

2ND SUNDAY POTLUCK IN SYRACUSE

Sunday, 3/9

TAPESTRY UNVEILING/ SAGEVets



sageVets



This month our 2nd Sunday Potluck & Program will start in the center.

- **3:00: Socializing in the Center.** Come downstairs first -- we'll take your dish to share upstairs for you.
- **3:00: The Tapestry,** crafted in a collaboration between Off The Hook and the SAGE Upstate Knitting and Fiber Arts group, will be unveiled on the wall of the Center where it will stay. Also, there will be a presentation on **SAGEVets**, our program for veterans. Find out what the group has done and what is coming up.

Dinner in the ballroom as always.

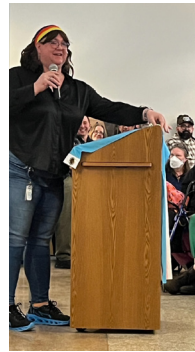
Trans Vigil Draws 150+ Participants

by Johna Melius

The CNY Trans Partnership Coalition held a vigil on February 23 in response to recent deaths in the trans community. The coalition consists of many local resources including ACR Health, Inclusive Health Services, The Volunteer Lawyers Project, SAGE Upstate, The Marriage and Family Therapy team at Falk College, and many other resources in the area. I am now coordinating this coalition and co-leading Gender Blend as a volunteer.

There were 150 plus in attendance at the event. Seeing so many people gathered was breathtaking. People across the state took notice-- the sense of community was palpable. Rev. Molly Hammerhand from First UU led an opening prayer, and speakers included Mallory Livingston from Volunteer Lawyers Project, Dylan Thompson, a trans veteran from Utica, and myself. The messages that came across were the need for community, advocacy and fighting for our rights.

The main goal of the vigil was to provide community while people process these tragedies. Information was also provided about safe spaces where people can find support, community, and resources. We want to thank everyone who organized this event and attended. To paraphrase Gloria Gaynor "We will survive."



Join us for a Tea Dance in the afternoon on **Saturday March 22**, 2:00- 5:00 pm with DJ Rockin' Robin. There will be all the fun of a night-time dance, but it's still daylight when you drive home!

But that's not all. This year we are holding a bake sale, so you can pick up some sweet treats on the way out the door. Donations for dance admission (\$10 suggested, more if you can/ less if you can't), and sale of baked good supports SAGE Upstate programs.

We are looking for folks to donate baked goods. Would you like to bake something and donate it for this event? Please contact Leslie: 315-478-1923 or llamb@sageupstate.org.

Sage
Upstate

Pride 5K

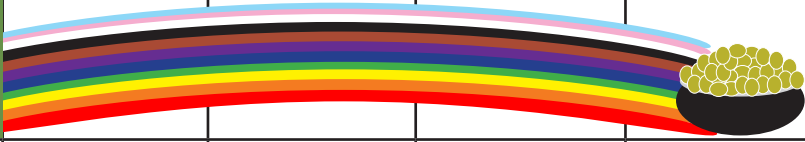

Central New York June 14, 2025

We have a new name and we are celebrating 10 years!

Registration opens March 7

Earlybird rate through 3/31: \$25

Register at sageupstate.org/pride-5k

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="margin: 0;">MARCH 2025</h1>						1 2 pm Utica Potluck
2	3 6 pm Monday Men's Grp	4 11:30 Lunch & Learn: Safe Harbor Wills & Trusts 6 pm Men's Peer Group	5 5:30 Writers 7:00 Knitting & Fiber Arts	6 6 pm Dinner Out 10 am Walking	7	8 7:00 Gender Blend
9 3 pm Syracuse Potluck: Unveiling the Tapestry/ SAGEVets	10 6 pm Monday Men	11 10:30 String Cheese Acoustic group	12 5:30 Writers 7:00 Knitting & Fiber Arts	13 10 am Walking 9:30 Breakfast Out	14 5:30 Dance class	15 2 pm Watertown Potluck
16 2:00 pm Oswego Potluck	17 6 pm Monday Men 6 pm Men's Peer Group	18 6 pm Game Night	19 5:30 Writers 7:00 Knitting & Fiber Arts	20 10 am Walking Group 12:30 Lunch Out 3 pm, <i>Twister</i> 6 pm: <i>Twisters</i>	21 2 pm Film: <i>Love In Country</i> 5:30 Dance Class 7 Men's Night Out	22  2- 5 pm
23 30	24 6 pm Mon Men's Grp 31 6 pm Men's Grp	25 11:30 Lunch & Learn: End of Life Doula 6 pm SAGEVets	26 5:30 Writers 7:00 Knitting & Fiber Arts	27 10 am Walking Group	28 5:30 Dance Class 6:00 Mahjongg	29

