

JOIN US FOR THE
1ST QUARTERLY
VOLUNTEER
SOCIAL

TUESDAY, APRIL 16, 6 PM

To all who volunteer
and all who would
like to know more
about volunteering:
You're Invited!

We want to thank
our volunteers-- we
could not operate
without you!

We'll serve a meal,
get to know each
other and talk about
what's coming up.

RSVP:

315-478-1923 or
kdill@sageupstate.org

Two great events on April 20:
Come for the chili, stay for the art ...

CHILI COOK OFF 4/20



Will you be one of our Chili Cooks?
We're asking for your best pot of chili for some hungry tasters. Participants will vote for the best. To enter your chili, contact Leslie: 315-478-1923 or llamb@sageupstate.org.

Or maybe you're more of a taster ..

Come and try a variety of and vote for your favorite. If you're not bringing the chili, you are judging and enjoying! Suggested donation is \$10 but for any donation, you can try all the chilis—and some cornbread – and go back for seconds as long as they last!

Saturday, April 20, 1- 3 pm,
2nd Floor Ballroom
431 E Fayette St. in Syracuse.

This month

Swing Dance Class starts 4/10

Barbie: 4/18

Chili Cook Off (see above) 4/20

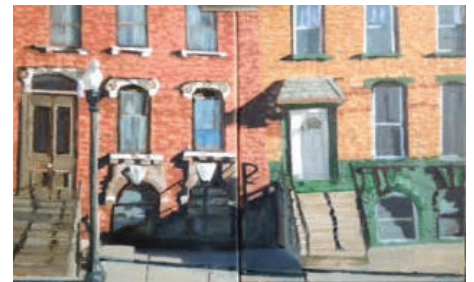
Art Show Opwinf (above), 4/20

Trivia Night, 4/25

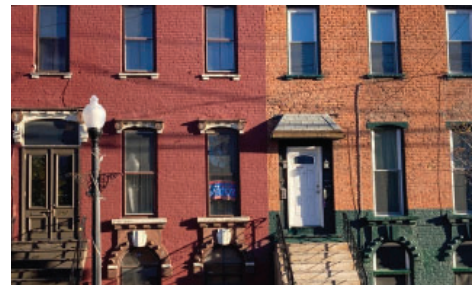
See calendar pg. 4 for all events

Art Show at SAGE

Salt City & Its Environs: Two Media
Opening Reception April 20



Paintings by Ken Ratcliff (London)



Photographs by Les Wright (Syracuse)

April 1- May 31, 3:00- 7:00 Weekdays
SAGE Upstate Center

Opening Reception 3:00-5:00pm
Saturday, April 20

**Would you like to view
the eclipse with your
SAGE friends?**

We're choosing a place to meet
up with folks to view this once in
a lifetime event on April 8. If you
are interested, contact Leslie:

llamb@sageupstate.org
or 315-478-1923



SAGE Upstate Board

Bob Bezy, Chair
 Willard Doswell, Vice-Chair
 Jenny Gluck, Treasurer
 Rita Gram, Recording Clerk
 Mattie Cerio
 Barb Genton
 Susan Horn
 Jerry Reed
 Liz Stehl

Contact the board at
board@sageupstate.org

SAGE Upstate Staff

Executive Director: Kim Dill
 Program Director: Leslie Lamb
 SocialMedia/Office Coordinator:
 Johna Melius
 Neighborhood Advisor: Masani Tyler
 Office Assistant: Carol Notar

Ambassadors

LGBTQ BIPOC Communities
 Tim Lattimore
 Trans Communities
 Johna Melius
 Oneida, Madison, Cortland Counties
 Dori Colvin & Robin Latham

SAGE Upstate News is published monthly and features articles and resources on issues affecting older Lesbian, Gay, Bisexual, and Transgender (LGBT) people in Central New York. SAGE Upstate is a not-for-profit organization that promotes the health and well being of GLBT people in Central New York as they age. SAGE Upstate board meetings are open to the community. For more information contact Kim Dill at 315-478-1923 or kdill@sageupstate.org.

