

Second Sunday Potluck in Syracuse: 4/13 Minds Matter

Join us for a variety
of fun activities
including personality
tests, brain games
and other activities
to get your mind
moving!



3:00 social time; 4:00 program
Dinner follows program

Tapestry Unveiling



At the Second Sunday Potluck in March, the tapestry crafted in a collaboration between Off The Hook and the SAGE Upstate Knitting and Fiber Arts group was unveiled. Tim Lattimore made a presentation, and Laura Masucca, who put the pieces together to form the tapestry, was also there for the event. Tim and Laura are pictured with the tapestry above. Next time you are in the center, be sure to check it out!

Thank you to all who helped with the Tea Dance & Bake Sale in March!

Thank you to :

Bakers:

Ron Baldwin
Keith Bertrand
Carol Burchim
Maria Brown
Sandy Davis
Mary Gillen
Brenda Goldthwait
Valerie Grant
Diane Heukrath
Cindy Lester
Cathy Nelson
Susan Shockey

DJ Rockin' Robin

who donated
his time

Volunteers

Tim Lattimore
Greg Lewis
Scott Milner
Carol Notar
Deb Zaengle

And everyone who
helped us clean up!

As you can see from the photos at right, a good time was had by one and all. The event raised nearly \$700 to support programs for older LGBTQ adults. Also, thank you to all who participated, danced, and bought delicious baked goods

Take Care Together



SAGE Upstate's two main goals are to reduce isolation and improve health. Our program *Take Care Together* explores how these two goals work together. Please consider helping SAGE build better programs by participating in Take Care Together, which is made possible by funding from Excellus Blue Cross Blue Shield. Find details inside.



Photo by Les Wright



Photo by Les Wright

New Center
Drop-In hours:

Mondays & Fridays, 3 - 5 pm

If you need to see us
another time, just call.
The office will be staffed
Monday-Friday, and will be
open for all programs.

Sage Upstate Pride 5K

Central New York June 14, 2025



The Pride 5K is set for June 14 and registration is open.

You can register at sageupstate.org/pride-5k for our tenth annual 5k event. This year, the name changes to Pride 5K in order to include everyone in our community,-- Lesbian, Gay, Bisexual, Transgender, Queer and Allies. The event will take place on Saturday June 14 at Long Branch Park in Liverpool. The 5k steps off at 9:00 am, but the road will be closed 15 minutes before the race starts, so be sure to arrive by then. You can register for \$30 through June 11. After that, event day registration will be available for \$35 from 7:30 to 8:30 am on June 14. Kids 12 and under can register for \$15. For \$35, you can participate virtually and have your shirt mailed to you. All participants get a shirt (pictured above) and a swag bag filled with goodies. Prizes will be given for the most prideful attire, and ribbons will be awarded to the best in different age categories. This year, we are also offering Pride 5K merchandise (see below), All proceeds support SAGE Upstate programs for older LGBTQ people in Central New York.

Upcoming Lunch & Learns



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.

All presentations include lunch and start at 11:30 am. To RSVP, contact Leslie at 315-478-1923 or llamb@sageupstate.org. Please let us know of any dietary restrictions.



You can purchase merchandise during the registration process or click on the merchandise store at sageupstate/pride-5k.



Golf Lessons with Monica

April 10: Stance, Grip and Swing

April 24: Chipping and Putting

May 8: Drivers & Woods

May 22: Irons

Monica is the four-time Syracuse Women's District Champion, including the 2024 SWDGA Champion and SWDGA Player of the Year. She was the 2024 NYSGA Division Winner for 55-59. Monica also qualified for the USGA Women's Mid-Amateur twice.

SAGE will offer lessons this month with Monica Hamilton, an accomplished golfer. The series includes four classes, \$25 per session, or sign up for all four for \$80. All classes are held from 6 to 7 pm.



More information about locations to follow. Space is limited, please contact Leslie to sign up:
315-478-1923
llamb@sageupstate.org.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>APRIL 2025</h1>		1 11:30 Lunch & Learn: Sleep & Wellness 6 pm Bonding Brothers	2 5:30 Writers 7:00 Knitting & Fiber Arts	3 10 am Walking 6 pm Dinner Out	4 5:30 Dance class	5 2 pm Utica Potluck
6	7 6 pm Monday Men's Grp	8 10:30 String Cheese Acoustic group	9 5:30 Writers 7:00 Knitting & Fiber Arts	10 9:30 Breakfast Out 10 am Walking 6 pm Golf class	11 5:30 Dance class	12 7:00 Gender Blend
13 3 pm Syracuse Potluck: Minds Matter	14 11:30 Exercise class in center 6 pm Monday Men	15 6 pm Game Night	16 5:30 Writers 7:00 Knitting & Fiber Arts	17 10 am Walking 12:30 Lunch Out	18 5:30 Dance class 7 Men's Night Out	19 2 pm Watertown Potluck
20 2:00 pm Oswego Potluck	21 6 pm Monday Men 6 pm Bonding Brothers	22 11:30 Lunch & Learn: Mental Health Wellness	23 5:30 Writers 7:00 Knitting & Fiber Arts	24 10 am Walking Group <i>Theater Thursday:</i> 3 pm: Melissa Etheridge Concert 5:30 pm: Love in Country 6 pm Golf class	25 4:30 SAGEVets trip to Clear Path 5:30 Dance Class	26 9:45 Meet@SAGE for Earth Day Clean Up
27	28 6 pm Mon Men's Grp	29	30 5:30 Writers 7:00 Knitting & Fiber Arts			

