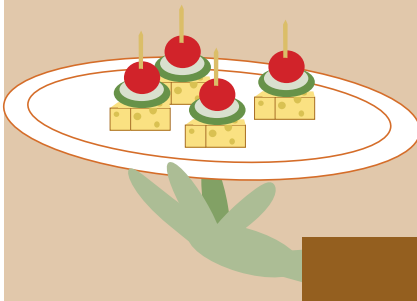




Serving Older Gay, Lesbian, Bisexual, & Transgender People in CNY

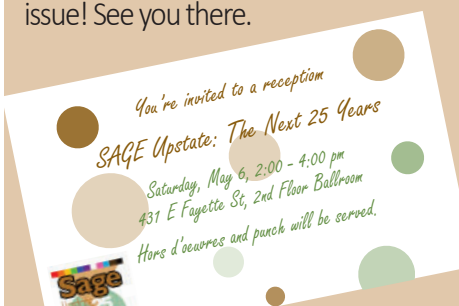
SAGE Upstate: The Next 25:

May 6, 2:00- 4:00 pm



You're invited to a celebration of what's to come. SAGE celebrated 25 years in 2022, so what's next? That's what this event is all about.

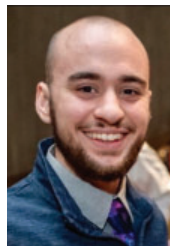
SAGE Upstate: The Next 25 will be a reception including punch, hors d'oeuvres, and lots of mingling time. There will be a brief program too. Tables lining the ballroom will be set up to represent upcoming SAGE programs and activities, including SA-GEVets, the Neighborhood Advisor program, a June Film Festival, Oral Histories, advocacy, Ambassadors, and more. It's your chance to learn more about where SAGE is going, offer feedback, and find out how you can participate. Your invitation is inside this issue! See you there.



New Staff At SAGE



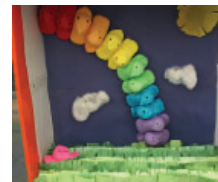
Leslie Lamb started as Program Director in March. She has hit the ground running, working on programs like SA-GEVets, the Chili Cook Off and the CNY Gay 5K. Leslie will coordinate existing programs and also develop new programs to meet needs. She's working on the Ambassador program



- a new project in the works-- which will focus on inclusivity and increasing access to SAGE programs and resources. She brings with her more than a decade of work with older adults (two were here at SAGE: 2018-2020).

Jerra Loomis starts in mid-April as Office Administrator. He will coordinate the organization's day to day business, maintain the drop in center, and manage the SAGE Upstate database, which records information on donors and participants. Jerra's also playing a big role volunteering for the CNY Gay 5K.

Second Sunday Potluck: Desserts with your "peeps"



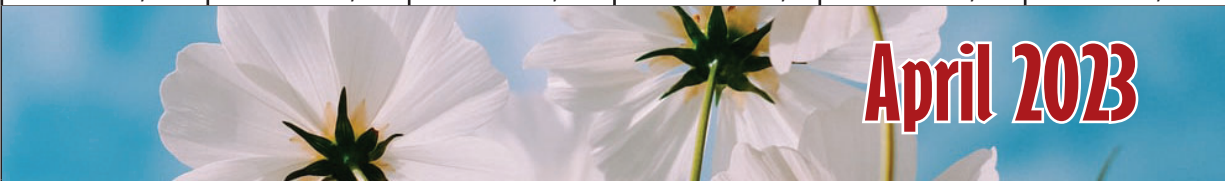
We're having a little bit of fun with the fact that the Second Sunday potluck falls on

Easter this year. We'll be making "Peeps" dioramas-- we'll provide the peeps and some supplies -- you bring your ideas and anything special you may need for your scene. We'll post pics on our website, so everyone can enjoy them. And, if you don't do this type of thing yourself, we're sure you'll get a kick out of watching others do it! Social time starts at 3:00, and people can get started on their dioramas whenever they'd like. Because we know that some of us will be enjoying a big Easter dinner somewhere, we're doing dessert, which we will share after (or during) the diorama-making. Please bring a dessert to share if you are able.)

