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CENTRAL NEW YORK
COMMUNITY FOUNDATION



FOLX



Join us on Saturday, June 14, at Long Branch Park

For those who are planning on participating in the Pride 5K but have not yet registered -- you can save \$5 by registering online by June 10 at \$30. You can register on event day, (June 14) from 7:30 - 8:30 am for \$35. And, if you'd like to participate virtually, you can register for \$35, and that includes having a shirt mailed to you. Do your own 5k anywhere, anytime! Send photos to pride-5k@sageupstate.org.

This year you we're offering Pride 5K caps, long sleeved t-shirts, and hoodies. You will have the option to select items during the registration process by clicking on the "store" tab. You can also go back af-

ter you've registered to select items. There's a link at sageupstate.org.

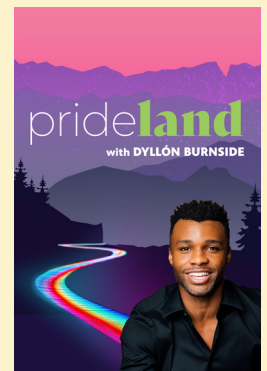
For those of you who have registered, packet pick up will be held on Thursday, June 12 and Friday June 13, 4:30- 6:30 at the CNY Philanthropy Center, on the first floor (upstairs from the SAGE Upstate Center). Your bib, t-shirt and swag bags will be ready.

Remember that the road outside the park closes at 8:45 (the 5K starts at 9:00) so please get there before then so you can park in the lot.

Finally-- please support the generous sponsors of this event. They support LGBTQ communities so you can feel good about supporting them.

Second Sunday Potluck in Syracuse: 6/8: Celebrating Pride

We will watch a short documentary called *Prideland*, test our brains with some trivia, and make Pride Swag for the Pride 5k and CNY Pride! *Prideland* follows queer actor Dyllón Burnside on a journey to discover how LGBTQ Americans are finding ways to live authentically and with pride in the modern South 3:00 pm Social time, 4:00 program, Dinner following program.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1-4 Dewitt Pride 12-4 Watertown Pride	2 5:30 Walking group 6 pm Monday Men's (closed) Group	3 11:30 Lunch & Learn-- Problem Gambling 6 pm Bonding Brothers	4 5:30 Writers	5 10 am Walking 6 pm Dinner Out	6	7 10- 4 Oneida County Pride 2 pm Utica Potluck 9- 1 Auburn Pride
8 3 pm Syracuse Potluck	9 5:30 Walking group 6 pm Monday Men's (closed) Group	10 10:30 String Cheese Acoustic group 5 pm Dance Class	11 5:30 Writers	12 9:30 Breakfast Out 10 am Walking 4:30- 6:30 Pride 5K packet pick up	13 4:30- 6:30 Pride 5K packet pick up	14 Pride 5K Step Off 9 am 12-5 Manlius Pride 7:00 Gender Blend
15	16 5:30 Walking group 6 pm Monday Men's (closed) Group	17 6 pm Bonding Brothers 5 pm Dance Class	18 3 pm Take Care Together Discussion Group 5:30 Writers	19 10 am Walking 12:30 Lunch Out	20 7 Men's Night Out	21 11 am CNY Pride Parade 12-5 CNY Pride Festival 2 pm Watertown Potluck
22	23 5:30 Walking group 6 pm Monday Men's (closed) Group	24 5 Dance Class 11- 4 St. Joe's Pride Event 6 pm Take Care Together Discussion Group	25 5:30 Writers	26 10 am Walking Group 3:30 pm Theater Thursday: <i>The Comeback Trail</i>	27	28 3- 5 Cazenovia Pride
29	30 5:30 Walking group 6 pm Monday Men's (closed) Group					

Bonding Brothers: New men's group meeting in the Center on the 1st and 3rd Tuesday at 6 pm.

Gender Blend: 2nd Saturday, social/support for Trans/Nonbinary communities. In person and on Zoom (details at sageupstate.org). For info contact Johna: 315-478-1923 or jmelius@sageupstate.org.