Bonding Brothers: New men's group meeting in the Center on the 1st Tuesday and 3rd Monday at 6 pm. More info next page.
Dance Classes with Susan Shockey
Earth Day Clean Up-- meet at SAGE at 9:45 on 4/26; details on back
Exercise in the Center-- Meet in person for online clas on Senior Planet
Game Night-- play games in the center with your SAGE friends
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 .
Golf Class: Lessons with Monica Hamilton. See p 2
Knitting& Fiber Arts: Wednesdays at 7 pm. Learn, or work with others on knitting, crocheting, and other fiber arts.
Lunch & Learns on April 3 & 22 -- see article on pg. 2
Meals OUT -- Dinner on the 1st Thursday, Breakfast on the 2nd Thursday, and Lunch on the 3rd Thursday, See details on p. 3
Men's Night Out: Social for SAGE guys, 3rd Friday, 7 pm

Second Sunday Potluck in Syracuse. Program: Minds Matter. Bring a dish to pass if you are able.
Oswego Potluck, for all in the Oswego area and beyond. Bring a dish to pass if you are able.
SAGEVets at Clear Path: see details on p 3
String Cheese: a new group for learning and playing stringed instruments. Bring a bag lunch for after.
Tea Dance and Bake Sale 2- 5 pm. See p. 1 for details.
Theater Thursday: 3 pm Melissa Ethridge concert film; 5:30 Love in Country.
Utica Potluck 1st Sat. 2- 4 pm, for all in the Utica area and beyond. Bring a dish to pass if you are able.
Walking Group Thursdays in Syracuse: The group meets at the benches by Panera at Destiny on Thursdays at 10 am
Watertown Potluck: 3rd Saturday at 2 pm, for all in the Watertown area and beyond. Bring a dish to pass if you are able.
Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only-- link at sageupstate.org

Theater Thursday: Two Movies



3:00pm Melissa Etheridge
Concert Film
5:30 pm Love In Country

At 3:00, we'll watch a Melissa Etheridge Concert Film, then at 5:30, it's *Love in Country*, 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. Popcorn will be provided.

SENIOR PLANET

Join us on April 14, 11:30 am as we exercise with people around the globe remotely, using Senior Planet.

Meet your SAGE friends for a meal

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

1st Thursday Dinner: 4/3, 6 pm

Rancher's Choice, 779 State Fair Blvd
Syracuse 13209 (Lakeland)

2nd Thursday Breakfast: 4/10, 9:30

Stella's, 110 Wolf Street, Syracuse, 13208

3rd Thursday Lunch: 4/17, 12:30

Bistro 1926 (At Drumlins Country Club)
800 Nottingham Road in Syracuse

SAGE Upstate Calendar 2

Join the SAGE team for EarthDay Clean Up 4/26



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. We will meet at SAGE at 9:45AM to head to Clinton Square for a 10AM clean-up time. Please contact Leslie at llamb@sageupstate.org if you would like to sign-up. Remember to let us know your shirt size.

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.



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



Bonding Brothers

This new Men's Peer Support group meets 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.

Acoustic Group Meets 2nd Tuesday

'String Cheese Acoustic Group' meets the 2nd Tuesday of the month @ 10:30am, this month on 4-8. Carol will be available starting at 10AM if you need help tuning your instrument or learning basic keys. *Don't forget to bring your lunch and enjoy social time after the group!*



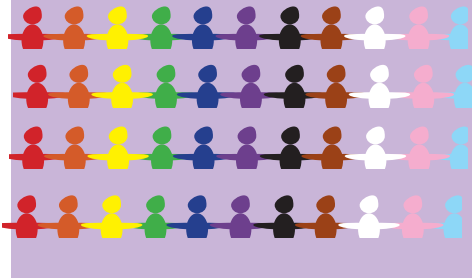
APRIL RAFFLE

Destiny Date
\$100 Cheesecake Factory
gift card
and
Two free go-cart races at
RPM (Race Play More
at Destiny)

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

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

How To Participate in Take Care Together



- 1 Participants enroll in the program by taking a **pre-program survey** online or requesting a paper survey. To take the survey online, go to sageupstate.org and select Take Care Together under the programs tab.
- 2 Participate in **2 social**, **1 fitness**, and **1 health** education program per month for 3 months.
- 3 Take part in a monthly hybrid **discussion** group to talk about your experiences.
- 4 Join us for a **closing event** with a meal in September

All SAGE Upstate programs are included. Fitness options available include the walking group, dance classes, an upcoming golf clinic, and even the Pride 5K. For health education, SAGE offers two lunch and learns per month in April and May. SAGE will also host internet programs on health education and fitness in the center. And of course all social events and programs count too.

There's still time to sign up. Go to sageupstate.org and take the pre-survey today!

SAGEVets trip to Clear Path



SAGEVets is gathering a group to head off to Clear Path for Veterans for a Friday Night Fire on April 25. These programs are held inside in cold weather and outside when it's warm. In April, 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. Contact Leslie to sign up or for more info. If you don't have a ride -- no worries. We will set up car pooling.

March at SAGE



NYS Ombuds Program for People with Developmental Disabilities

Did you know that New York State has a new Ombuds program to assist people with developmental disabilities, as well as their caregivers and providers, in navigating supports and services?

The new Ombuds program, operating independently from the Office for People With Developmental Disabilities (OPWDD), provides free and private advocacy and guidance, helping to protect the rights of people with intellectual and developmental disabilities.

For more information, visit: <https://www.cssny.org/programs/entry/iddo#form>, or call their toll-free Helpline: 1-800-762-9290.





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

Address service requested

Nonprofit Org.
US Postage Paid
Syracuse, NY
Permit 1930



**I want to
keep
SAGE
STRONG!**

Name:
Address , City, State, Zip:
Phone:
Email:
Credit Card #:
Exp: CVV _____

Choose One

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