

2023: A slow and steady return to "normal"

Thank you to all SAGE program participants, volunteers, and donors. Because of you SAGE has almost returned to "normal."

There was a time when we wondered if we would ever get there. But, recent programs and events have drawn participants at pre-pandemic levels. We hosted the Community Dinner and Thanksgiving Potluck for the first time since 2019. We'll gather folks for the Holiday Gift Swap in December. There's no denying it, SAGE is coming back!

We're here because of your support. Anyone who has participated in a program and smiled kindly, or asked questions of a presenter, or chatted with someone new— you made SAGE affirming and welcoming. Anyone who has volunteered your time and energy to help with a mailing, table at a resource fair, or plan an event — you made our gatherings possible. And those of you who have donated gave us a foundation to build a way forward. We couldn't have done it without any of you.

For those who wish to make a year-end donation, [there's a form on the back of this newsletter](#) you can use. Your support will improve health and reduce isolation for our community. It funds programs, including fitness classes, walking groups, and health presentations. It maintains the SAGE Upstate Center where people can come together to build friendships and support networks. It sends training and resources to providers of aging services, so they can offer a welcoming environment.

However you support SAGE— through participating, volunteering, or donating — thank you so much!

SAGE: OUT in the community in November



Top: Oswego Thanksgiving potluck, back at Trinity Methodist

Middle: Johna Melius speaks at the Transgender Day of Remembrance event

Bottom: Lisa Alford (ACR Health), Tim Lattimore, and Senator Rachel May at the TDOR event.



Holiday Gift Swap

December 10, 3:00 pm

Bring a new, wrapped gift of \$5 or less for a swapping game.

Social time: 3:00 pm

Swap: 4:00 pm

Dinner follows swap

Don't have a gift? Come anyway, we have extras. Potluck supper-- if you are able, bring a dish to pass.

In Utica: Saturday, Dec. 2, 2:00 pm

In Oswego: Sunday, Dec. 17, 2:00 pm

Lunch & Learn:

Dementia Conversations


Dec. 12, 11:30

When a loved one is experiencing dementia, certain topics may be difficult to discuss. At our next Lunch & Learn on Tuesday December 12, the Alzheimer's Association will offer tips on talking about driving, doctor visits, legal and financial planning, and other issues. Please RSVP to Leslie at llamb@sageupstate.org by Friday 12/8. Lunch will be provided, please let us know if you have any food allergies.



**alzheimer's
association®**

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 11 am Fitness Class 3 pm 1st Friday Social	2 2 pm Utica Social
3	4 11 am Fitness Class 6 pm Men's Group	5	6 5:30 Writers 7:00 Knitting & Fiber Arts	7 1- 3 pm: Beading With Johna 10 am Walking 6: Dining Out	8 11 am Fitness Class	9
10 2nd Sunday Potluck 3pm social time 4pm gift swap dinner after	11 11 am Fitness Class 6 pm Men's Group	12 11:30 Lunch & Learn: Dementia Conversations 5:30 Crafting and a movie	13 5:30 Writers 7:00 Knitting & Fiber Arts	14 9:30 Breakfast Out 10:00 Walking	15 11 am Fitness Class <i>Men's Night guys are going to the SGLC concert</i>	16 7:00 Gender Blend: Holiday Gathering
17 2:00 pm Oswego Potluck	18 11 am Fitness Class 6 pm Men's Group	19	20 5:30 Writers 7:00 Knitting & Fiber Arts	21 10 am Walking Group	22	23
24 31	25	26	27 5:30 Writers 7:00 Knitting & Fiber Arts	28 12:30 Lunch Out	29	30

Beading with Johna -- do some beading in the center, supplies provided. 12/7, 1:00 - 3:00 pm
Crafting: Join Leslie and your SAGE crafting friends every 2nd Tuesday at 5:30 in the SAGE Upstate Center. This month, we're watching a movie too (see next page).
First Friday Social, at 3:00 in the Center-- games and socializing.
Fitness: Mondays and Fridays at 11 am. Join us in the SAGE Upstate Center and use our new equipment-- zoom participation available also-- see link info at 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 or 315-478 1923 Free, lunch provided. This month: Dementia Conversations
Meals Out : Dinner, 1st Thurs, 6 pm. Breakfast, 2nd Thurs-day, 9:30 am. No Lunch gathering this month.