All SAGE Upstate activities are accessible unless otherwise noted. Interpreters and large print publications are available on request.



LARGE PRINT

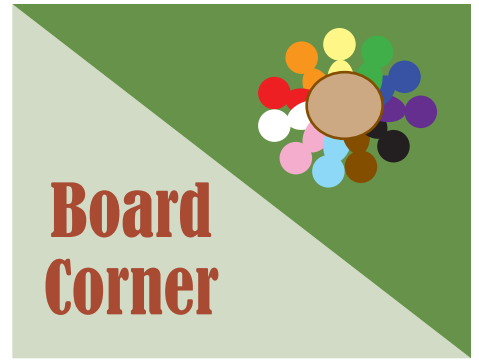


We're making a video!

Last month, SAGE Board, Staff, and Ambassadors sat down with Daylight Blue Media to plan a promotional video for SAGE. It will be used on social media, in emails, on our website, and for SAGE presentations. The central message we came up with was that SAGE is a place where everyone belongs. We want to feature social programs where people gather and connect and health programs like fitness classes and Lunch and Learns. We'll also include info on Gender Blend, IDENTITY, Rural Outreach and the Neighborhood Advisor Program.

What do you think? If you wanted to tell someone about SAGE, what would be important to include?
Send feedback to Kim at kdill@sageupstate.org or 315-478-1923.

SAGE Upstate is funded by the New York State LGBT Health and Human Services Initiative, the Onondaga County Department of Adult and Long Term Care Services, generous individual donors, fundraising events, and business sponsors. Specific program funding comes from SAGE USA, the Health Foundation of Western and Central New York, the CNY Community Foundation, and the Emerson Foundation.



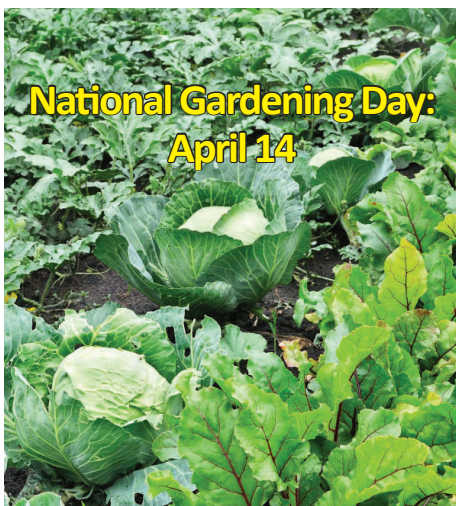
Greetings from Utica. Many of you know that I have been representing the Utica Sagers on the SAGE Upstate Board of Directors for the past two years. Due to other commitments, I will not be returning when my term expires at the end of the month.

When I agreed to serve, one of my goals was to advocate for more programs and activities easily accessible to the Utica Sagers. I am excited and grateful for the efforts of our new SAGE Ambassadors Dori Colvin and Robin Latham. We now have regular Lunch and Learn programs, a Utica walking group and more exciting things on the horizon.

It was no accident that Dori and Robin were invited to be the Sage Ambassadors for the several counties surrounding and including Oneida. They have always been our ambassadors, from day one. As a matter of fact, our Utica Potluck is rapidly approaching its tenth anniversary all because of Dori and Robin's commitment and dedication. As Dori is quick to point out, "We always see new faces at every Utica Potluck."

I regret that I have not been able to participate in more SAGE events taking place throughout the region and have not met every one of you. Please know, advocating for the elders in our queer community is and always will be priority one for me.

-- Jerry Reed



**National Gardening Day:
April 14**

Second Sunday Potluck, 4/14

Social time @ 3:00

Program @ 4:00

Dinner following program.

Bring a dish to pass of you are able.

National Gardening Day!

Go home with

starts for your garden!



Mahjongg: 4th Friday

Play a game anytime

We've been having game nights for Mahjongg, Pitch, Spades, and others-- but you don't need to wait for that. Come in any time with a few friends and play games in the center. We've got the Mahjongg Tiles, cards, and instructions. Give us a call if you are interested.