Center Men's group: New men's group meeting in the Center on the 1st Tuesday and 3rd Monday at 6 pm. More info next page.	Oswego Potluck, for all in the Oswego area and beyond. Bring a dish to pass if you are able.
Game Night-- play games in the center with your SAGE friends	SAGEVets: Social/ Support group on the 4th Tuesday of each month at 6 pm. In person and online. Get the zoom link at sageupstate.org
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 .	Second Sunday Potluck in Syracuse. Program: Bring a dish to pass if you are able.
Knitting& Fiber Arts: Wednesdays at 7 pm. Learn, or work with others on knitting, crocheting, and other fiber arts.	String Cheese: a new group for learning and playing stringed instruments. See details on next page.
<i>Love In Country</i> : A SAGEVets event open to all. See p.3	Tea Dance and Bake Sale 2- 5 pm. See p. 1 for details.
Lunch & Learns on March 4 and March 25-- see article on pg. 2	Theater Thursday: Twister-Thon! Watch one or both. Twister (1996) at 3 pm, and Twisters (2024) at 6 pm. See next page.
Mahjongg in the Center, 4th Friday, 6 pm come and play-- if you don't know how, we can teach you.	Utica Potluck 1st Sat. 2- 4 pm, for all in the Utica area and beyond. Bring a dish to pass if you are able.
Meals OUT -- Dinner on the 1st Thursday, Breakfast on the 2nd Thursday, and Lunch on the 3rd Thursday, See details on p. 3	Walking Group Thursdays in Syracuse: The group meets at the benches by Panera at Destiny on Thursdays at 10 am
Men's Night Out: Social for SAGE guys, 3rd Friday, 7 pm	Watertown Potluck: 3rd Saturday at 2 pm, for all in the Watertown area and beyond. Bring a dish to pass if you are able.
Men's Peer Support group: this new group will meet on the 2nd Thursday. See details on next page.	Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only-- link at sageupstate.org
Second Sunday Potluck in Syracuse. Program: Bring a dish to pass if you are able. Tapestry unveiling (see pg 1) and information on SAGEVets (see pg 3)	

Theater Thursday: Twister-Thon March 20



3:00pm Twister (1996)
6:00 pm Twisters (2024)

Twister is a 1996 movie featuring Helen Hunt, Bill Paxton, and Philip Seymour Hoffman. Twisters, 2024, features Glen Powell and Kiernan Shipka. Both are about storm chasers following tornadoes. Mayhem follows. Watch one or both! Popcorn Provided.

Meet your SAGE friends for a meal

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

1st Thursday Dinner: 3/6, 6 pm

New Century Vietnamese Rest 518 Kirkpatrick St., Syracuse NY 13208

2nd Thursday Breakfast: 3/13, 9:30

Breakfast Group. Firekeepers Restaurant. 3879 Frontage Rd. Nedrow NY. 13208.

3rd Thursday Lunch: 3/20, 12:30

Finally Ours Diner 3788 W. Seneca Take Syracuse, 13215



Want to learn to play Mahjongg?

You can learn to play Mahjongg at SAGE on the last Friday of the month (this month 3-28) at 6 pm. Folks will be on hand to teach you the game, or if you already know how, just come to play this tile game of skill, strategy, and luck.

String Cheese Acoustic Group 2nd Tuesday, 10:30



Have you ever wanted to learn to play stringed instrument? Do you play already and want to join a fun group? SAGE members Carol B. and Vivian C. are starting a group called 'String' Cheese. On the 2nd Tuesday of the month, you can come to the center and learn the basics. Instruments can include all acoustic string instruments. guitar, ukulele, banjo, mandolin... as long as it doesn't have to be plugged in. Join us at 10:30 am on March 9 and bring your lunch for after playing. Contact Leslie at llamb@sageupstate.org for info.

Game Night: March 18



We will be playing LRC (Left, Right, Center) Game subject to change depending on participants choice.

New Men's Group

A new Men's Peer Support group has started, and will meet on the First Tuesday and Third Monday at 6:00 pm in the center. If you are interested in joining the group or would like information, please contact Leslie at llamb@sageupstate.org or 315-478-1923.

Outside of Syracuse

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

Oswego: Potluck on 3rd Sunday at 2 pm Trinity Methodist, 45 E. Utica

Utica: Potluck on the first Saturday (1/4), 2 pm Utica Unitarian, 10 Higby Rd.

Dori and Robin are bringing corned beef and cabbage!

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

MARCH RAFFLE

\$100
Stewart's Shop
Gift Card &
Jumper Cables

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

Get tickets at all potlucks
and programs, and in
the center

Take Care Together

SAGE Upstate's main goals are to reduce isolation and improve health. The Take Care Together program will show us how these two goals work together. The program is made possible with funding from Excellus BlueCross BlueShield.

Take Care Together participants agree to participate in 4 programs per month— 2 social, 1 health education, and 1 fitness program— from March to May. Participants will also take part in a monthly discussion group (in person and on Zoom). Are you already participating in a few

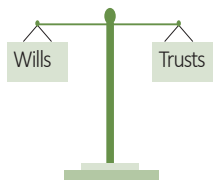
monthly programs at SAGE? They count. Participants will continue on their own through summer, then in Fall we'll have a closing event with a meal in September.

Support, fitness and health strategies make healthy aging possible. And, discussions with you about these programs will help SAGE to offer programs that are meaningful.

