 11 am Fitness Class 6 pm Men's Group	23 11:30 Lunch & Learn: Healthy Brains and Bodies- Alzheimer's Assn 6 pm SAGEVets	24 5:30 Writers 7:00 Knitting & Fiber Arts	25 10 am Walking Group  6:15: <i>Rustin</i>	26 11 am Fitness Class 6:00 pm Learn to play Mah Jong	27
28	29 11 am Fitness Class 6 pm Men's Group	30	31 5:30 Writers 7:00 Knitting & Fiber Arts	Dining OUT groups with Ron, for breakfast, lunch and dinner are on a break for awhile. Stay tuned to <a href="http://sageupstate.org">sageupstate.org</a> , our Facebook page, and this newsletter-- we'll let you know as soon as they are up and running again.		

Crafting: Join Leslie and your SAGE crafting friends every 2nd Tuesday at 5:30 in the SAGE Upstate Center.

First Friday Social, at 3:00 in the Center-- games and socializing.

Fitness Classes return on Friday, January 19. Classes are held Mondays and Fridays at 11 am. Join us in the SAGE Upstate Center-- zoom participation available also-- see link info at [sageupstate.org](http://sageupstate.org)

Knitting & Fiber Arts, Wednesdays at 7 pm. Fiber arts & conversation. In person only. For fiber artists of all skills

Lunch and Learn: 11:30 am. Please RSVP in advance (share dietary restrictions) [llamb@sageupstate.org](mailto:llamb@sageupstate.org) or 315-478 1923 Free, lunch provided. This month: Healthy Brains and Bodies

Men's Night Out: Join SAGE guys in the center every Third Friday, 7 pm for snacks, games, and socializing.

Oswego Potluck, 4th Sunday at Trinity Methodist; 45 E Utica St in Oswego.

SAGE Vets: Social and program for LGBTQ Veterans-- 4th Tuesday, 6:00 pm

Second Sunday Potluck: Happy New Year! Social time 3:00, Program starts at 4:00, shared supper follows program-- bring a dish to pass if you are able.



**Gender Blend Live**

WHERE:  
SAGE AND ZOOM

WHEN:  
THIRD SATURDAY @ 7PM

**Sage Upstate**  
A TQIA+ Social Support Group

Gender Blend, the new Trans Social, 3rd Saturday, socializing/support for Trans community. On Zoom and in person. Log in details at [sageupstate.org](http://sageupstate.org)

Utica Social: Join SAGE folks from Utica on the first Saturday of the month, 2- 4 pm at Utica Unitarian, 10 Higby Rd. Potluck-- bring a dish to pass if you are able.

Walking Group: The group meets at the benches by Panera at Destiny on Thursdays at 10 am

Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only-- link at [sageupstate.org](http://sageupstate.org)

*Social Media and Office Coordinator/  
Trans Ambassador cont'd*

directly to the attendees of these events. I'm also glad to speak to the community on the complexities of being transgender.

In 2024, Kelvin and I are hoping to expand Gender Blend to the North and Utica areas -- this is already underway. We want to have outings, which will help our group become more social. We also want to work with the Q Center to have a "Generations" Gender Blend.

Now, I have a new role at SAGE. In December I became the the Interim Social Media/Office Coordinator. I make sure we have an operational computer lab, fax, and printer for our community, and that our phone systems are running properly so we can be reached. I keep our Facebook and Instagram accounts up to date.

I am working on new social media posts to help promote our programs, which focus on the older LGBTQIA Community but are welcome to to adults of all ages. Keep an eye out for a new Podcast called the "Sage Upstate Update" that will offer information on upcoming events, and interviews with our Lunch and Learn speakers, and other topics.

**LUNCH & LEARN:**



*Healthy Living for  
your Brain and Body*

Join us for lunch and a presentation by the Alzheimer's Association on Tuesday, January 23 at 11:30 am.

Please RSVP to Leslie at 315-478-1923 or llamb@sageupstate.org.

**Crafting: Tuesday 1/9, 5:30**

Join Leslie in the center to make aromatherapy candles on Tuesday, January 9, 5:30 pm. All supplies will be provided. Please RSVP



to Leslie at llamb@sageupstate.org to assure we have enough supplies. Snacks will be provided.

**3- Question IDENTITY Survey**

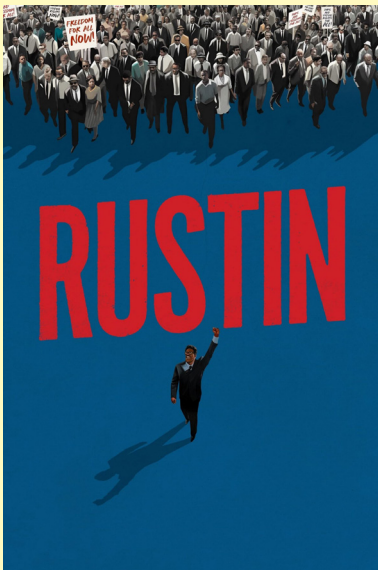
1. What services and/or activities would you like to see offered at IDENTITY groups specifically focused on the LGBTQ+ BIPOC community?

2. What are 3 things/topics/issues you enjoy talking about or that interest you?

3. What is your favorite hobby or pastime?

Above is a simple 3-questioned survey for people in LGBTQ+ BIPOC communities to read and answer. Your responses and feedback will help us better serve you and the community. You can mail it to SAGE Upstate, 431 E Fayette St. Syracuse, NY 13202, do it online at sageupstate.org, call the center (315-478-1923) or email Tim at tlattimore@sageupstate.org.

**Movies and MahJong:**

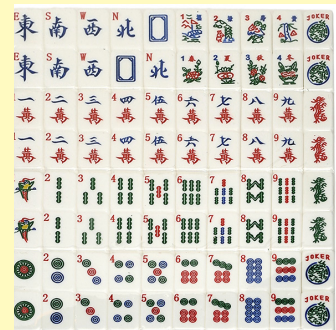


**Rustin:**

Thurs. 1-18 at 3:00 pm

OR Thurs. 1-25 at 6:15 pm

Join us in the center for either a matinee or evening showing of *Rustin*. The film depicts the life of civil rights activist Bayard Rustin who helped Martin Luther King Jr. and others organize the 1963 March on Washington. Bayard was a charismatic, gay civil rights activist and despite incredible odds, he managed to organize the March on Washington in 1963. The event, where Martin Luther King gave his "I Have A Dream" speech, called for an end to racial discrimination in the United States.



**Want to learn how to play Mahjong?**

Cindy and Laura will be teaching how to play Mahjong in the center on Friday, January 26 at 6:00 pm. Come and learn!



431 E. Fayette St. Suite 050  
Syracuse, NY 13202

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**I support  
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that keep  
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people strong!**

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