Last month Jaleel Campbell hosted the “Project Out Loud Awareness Campaign Photoshoot” that was open to anyone who identifies as LGBTQ+, inclusive of families, elders, young adults, and allies. I had the privilege of being invited as both SAGE Upstate Ambassador and friend to set up a table space representing both SAGE and my community initiative IDENTITY.

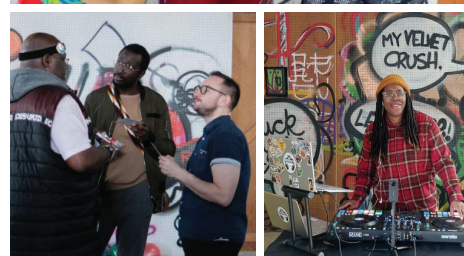
I met and spoke with several people of the BIPOC community and it was a blast. Also, several of my friends attended the photoshoot in support of me (and Jaleel). Thank you all for your love and support.

Over 50 people attended the event, and photographer Jessica Montgomery was there capturing the queer spectrum and immortalizing what the queer scene looks like in Central New York. We can expect to see photos during Pride month.

Currently, I am working on starting a few programs for IDENTITY such as Spades Night which started on Fri 3/29 and Trivia Night, which will be held on 4/25. The date and time will soon be posted. There will be other fun and inclusive programs soon to come.

In the meantime, take care of yourselves and be kind to one another.

For more info about IDENTITY, contact Tim Lattimore, SAGE Ambassador to LGBTQ BIPOC Communities: tlattimore@sageupstate.org or leave a message for Tim at 315-478-1923



April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11 am Fitness Class 6 pm Men's Group	2	3 3:00 Dance class 5:30 Writers 7:00 Knitting & Fiber Arts	4 10 am Walking 6pm Dinner OUT	5 11 am Fitness Class 3:00 Fri. Social	6 2 pm Utica Social
7	8 11 am Fitness Class 6 pm Men's Group	9 11:30 Lunch & Learn: Nutrition 5:30 Crafting	10 3:00 Dance class 5:30 Writers 7:00 Knitting & Fiber Arts	11 10 am Walking 9:30 Breakfast OUT	12 11 am Fitness Class	13 11 am Utica Walking group
14 2nd Sunday Potluck <i>Gardening</i> 3pm social time 4pm program dinner after	15 11 am Fitness Class 6 pm Men's Group	16 11:30 Lunch & Learn: NY Connects 6 pm Volunteer Social	17 3:00 Dance class 5:30 Writers Knitting group does not meet	18 10:00 Walking 12:30 Lunch OUT 3 pm & 6 pm Theater Thursday <i>Barbie</i>	19 11 am Fitness Class 7 Men's Night Out	20 1- 3 Chili Cook Off 3-5 <i>Syracuse and its Environ</i> s Opening 7:00 pm Gender Blend
21 2:00 pm Oswego Potluck	22 11 am Fitness Class 6 pm Men's Group	23 11:30 Lunch & Learn: Financial Literacy 6 pm SAGEVets	24 3:00 Dance class 5:30 Writers 7:00 Knitting & Fiber Arts	25 10 am Walking 3:00 pm: Johna Talks! 6 pm Trivia Night	26 11 Fitness Class 6:00 Mahjongg	27 11 am Utica Walking group
28	29 11 am Fitness Class 6 pm Men's Group	30				

Crafting: Join Leslie and your SAGE crafting friends every 2nd Tues- day at 5:30 in the SAGE Upstate Center.
Dance Classes with Susan Shockey -- 2nd floor Ballroom, Wednes- days at 3 pm
First Friday Social, at 3:00 in the Center-- games and socializing.
Fitness Classes are held Mon/ Fri, 11 am. Join us in the SAGE Upstate Center or on zoom (details at sageupstate.org)
Gender Blend, 3rd Saturday, and social/support for Trans com- munity. In person and on Zoom (details at sageupstate.org)
Knitting & Fiber Arts, Wednesdays at 7 pm. Fiber arts & con- versation. In person only. For fiber artists of all skills
Johna Talks: Fourth Thursday, 3:00 pm. Open round table, Q&A on trans issues
Lunch and Learn Series: Tuesdays, 11:30 am. Please RSVP in advance (share dietary restrictions) llamb@sageupstate.org or 315-478 1923 Free, lunch provided. See next page.