Needs Assessment



What do you need to age healthy and strong? Fill out SAGE Upstate Needs Assessment survey online (at sageupstate.org) and let us know. On average, it takes around 20 minutes to complete it and it will make a difference for the months and years ahead. For a paper survey, call 315-478-1923.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="color: red; font-size: 2em; margin: 0;">April 2023</h1>						1 2 pm Utica Social
2	3 11 am Fitness Class 6 pm Men's Group	4	5 5:30 Writers	6 11 am Walking Group 6:00 Dining Out	7 10:30 Oswego Social 11 am Fitness	8
9 2nd Sunday POTLUCK! Social time starts at 3 pm	10 11 am Fitness Class 6 pm Men's Group	11	12 5:30 Writers 7:00 Knitters	13 9:30 Breakfast Club 11 am Walking	14 11 am Fitness Class	15 7 pm Trans Social
16	17 11 am Fitness Class 6 pm Men's Group	18	19 5:30 Writers	20 11 am Walking 12:30 Lunch Out Group 3- 6 pm HIV/ AIDS testing	21 11 am Fitness Class 7 pm Men's Night Out	22
23 30	24 11 am Fitness Class 6:00 pm Men's Group	25 11:30 am Lunch & Learn: Smart Device training SAGEVets, 6 pm	26 5:30 Writers 7:00 Knitters	27 11 am Walking Group	28 11 am Fitness Class	29

New Drop-In Hours at the Center: 12:00 pm to 6:00 pm, every Tuesday, Wednesday, Thursday. Need to come a different time? Just call.

		
In person only	On Zoom Only	In Person & Zoom

Breakfast Club, 2nd Thursday, 9:30. SAGErs meet for breakfast. See other side of page for details
Falls Prevention Fitness Class: In person and online Mondays and Fridays at 11 am. Meeting ID # 894 0192 9890 Passcode: 1969
First Friday Social, at 3:00 in the Center-- games and socializing.
HIV/AIDS Testing by ACR Health at SAGE, Free and confidential testing for HIV, syphilis, and Hep C. 3rd Thursday 3:00- 6:00 pm
Knitting & Fiber Arts, 2nd and 4th Wed at 7 pm. Fiber arts & conversation. In person and on Zoom. Meeting ID: 812 6815 6658 Passcode: 1969
Lunch and Learn: See article on other side of this page. 11:30 am. Please RSVP to Trish in advance (and share any dietary restrictions) by 4/21 tjohnson@sageupstate.org or 315-315-282-5428. This event is free. See p. 3 for info.
Men's Night Out: Join SAGE guys in the Center for socializing. Third Friday, 7:00 pm.

Out For Dinner, 1st Thurs, 6 pm. See details on back.
Second Sunday Potluck. Social time 3 pm, program 4 pm, dinner after program. Bring a dish to pass if you are able.
Oswego Social, 2nd Friday, Mimi's, 201 N 2nd St in Fulton. Friday, March 10, 11:30
Out For Lunch: Third Thursday, 12:30 pm See details on back.
SAGEVets: support and socializing for LGBTQ Veterans. Fourth Thursday, 6:00 pm
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 11 am, meet at Destiny Panera.
Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Meeting ID: 596 630 088 Passcode: 1969



CNY Gay 5K

June 17, Longbranch
@ Onondaga Lake Park

Registration for the CNY Gay 5K is open. The event is for runners, walkers, stroller pushers – however you want to travel!

Race Director Barb Genton is planning for a fabulous event. More than 100 are already signed up to participate! Do you know a business that would like to sponsor this event? Let us know. If you'd like to register or find more information, go to cnygay5K.org.

March at SAGE




SAGEVets hosted a dinner featuring Bryan Ellicott (left), NYC SAGEVets Coordinator and veteran Diane Greenpope (below) who spoke on an effort to restore local veteran's monuments.



Trish Johnson led a Lunch & Learn Program on Ageism (below).



Chili Cook Off (below): Trish Johnson, Valerie Grant, Karen Bowman, Ron Baldwin, Laura Massiucca and Darren Nichols (picture at the bottom) cooked chili for the event – Trish, Karen, and Darren won in a 3-way tie.

**Lunch & Learn:
Smart Device Training**

Tuesday, April 25, 11:30

This event was originally set for March, but is now in April. Learn about your smart device, what it can do and the best way to do it. Please RSVP by Friday, 4/21 to Trish, including dietary restrictions: 315-478-1923 or tjohnson@sageupstate.org

Dining OUT with SAGE Friends

All SAGE dining out groups now meet on Thursdays. These popular gatherings draw 8-12 SAGE friends together 3 times per month (breakfast, lunch, dinner) at local restaurants.

Would you like to receive emails about these events? Contact Kim at 315-478-1923 or kdill@sageupstate.org. Your info will be passed on to Ron, who leads these groups. See this month's locations below.

To arrange for your seat at the table, please RSVP

Dinner on First Thursday

4/6, 6:00 pm @ **Wolf's Den**, 617 Wolf St. in Syracuse

Breakfast on Second Thursday

4/13, 9:30 am @ **Denny's** in Camillus, 5315 W Genessee St.

Lunch on the 3rd Thursday

4/20, 12:30 pm @ **Salt City Market**, 484 Salina St, Syracuse (people could carpool from SAGE, as parking is limited)



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Help keep SAGE Upstate strong enough to improve health and reduce isolation for older LGBT people during these challenging socially distant times and beyond.

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to keep
SAGE
Upstate
strong!**

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