Knitting& Fiber Arts: On break until September

Lunch & Learn: Problem Gambling (see other side)

Meals OUT -- Dinner on the 1st Thursday, Breakfast on the 2nd Thursday, and Lunch on the 3rd Thursday, See details on p. 3

Men's Night Out: Social for SAGE guys, 3rd Friday, 7 pm

Monday Men's Group: closed support group that takes new members a few times a year.

Second Sunday Potluck in Syracuse. Bring a dish to pass if you are able.

String Cheese: a new group for learning and playing stringed instruments. Bring a bag lunch for after.

Theater Thursday: *The Comeback Trail*, 3:30 pm

Utica Potluck 1st Sat. 2- 4 pm, for all in the Utica area and beyond. Bring a dish to pass if you are able.

Walking Group Mondays: The group meets at the Visitor Center at Onondaga Lake Park, Mondays at 5:30

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

Watertown Potluck: 3rd Saturday at 2 pm, for all in the Watertown area and beyond. Bring a dish to pass if you are able.

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

Outside of Syracuse

Open to LGBTQ+ folks and Allies in these towns and beyond.

The Oswego group is moving to a quarterly meeting schedule. Stay tuned for details.

Utica: Potluck on the first Saturday
2 pm Utica Unitarian, 10 Higby Rd.

Watertown: Potluck on the 3rd Saturday,
2 pm All Souls UU, 1330 Gotham St.

Lunch & Learn, June 3: Problem Gambling

Presented by our own Liz Ahl. Come for a discussion on problem gambling and how it affects the gambler and their loved ones. The talk will include resources and representatives of Gamblers Anonymous and the New York Council on Problem Gambling. Includes lunch and starts at 11:30 am. RSVP to Leslie at 315-478-



1923 or llamb@sageupstate.org and let us know of any dietary restrictions.



Meet your SAGE friends for a meal

To RSVP, contact Ron or Leslie at 315-478-1923 or llamb@sageupstate.org.

1st Thursday Dinner: 6/5, 6 pm

Waterfront Tavern. (6 US Rt.11. Central Square)

2nd Thursday Breakfast: 6/12, 9:30

Market Diner. (2100 Park Street. Syracuse, NY)

3rd Thursday Lunch: 6/19, 12:30

Vito's Ristorante 320 East First Street. East Syracuse, NY.

SAGE Upstate Calendar 2

Casino Night



Casino Night was such a hit we're going to do it again in Fall. Details to come. Ask anyone who was there-- a good time was had by one and all.



Theater Thursday:
The Comeback Trail

June 26, 3:30 pm

The Comeback Trail A film producer who owes money to a mobster tries to "accidentally" kill his aging movie star for an insurance scam so he can payoff his debt, but he begins to realize that the movie they're shooting is a masterpiece in the making. 2020 R 1H44M Popcorn will be provided.



Dance Classes Are Back!

Starting on June 10, Susan Shockey is back to lead a class on Latin dances and other favorites. The group meets on Tuesdays at 5:30 pm.

Pride Night at the Syracuse Mets: June 5



First 1,000 attendees get a Pride Jersey. Pride Night will be held on June 5-- doors open at 5:30, Game starts at 6:35.

JUNE RAFFLE



Rainbow Afghan

Made by a member of the Utica Potluck Group. They spent more than 70 hours on it and invested \$100 in materials.

\$1 for one ticket
\$5 for six tickets

Get tickets at all potlucks and programs, online, in the center and at Pride Events

Breathwork Program Starts in July

"Breath in its simplest form is life. Yet, beyond its physiological necessity, breath has the potential to heal, transform and elevate" –Guy W. Fincham

Restore: Breathwork for Building Self and Community, a new program facilitated by Roslyn Rasberry, will begin meeting on the 2nd and 4th Monday, 6:00 pm, in the SAGE Upstate Center. In July, the program will meet on the 14th and 28th.