Meals OUT -- Dinner on the 1st Thursday, Breakfast on the 2nd Thursday, and Lunch on the 3rd Thursday, See details next page.
Men's Night Out: Social for SAGE guys, 3rd Friday, 6 pm
Oswego Potluck, 3rd Sunday at Trinity Methodist; 45 E Utica St in Oswego. Bring a dish to pass if you're able
SAGE Vets: Social and program for LGBTQ Veterans-- 4th Tue 6:00
Second Sunday Potluck: Social time at 3 Program starts at 4, pot- luck follows program-- bring a dish to pass if you are able.
Utica Potluck 1st Sat. 2- 4 pm at Utica Unitarian, 10 Higby Rd. Potluck-- bring a dish to pass if you are able.
Walking Group Syracuse: The group meets at the benches by Panera at Destiny on Thursdays at 10 am
Walking Group Utica: Meet at Sangertown Mall on the 2nd and 4th Saturday
Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only-- link at sageupstate.org

Johna Talks!



Our first Johna Talks program was held in March, and will continue on the fourth Thursday each month. It's a roundtable Q & A with Trans Ambassador (and Social Media/Office Coordinator) on topics related to gender identity, pronouns, and all things trans. Programs are informal and participants will have the chance to educate themselves and openly ask questions. This month's Johna Talks program will be held on April 25 at 3 pm. Bring your questions. Are there topics you'd like to know more about? Let Johna know. You can reach her at 315-478-1923 x3, or jmelius@sageupstate.org

Meet your SAGE friends out for a meal!

To RSVP, contact Leslie at 315-478-1923 or llamb@sageupstate.org. Your info will be sent to Ron, the group leader

This month:

1st Thursday Dinner: 4/4, 6:00 PM, [Cracker Barrel](#), 8400 Pardee Rd, Cicero, NY 13039

2nd Thursday Breakfast: 4/11, 9:30 AM, [Gem Diner](#), 832 Spencer St, Syracuse, NY 13204

3rd Thursday Lunch: 4/18, 12:30, [Barados on the Water](#), 57 Bradbury Rd, Central Square, NY

Theater Thursdays:



Barbie
Thursday
4/18
3:00 pm
and
6:00 pm

Join us at either 3:00 pm or 6:00 pm to watch *Barbie*! From Wikipedia: The film stars Margot Robbie as the title character and Ryan Gosling as Ken, and follows them on a journey of self-discovery through both Barbieland and the real world following an existential crisis. It is also a commentary regarding patriarchy and the effects of feminism. The film features Hari Nef, a transgender actress as one of the Barbies. The rest of the principal cast includes America Ferrera, Michael Cera, Kate McKinnon, Issa Rae, Rhea Perlman, and Will Ferrell.



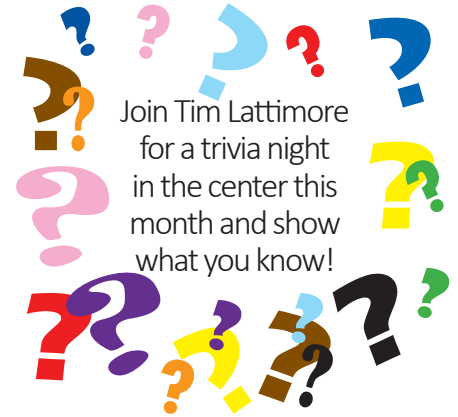
Who wants to Swing?

Dance classes continue, starting April 10. Our fabulous instructor, Susan Shockey, will be teaching swing dancing in this 6-week session of classes. Join Susan at 3 pm in the 2nd floor ballroom. You do not need a partner to attend this class.

To sign up, contact Leslie at:
llamb@sageupstate.org
or call 315-478-1923 ext 2.