Men's Night Out: The SAGE guys are going to the SGLC concert. Regular meeting time: Third Friday, 7:00 pm.
Oswego Potluck, this month 12/17, gift swap (see front page) at Trinity Methodist; 45 E Utica St in Oswego. Regularly meets Sunday
SAGE Vets: Social and program for LGBTQ Veterans-- 4th Tuesday, 6:00 pm
Second Sunday Potluck: Gift Swap (see front page)
Gender Blend, the new Trans Social, 3rd Saturday, socializing/support for Trans community. On Zoom and in person. Log in details at 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. This month: Gift Swap (see front page).
Walking Group, Thurs at 10 am, location varies, call us.
Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only-- link at sageupstate.org

Crafting and a Movie: NYAD



Join Leslie in the center for crafts and a movie on Tuesday, December 12, 5:30 pm. The craft we'll be making is a snowman like the one pictured above. The movie will be *Nyad*, a 2023 film that tells the story of athlete Diana Nyad (played by Annette Bening) who, at the age of 60 and with the help of her best friend (Jodie Foster) and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida. Popcorn and snacks will



Coming in January

Hello, Everyone! Starting in January, 2024, a section called "Color Coordinated" will be featured regularly in the SAGE Upstate News. This feature, aimed at the LGBTQ+ BIPOC community, will promote informedness and connectedness. If anyone has any ideas, suggestions, or interests that you'd like to see in "Color Coordinated," please contact me (Tim) at tlattimore@sageupstate.org or call SAGE at (315) 478-1923. I'd love to hear your thoughts.

Red Carpet Extravaganza

In observance of World AIDS Day on December first, ACR Health is holding the Red Carpet Extravaganza to celebrate how far we've come in the fight against AIDS and honoring those we have lost. The event will include free, confidential on-site testing, community resources, refreshments, and entertainment. Friday, December 1, 7:00- 10:00 pm at SALTspace, 103 Wyoming St in Syracuse. Admission free. Stop at the SAGE table!

Medicare Open Enrollment starts December 7

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Men's Night Out at the SGLC Concert: Join SAGE guys at the "Winter Lights" Concert of the Syracuse Gay and Lesbian Chorus concert on Friday, December 15, May Memorial, 3800 E. Genesee St. in Syracuse. There are two shows – Friday night 12/15 at 7:00 pm, and Saturday, 12/16 at 2:00 pm. For tickets: syrglc.org.

Meet your SAGE friends for a meal!

To RSVP, Contact Kim at 315-478-1923 or kdill@sageupstate.org. Your info will be sent to Ron, who leads the groups. This month:

1st Thursday Dinner: 12/7 6:00 PM, *Wolf's Den*, 617 Wolf St.

2nd Thursday Breakfast: 10/14, 9:30 AM, *The Egg Plant* 5781 Bridge St

Lunch group will meet on the 4th Thursday this month: *Sherwood Inn* 28 W. Genesee St. Skaneateles 12:30 PM

Gender Blend Live

WHERE:
SAGE AND ZOOM

WHEN:
THIRD SATURDAY @ 7PM

Sage Upstate

A TQIA+ Social Support Group

Transgender
Non-Binary
Gender-Fluid
Intersex
Asexual
Queer

Gender Blend: A TQIA+ Social Support Group

Meets in the SAGE Upstate Center and on zoom (link at sageupstate.org). 3rd Saturday, 7:00 pm.

For info, email Johna (jmelius@sageupstate.org) or call SAGE: 315-478-1923

Beading With Johna

Do you want to make some jewelry or an ornament? Maybe a gift, or something just for you? Join SAGE Upstate's Trans Ambassador in the SAGE Upstate Center on December 7, 1:00 - 3:00 pm to make beautiful beaded treasures. Supplies provided.



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