Each month, the program will offer two opportunities to engage in breath-

Here's what's different about this program: It is specifically tailored to support, celebrate and acknowledge persons within the LGBTQ+ community. Its goals are for participants to feel more peaceful/grounded, as well as to experience better mental, emotional, physical, spiritual, and identity health, especially in these uncertain times

Breath is life. We all deserve to 'live' a little.

work. One-hour sessions on the basics of breathwork will be held on the 2nd Monday. Two-hour workshop-like programs will be offered to gently allow for more empowered versions of ourselves, and our community to emerge. Partnering the breath with dialogue and more will foster a co-creative, collaborative experience.

and climate.

Please note that care will be given by the facilitator to ensure that everyone feels safe, seen and held-all within a respectful, warm and caring environment. One that you get to help create! "Breath is life. We all deserve to 'live' a little." Please see links below. Also, at sageupstate.org/breathwork you can find these links and more info.

- <https://youtu.be/rPXuhXndOZc?si=xvNoSzLSo-rP98Cd>
- <https://psyche.co/ideas/i-was-sceptical-about-breathwork-so-i-did-my-own-researchhttps://>
- mail.google.com/mail/u/0/#inbox/WhctKLbfHpJtnzxZbCQpnMhjjFT-klbrwPjkqWrCwKLzvVhNcfzNfSPjmtPLgfmqMzxpKFBv?projector=1

Restore: Breathwork is made possible by a grant from the CNY Community Foundation



CENTRAL NEW YORK
COMMUNITY FOUNDATION



We've got:

- Caps
- Long sleeve tees
- Hoodies

Get your Pride 5K merchandise at sageupstate.org

Pride Events This Month

Sunday June 1

- **Dewitt** Pride 1- 4 pm
@ Dewitt Town Hall
- **Watertown** Pride 12-4
watertownpride.com

Saturday June 7

- **Oneida County** Pride Alliance's 2025 Pride Festival 10a-4p (Utica)
find more on Facebook
- **Auburn** Pride Rally & Queer Market, 9 am- 1 pm
find more on Facebook

Saturday June 14

- **Pride 5K** starts at 9
Long Branch Park
- **Manlius** Pride Festival
12-5 find more on Facebook

Saturday June 21

- **CNY Pride Parade**
steps off at noon
- **CNY Pride Festival**
Noon- 5@ Progress Park
www.cnypride.org

Tuesday June 24

- **St. Joe's** Hospital Pride Event
11a-4p

Saturday June 28

- **Cazenovia** Pride 11:30am

SAGE will be there for as many of these as possible. If you'd like to help us staff a table, contact Leslie at llamb@sageupstate.org or 315-478-1923

**Center drop in hours :
Mondays & Fridays, 3 - 5 pm**

The office is staffed through the week -- if you need to see us another time, just call.



Casino Night



Lunch & Learns



Newsletter Mailing



Earth Day Clean Up



Affirming Space is critical -- now more than ever

Our communities are facing serious challenges. That's hard on us all, but just remember-- older LGBTQ people are out there living in isolation. Imagine facing troubling headlines with no one to turn to.

SAGE Upstate programs help people find each other and build support networks. We offer presentations on health and aging issues and link people to providers. No one should have to face today's climate alone.

People need a place to go where they are affirmed just the way they are. SAGE is that place. And because of cuts to our budget due to the loss of our state grant, we are struggling to provide critical services.

Can you help? Please consider a donation or pledge to SAGE-- with your support we can meet increasing needs faced by the communities we serve. For more information go to sageupstate.org and click on "donate." You can give online, or use the form on the back of this newsletter and mail your donation. Thank you for considering a donation.

Take Care Together Discussion Groups

Wednesday June 18, 3 pm, and Tuesday June 24, 6 pm



We want to get your feedback from participation in SAGE programs over the last few months. A core group of folks have been participating in *Take Care Together*, but we'd like to hear from anyone who has participated in programs during March, April, or May. Two discussion groups are scheduled this month on Zoom, and we will also have discussion groups this summer. The goal of these gatherings is to hear from people about their experiences. We hope to gain a better understanding about how social connection helps people accessing health resources. *Take Care Together* is made possible by funding from Excellus BlueCross BlueShield. The info we gain will help us build better programs.





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

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Mail to SAGE Upstate, 431 E Fayette St. Syracuse, NY 13202

Can we recognize your gift in publications? ☐ Yes ☐ No