



### Second Sunday Potluck

*Back  
to  
School*

Sunday 9-10: SAGE Teachers share their Back To School memories. You can share yours too, whether you were a teacher or not!

Social time: 3:00 pm  
Program: 4:00 pm  
Dinner following program

### Lunch & Learn: Citizen Preparedness



Join us on Tuesday, September 26 at 11:00 am in the SAGE Upstate Center for a Lunch & Learn presentation on Citizen Preparedness: Ben Masarini-Citizen Preparedness Corps will give a presentation on preparing, responding, and recovering for emergencies/disasters. Please RSVP to [tjohnson@sageupstate.org](mailto:tjohnson@sageupstate.org) by Friday 9/22. Lunch will be provided, please let us know if you have any food allergies.

### Get ready for Fall Programs

Get out your calendars – we've got a lot coming up! All of the details can be found on the calendar on page 2.

**Falls Prevention Fitness Classes** are back on Mondays and Fridays at 11 am. Barb invites participants to come to the SAGE Upstate Center so they can use the new equipment we have – weights, bands, and balls. You can also participate via Zoom.

**Crafting** is back too. Join Leslie and your SAGE crafting friends in the center on the 2nd Tuesday of each month at 5:30 pm.

**SAGEVets** returns on 9/26 after a summer break with new plans for programs gathering LGBTQ Veterans in Central and Western New York, thanks to a grant from SAGEUSA. Stay tuned – we'll have more info on this soon!



New fitness equipment; 2019 Craft program.

#### IDENTITY:

Individuals (of)

Different

Ethnicities (and)

Neighborhoods

Truly

Inspiring

Trust (and)

You-nity

Uzuri (pronounced oo-zoo-ree), a Swahili word meaning "beauty," was a program offered at SAGE Upstate pre-Covid for the gathering of LGBTQIA+ Black, Indigenous, and People of Color (a/k/a BIPOC) to provide a space for socialization.

Now, post-Covid, we are creating a new program called "IDENTITY", an acronym for "Identities (of) Different Ethnicities (and) Neighborhoods Truly Inspiring Trust (and) YOU-nity. IDENTITY will allow for a safe space not only to socialize and meet new people but also to learn about the LGBTQIA+ BIPOC community and culture, organize meetings and outings, engage in community discussions that impact the community, and engage in activities that you believe are fun, interesting, and educational.

IDENTITY symbolizes the idea of being able to be yourself and speak your mind without judgment, ridicule, or fear. The program is a safe space that YOU get to create. Please, come join us. Make a difference in the quality of your life and the community.

–Tim Lattimore, SAGE Upstate's Ambassador to LGBTQIA+ BIPOC communities

Program planning is in process. Interested? Contact Tim at [tlattimore@sageupstate.org](mailto:tlattimore@sageupstate.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September 2023</h1>					1 3 pm 1st Friday Social	2 2 pm Utica Social
3	4 <i>Office Closed</i> 6 pm Men's Group	5	6 5:30 Writers 7:00 Knitting & Fiber Arts	7 10 am Walking 6: Dining Out	8 11 am Fitness Class 11 am Oswego Social	9
10 2nd Sunday Potluck 3pm social time 4pm program Dinner after program	11 11 am Fitness Class 6 pm Men's Group	12 5:30 Crafting	13 5:30 Writers 7:00 Knitting & Fiber Arts	14 10 am Walking 9:30 Breakfast Out	15 11 am Fitness Class 7 pm Men's Night Out	16 7 pm Trans Social
17	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 12:30 Lunch Out 3- 6 AIDS testing	22 11 am Fitness Class	23
24	25 11 am Fitness Class 6 pm Men's Group	26 11:30 am Lunch & Learn 6:00 SAGEVets	27 5:30 Writers 7:00 Knitting & Fiber Arts	28 10 am Walking Group	29 11 am Fitness Class	30

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: 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 <a href="http://sageupstate.org">sageupstate.org</a>
HIV/AIDS Testing by ACR Health at SAGE, Free and confidential testing for HIV, syphilis, and Hep C. 3rd Thursday 3 - 6 pm
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 (and share dietary restrictions) <a href="mailto:tjohnson@sageupstate.org">tjohnson@sageupstate.org</a> or 315-478 1923 Free-- lunch provided. This month: Citizen Preparedness
Meals Out Out For Dinner, 1st Thurs, 6 pm. Out for Breakfast, 2nd Thursday, 9:30 am. Out for Lunch, 3rd Thursday, 12:30 pm. Details on next page
Men's Night Out: Join SAGE guys in the Center for socializing. Third Friday, 7:00 pm. Includes pizza and food!
Oswego Social, 2nd Friday, 11 am at Mimi's in Oswego
SAGE Vets: Social and program for LGBTQ Veterans-- 4th Tuesday, 6:00 pm
Trans Social, 3rd Saturday, socializing/support for Trans community. On Zoom and in person. Log in details at <a href="http://sageupstate.org">sageupstate.org</a>
Utica Social: Join SAGE folks from Utica on the first Saturday of the month, 2- 4 pm at Utica Unitarian, 10 Higby Rd
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-- see details at <a href="http://sageupstate.org">sageupstate.org</a>

