



We had such a great time  
in September, we're doing it again!  
Sunday, October 9, 2:00 - 4:00 pm  
SAGE Upstate Center

Lunch & Learn 10/25  
11:30 in the SAGE Upstate Center

Home Energy Assistance Program

More info inside



Inside:

- Program Calendar
- Dining out with SAGE
- Join us at Redhouse
- Lunch & Learn Info

## Stay Informed, Stay Safe

The CDC and other health agencies are now promoting an "individual responsibility" message in relation to COVID. Instead of offering one-size-fits-all recommendations, the CDC offers guidance that helps people understand their risk, when they should test, and what to do if they are infected. The pandemic is not over, but we can protect ourselves and others in ways that work best for our particular situations. Do you know your risk level for COVID? What about the risk levels for your partner or those you live with or spend time with unmasked?

A new booster is out now, see below for info. A person is fully up to date if they been vaccinated AND have had the latest booster.

We ask that all participants in SAGE programs are fully vaccinated and boosted. Anyone who would like to wear a mask or keep social distance should feel comfortable to do so at SAGE events. Masks and hand sanitizer will be provided to all who need them. We encourage you to get all of the information you need to make the best decisions for yourself. If you are unable to access the links below, or have questions, contact SAGE at [kdill@sageupstate.org](mailto:kdill@sageupstate.org) or 315-478-1923.

More about CDC guidance:

[cdc.gov/coronavirus/2019-ncov/your-health/understanding-risk.html](https://www.cdc.gov/coronavirus/2019-ncov/your-health/understanding-risk.html)

Where to get a booster: [www.vaccines.gov/](https://www.vaccines.gov/).



Join us for a night of dancing, costumes, and fun. The dance will be held in the second floor ballroom at 431 E Fayette St. Donations of all amounts will be taken at the door; \$10 suggestion -- more if you can, less if you can't. All amounts welcome -- no one will be turned away. DJ Rockin' Robin will be spinning tunes to keep the dance floor full and there will be costume contests, a raffle., yummy snacks and pizza. Raffle tickets will be mailed out, or you can call the Center to get yours. The last time this event was held in person was 2019, and if you've been thinking about your next costume since then, now is your chance. Masks and hand sanitizer will be available. We ask that participants be fully vaccinated and boosted.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>October 2022</b>				1 Utica Social
2	3 11 am: Fitness *This class on Zoom only 6:00 pm Monday Men's	4	5 5:30 Writers 7:00 Knitters	6 10 am Walking Group 6:00 Dinner Group	7 11:00 am Fitness Class 3:00 pm 1st Friday Social	8
9 2nd Sunday Open House 2:00 pm	10 6:00 pm Men's Group	11	12 9:30 Breakfast Club 5:30 Writers 7:00 Knitters	13 10 am Walking Group	14 10:30 am Oswego Social 11:00 am Fitness Class	15 7 pm Trans Social
16	17 11:00 am Fitness Class 6:00 pm Men's Group	18	19 12:30 Out for Lunch 5:30 Writers 7:00 Knitters	20 10 am Walking Group	21 11:00 am Fitness Class	22
23 30	24 11: Fitness 6: Men's 31 11: Fitness 6: Men's	25 11:30 Lunch & Learn: HEAP 6:00 pm SAGEVets	26 5:30 Writers 7:00 Knitters	27 10 am Walking Group 5:30 pm SAGE Board	28 11:00 am Fitness Class	29 <b>7:00 PM HALLOWEEN DANCE</b>

**Drop-In Hours at the Center:** 3:00 pm to 6:00 pm, every Tue, Wed, Thu. Need to come a different time? Just call.



In person only



On Zoom Only



In Person & Zoom

Breakfast Club, 2nd Wednesday, 9:30. SAGErs meet for lunch. To be added to list: 315-478-1923 email kkill@sageupstate.org. Reservations required. See page 3 for location.
Falls Prevention Fitness Class: In person and online Mondays and Fridays at 11 am. Meeting ID # 894 0192 9890 Passcode: 1969 Note: The October 3 class will be on Zoom only
First Friday Social, every first Friday at 3:00 in the Center-- games and socializing. In person only.
Halloween Dance: Saturday, October 29, 7:00- 10:00 pm, featuring DJ Rockin' Robin. Raffle, costume contest, food, fun.
Knitting & Fiber Arts, Wed at 7 pm. Fiber arts & conversation. Meeting ID: 812 6815 6658 Passcode: 1969
Lunch and Learn: HEAP, 10/25, 11:30 am. Please sign up with Trish in advance (and share any dietary restrictions): tjohnson@sageupstate.org or 315-315-282-5428. This event is free. See p. 3 for info.
SAGEVets: 4th Tuesday, 6:00 pm. LGBTQ Vets meet for socializing, info on benefits, and resource sharing. Meeting ID: 871 5736 4984 Passcode: 1969
SAGE Upstate Board: 4th Thursday, 5:30 pm Meeting ID: 876 4687 0636 Passcode: 1969