To sign up please contact Leslie at 315-478-1923 or llamb@sageupstate.org. **More info is available at sageupstate.org**

Upcoming Lunch & Learns

SAGE will hold two Lunch and Learns events per month as part of the Take Care Together (TCT) Program. You do not need to be a TCT participant to attend. All presentations start at 11:30AM and lunch is served. To RSVP, contact Leslie at 315-478-1923 or llamb@sageupstate.org. Please let us know of any dietary restrictions.



**March 4
Safe Harbor Wills & Trusts:** Asset Protection, Trusts, Wills, Medicaid Planning, Estate Planning.

March 25: Legacy Building with Jim Brule (End of Life Doula)

“Stories are the way we carry the legacy of our family throughout time. Telling and retelling those stories with an ear and heart for the future enables everyone to actively celebrate each other’s lives.”



April 1: Atwal Sleep & Wellness

Sleep Specialists will present on healthy sleeping habits, various sleep disorders and treatment options.

April 22: Mental Health Wellness

The Program Director of Lemoyne College’s Clinical Mental Health Program will present on ways to improve your mental health.



May: Medical Cannabis (date TBD) NYS Office of Cannabis Management will present on pharmacology of cannabis; side effects; drug interactions; dosing; routes of administration; risks/ benefits; warnings and precautions; and abuse and dependence.

May 6: Regenerative Medicine

Victory in Motion staff will educate and empower individuals with cutting-edge knowledge about advancements in healthcare, particularly in regenerative medicine, and how it can improve quality of life.

Join the SAGE team for EarthDay clean Up 4/19

Every April, the Downtown Committee of Syracuse organizes one of the biggest Earth Day clean-ups in the city. Downtown Committee provides gloves and trash bags, a t-shirt, and vouchers to redeem at a Downtown Syracuse restaurant for lunch. If you'd like to be part of the SAGE team, contact Leslie at 315-478-1923 or llamb@sageupstate.org.

Senior Nutrition Programs

Since 1972, the national Senior Nutrition Program has supported services for older adults across the country. Funded by the Older Americans Act, local programs serve as hubs where people age 60+ find healthy meals and services that strengthen social connections and promote well-being. Every March, the Administration for Community Living (acl.gov) celebrates the program's anniversary and the role of nutrition services in helping people stay independent as we age. The 2025 theme is A Place at the Table.

Dining center in our area (you can also find these links at sageupstate.org):

Onondaga County
www.ongov.net/aging/documents/Senior_Dining_Sites_2024.pdf

Cayuga County
www.cayugacounty.us/584/Congregate-Meals

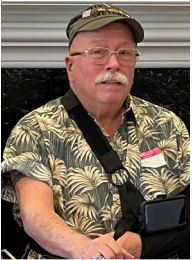
Cortland County
www.cortlandcountyny.gov/1117/Age-Well-Center

Jefferson County
www.jeffersoncountyny.gov/departments/Officefortheaging/nutrition-program

Madison County
www.ofamadco.org/specialities#NutritionProgram

Oneida County, visit:
<https://adrc.oneidacountywi.gov/meals-for-seniors/>

Oswego County
www.oco.org/services/nutrition/



SAGEVETS: HERE TO SERVE THOSE WHO SERVED

SAGEVets is a social/support group for LGBTQ Veterans. It is operated statewide through SAGE in New York City, and locally by SAGE Upstate. If you are a veteran, or if you know of a veteran in our community that might benefit from participation, please let us know. The group meets on the 4th Tuesday of every month at 6 pm – in the center and online (get the zoomlink on the program page at sageupstate.org). You can find out more about the program at the **Second Sunday Potluck in Syracuse**, on March 9.

Clear Path Friday Night Fires

The group would like to gather some folks and head off to Clear Path for Veterans for a Friday night fire. These programs are held inside in cold weather and outside when it's warm. In March, the activity will be indoors. Dinner and snacks are supplied by the Clear Path Culinary Department and fun family activities are planned. Would you like to participate with your SAGE friends? Dinner begins at 4:30 pm with a family activity starting at 6:00 pm. We're looking at two dates: 3/21 and 3/28. Contact Leslie with your date choice and we'll set it up. If you don't have a ride – no worries. We will set up car pooling.

Love in Country

Join us on Friday 3/21 @ 2:00 pm for a showing of *Love In Country* – open to all. The 2023 film is set in 1968 Viet Nam where Army Sergeants Ian Alexander and John Reese lead their squad on a mission after their platoon is overrun by NVA forces. These sergeants are also exploring and fighting their own identities and attraction to each other. They face trauma and betrayal, then mere survival as they endure gut-wrenching combat near the DMZ. The showing is open to all SAGERS and popcorn will be provided.

For more info contact Leslie: 315-478-1923 or llamb@sageupstate.org.

Syracuse February Potluck



2025 Soup Off





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

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SAGE
STRONG!**

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Credit Card #:

Exp: CVV _____

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Please accept my one
time gift of \$ _____

I pledge \$ _____
per month

- Check enclosed
- Bill my card one time
- Bill my pledge monthly until I stop

Can we recognize your
gift in SAGE publications?
 Yes No