Trivia Night

Thursday, April 25, 6 pm



Join Tim Lattimore for a trivia night in the center this month and show what you know!

Healthy Aging Series

There are three more sessions in our Lunch and Learn Series on Healthy Aging, which is funded with a grant from the Emerson Foundation. Join us on Tuesdays @ 11:30.

4/9 Mindful Eating: Nutrition Education from the Onondaga County Department of Adult and Long Term Care Services.

4/16 Staying Strong and Independent: Services and Support to remain healthy and independent, presented by NY Connects.

4/23 Financial Literacy: Understanding Credit and Identity Theft. Presented by Elizabeth Silliman from Community Bank.

Please RSVP to Leslie (llamb@sageupstate.org or 315-478-1923 x 2) so we can make sure the meal will accommodate all. Let us know about dietary restrictions.

**Thank You
Emerson Foundation!**

Join our friends at Project Out Loud for a Vision Board Making Party!

RE-IMAGINING
QUEER FUTURES
Vision board making Party

April 27, 4:00- 8:00 pm

210 Teas 108 E. Washington st.
Syracuse NY 13202

Get ready to unleash your creativity and manifest a new sense of self like never before! Join us for a fun Visionboard Making Party that will leave you feeling inspired, empowered, and ready to shake up the world. Get your magazines, scissors, and dreams ready because we're about to redefine what it means to envision queer futures! Don't miss out on this epic gathering of magic!

Scan This QR Code Below to Register For This Event

Keeping up to date with SAGE

Are you getting the weekly SAGE Upstate Update email? We send out a weekly calendar of events through email, Facebook and Instagram. If you're not getting these, here are a some things you can do to keep up to date

Sign up for our weekly email. Contact Johna to be included: 315-478-1923 ext. 3 or jmelius@sageupstate.org. And, if you fill out a demographics form (available at sageupstate.org), you will be included.

Follow and Like us on Facebook and Instagram. On Facebook, go to the SAGE Upstate Page and follow us, and sign up to join our group page. On Instagram, go to the SAGE Upstate page and click on follow.

CNY Gay 5K: What you need to know



When is it? June 15,
step off at 9 am.

Where is it? Long Branch at Onondaga Lake Park. The race begins just outside of the parking lot, proceeds over the bridge, turns right, and goes along the lake with a turnaround at the half way point.

How do I register? On the event website, cnygay5K.org, you can click on a link to register online. The cost is \$30 until June 12. Kids age 12 and under can register for \$15. Virtual registrations are \$35 to cover the cost of mailing your t-shirt. You can register at the event for \$35.

How do I get my shirt and bib? There will be a pre-race packet pickup at SAGE, or you can get them at the event.

Do I have to run it? And how long is 5K anyway? A 5K race is 3.1 miles, or if you're counting steps it's around 6,250. You definitely do not have to run it. You can walk, roll, push a stroller, skip – whatever you choose. And it can be done virtually anywhere you want to do it.

Are dogs allowed? Yes, they are welcome if they are on a leash. We ask that you make sure your pup does not interfere with the serious runners.

Where does the money go? 100% of the profits stay right here in CNY, specifically right here at SAGE Upstate! Proceeds from the event fund programs that reduce isolation and improve health for older LGBTQ people.

See you there!

Last month at SAGE



Johna and Masani tabled on Trans Support Day at SU.

GAMES!

We've had the chance to play lots of great games lately. This month you can play Mahjongg on 4/26, and Tim Lattimore is hosting a Trivia night on 4/25.



SAGEVETS!

In March, Clear Path made a presentation on their programs attended by veterans in the center and on Zoom. Join other LGBTQ Vets on the 4th Tuesday of every month.



Movies!

This month, check out *Barbie* on 4/18 at 3:00 or 6:00 pm.



Lunch and Learn

This month, we have three:
4/9: Mindful Eating
4/16: NY Connects
4/23: Financial Literacy

Join us for a great presentation and lunch is provided!





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

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reduce
isolation
in our
community**

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Email:

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Exp: CVV _____

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SAGE Upstate publications?

Yes No

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