Second Sunday Open House, Sunday 10-9, 2- 4 pm in the SAGE Upstate Center. Snacks, socializing, and sharing SAGE memories. Meeting ID: 893 1950 6041 Passcode:1969
Oswego Social, 10-14, Catholic Charities, 808 W Broadway, Fulton. NY 2nd Friday of the month 10:30-11:30
Out For Lunch 3rd Wednesday, 12:30. SAGErs meet for lunch. To be added to the list: 315-478-1923 email kkill@sageupstate.org. In person. Reservations required. See p 3
Out For Dinner, 1st Thurs, 6 pm. SAGErs meet for dinner. To be added to list: 315-478-1923 or kkill@sageupstate.org. Reservations required. See page 3 for location.
Trans Social, 3rd Sat, 7 pm: Trans-identified people meet for socializing & support. Meeting ID: 896 9963 6095 Passcode: 1969
Utica Social: Join SAGE folks from Utica on the first Saturday of the month, 2- 4 pm at Utica Unitarian, 10 Higby Rd. Picnic.
Walking Group, Thursdays at 10 am, meet at Onondaga Lake Park, or Destiny. See Facebook for location
Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Meeting ID: 596 630 088 Passcode: 1969

# Dining OUT with your SAGE Friends

SAGE friends meet 3 times per month at local restaurants— once for dinner, once for breakfast, and once for lunch. Would you like to receive emails about these 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. Here are this month's locations:

10/6: Dinner , 6:00 pm, <b>Tulum</b> (Mexican), 325 W Manlius in East Syracuse.
10/12: Breakfast, 9:30 am, <b>Gem Diner</b> , 832 Spencer St.
10/19: Lunch, 12:30 pm, <b>Waterfront Tavern</b> (6 US Rt 11 in Central Square)
10/23: Sunday Brunch, 12:30 pm, <b>Wolf's Den</b> (617 Wolf Street). This an extra that a number of our members have requested. The cost will be \$30 plus tip. Check The Wolf's Den website to find out what is included. )

**To arrange for your seat at the table, RSVP** to Ron or contact Kim at 315-478-1923 or [kdill@sageupstate.org](mailto:kdill@sageupstate.org).

## Want to go to a play with SAGE friends?

**At Redhouse Arts Center**, join us for a performance of Angels in America on October 15 or 22. The group cost is \$35, but an anonymous benefactor will take care of \$15 of your costs. You can reserve your seat for \$20. If even after the discounts, the price is too much, let us know and we can help. To sign up: [kdill@sageupstate.org](mailto:kdill@sageupstate.org) or 315-478-1923. **Deadline: October 10**

## Out in the Community



In September, I had the opportunity to table at Senator Mannion's Senior Fair at OCC. 500 walked through the SRC building to pick up swag and learn about the 88 different services in our area. I was pleased with the many people who stopped by to ask "What is SAGE Upstate?", learn about the Neighborhood Advisor Program, pick up information and share a story of inclusion and hope. Collaboration is the word in 2022 when it comes to services for older adults. I look forward to sharing more information and programs in the coming months through Lunch and Learns and other events.-- Trish

### Utica and Oswego

The **Utica** Social has moved to the First Saturday at 2:00 pm, and people are still gathering at the UU at 10 Higby Rd.

The **Oswego** Social now meets on the 2nd Friday at Catholic Charities, 808 W Broadway, Fulton. NY 2nd Friday of the month.

**COVID Notifications:** When a program participant tests positive for COVID, SAGE will post the info on the SAGE Upstate Website. (NO NAMES -- those who report will be completely anonymous) To access the info: visit [sageupstate.org](http://sageupstate.org) and on the home page, click on the button that says "check on COVID notifications here." Find more info at the CDC: [www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html](http://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html)

## Pictures:

*Dining out and a social in the Center*



## Lunch & Learn 10/25, 11:30:



## Home Energy Assistance Program

The Home Energy Assistance Program (HEAP) is a federally funded energy assistance program. HEAP can offer assistance with costs, energy-related emergencies, repairs, replacement of equipment, cleanings and tune-ups, and other energy issues. Larry Matthews from the Onondaga County Office for Adult and Long Term Care Services will present on HEAP, and afterwards lunch will be served. Please RSVP (deadline Friday, 10/21) to Trish, including any dietary restrictions. Email to [tjohnson@sageupstate.org](mailto:tjohnson@sageupstate.org) or call/text to 315-282-5428.



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