## Cards and Calls

*Spreading Kindness to the older LGBTQ community*

Are you passionate about LGBTQ+ rights, community service, or simply spreading kindness? SAGE Upstate is excited to introduce our new volunteer program, Cards & Calls! Our goal is to provide companionship and support to the LGBTQ+ community, especially those who might be feeling isolated, marginalized, or are just seeking a meaningful connection.

### What We Do:

We believe in the power of a thoughtful gesture. Twice a month, our volunteers will gather at the Center to make phone calls and send out birthday cards and notes to members of our SAGE community. By sharing words of encouragement, celebrating birthdays, and building connections, we're making a positive impact on each other's lives.

### Get Involved:

Are you ready to make a difference? Join us in creating moments of joy and connection. By dedicating just a few hours each month, you can brighten someone's day and foster a sense of belonging.

### How to Volunteer:

If you're interested in becoming a part of this meaningful initiative, please reach out to Trish at [tjohnson@sageupstate.org](mailto:tjohnson@sageupstate.org) or call 315-478-1923 x2. Your enthusiasm and kindness will help us make a real difference in our community.

### Coming Soon:

We're excited to announce that soon, you'll have the chance to be a recipient of this heartwarming program. Stay tuned for more information on how to receive the warmth, companionship, and support that Cards & Calls offers.

**Let's make a positive impact together. Join Cards & Calls today!**

## Coming Up in October

### 11th Annual Community Celebration: together again in-person!

Join us on October 21, 2023 at the Harrison Center of All Saints Church, 1340 Lancaster in Syracuse for a delicious meal, a silent auction, and a program. Soon we'll be all together again-- for the first time since 2019!

### Queer Night: Shared Stories Between Generations: SAGE Upstate & the Q Center

*Thursday 10-19 at the Everson*

Queer stories that bridge generations; a docent-led tour of the works of Pepe Mar, and an environment that nurtures intergenerational learning and solidarity.

### SAGE Upstate Annual Halloween Dance

*Saturday, October 28*

Get your costume ready. Join us for a night of spooky fun, chill music, and devilishly good refreshments.

## Save The Date



**October 26-29, Hilton, Albany**

This conference, hosted by In Our Own Voices will bring together a diverse group of folks from across the nation to work to promote social justice, healthy sexuality, inclusive, safer & braver spaces, and holistic wellness in LGBTQIA+ Black, Indigenous, and People of Color (BIPOC) communities. Find out more and register for the conference at [ioov.org/utd/](http://ioov.org/utd/).

### Ambassadors are reaching out!

Three new outreach workers -- Ambassadors -- have started at SAGE. Penny Novak started in July reaching out to people and resources in areas outside of Syracuse. And, in August, Tim Lattimore and Johnna Melius came on board. Tim will be reaching out to LGBTQIA+ BIPOC communities and Johnna will be the Ambassador to the Trans community. These folks all have plans for groups and other outreach to these vital communities in hopes of making our organization more inclusive. Look for profiles of each of our Ambassadors in the October, November, and December issues of this newsletter.

### Meet your SAGE friends out for a meal!

Would you like to receive emails about SAGE Dining Out events? Contact Kim at 315-478-1923 or [kdill@sageupstate.org](mailto:kdill@sageupstate.org). Your info will be passed on to Ron, who leads these groups. This month: **1st Thursday Dinner:** 9/7, 6:00 PM, **Vietnamese Noodle House**, 3801 Milton Ave. **2nd Thursday Breakfast:** 9/14, 9:30 AM, **Denny's**, 6591 Thompson Rd (off Carrier Cir) **3rd Thursday Lunch:** 9/21, 12:30 pm **Olive Garden** 3147 Erie Blvd East, Syracuse.



The SAGE Upstate Annual Picnic drew more than 90 participants!



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Your donations make it possible for SAGE Upstate to improve health and reduce isolation for older LGBT people. We thank you for your support.

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Upstate  
strong!**

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