Sage Upstate News
November 2026 Vol 30 #11

Remembering Leslie

Please join us for a celebration of the life of Leslie Lamb with speakers, music, and a chance for everyone to share.

Sunday, November 15, 2 pm
2nd floor Ballroom
431 E Fayette St.



Thanksgiving Feast



Second Sunday Potluck November 8

SAGE will provide turkey, mashed potatoes, stuffing and gravy -- if you are able, bring a side to pass.

Social Time: 3:00 - 3:30
Dinner 3:30

Transgender Day of Remembrance

Each year on November 20, we observe Transgender Day of Remembrance (TDOR), a day dedicated to honoring the lives of transgender and gender-diverse people who have been lost to anti-transgender violence.

First established in 1999 in memory of Rita Hester, a transgender woman murdered in 1998, TDOR serves as a solemn reminder of the discrimination, hatred, and violence that transgender people continue to face.

It is also a time to reflect on our collective responsibility to create communities where transgender and gender-diverse individuals can live openly, authentically, and safely.

At SAGE Upstate, we remember those whose lives were taken, stand in solidarity with those who continue to face discrimination, and reaffirm our commitment to building a world where every person is treated with dignity, respect, and compassion.

We remember. We honor. We will not forget.

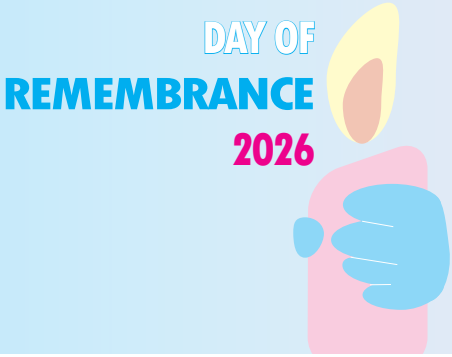
New Neighborhood Advisor: Max Loria

SAGE Upstate has filled the position of Neighborhood Advisor. You may know him from the Syracuse Gay Film Society, which offers movies at SAGE a few times a month. He brings skills from his experience as a Pharmacy Technician, and work at a senior living facility. Look for more information on Max in the next newsletter.

TEI in the community



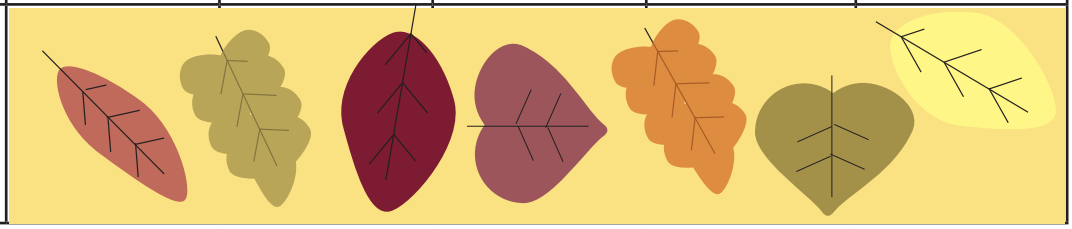
Last month, Tim and Valerie represented the Trans Empowerment Initiative at a health fair in Madison County.



Friday November 20, 5 pm
University United Methodist Church
1085 Genesee St.
Syracuse, NY 13210

Join community speakers, including Tim McCoy, the reading of the names, and remembering trans individuals who lost their lives over the past year.

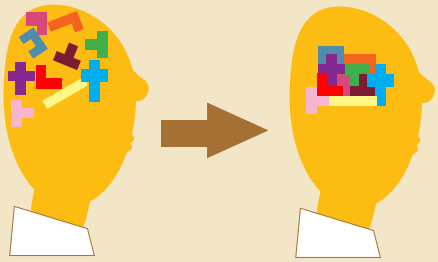
November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Minnie Bruce Book Club 4 pm	2	3 6 pm Bonding Brothers 6:30	4 10:30 Silver Strings 5:30 Writers 6:30 pm SAGE Sapphics	5 10 am Walking 6 pm Dinner Out 6:30 Spades	6 6:30 BIPOC Trans Group	7 2 pm Utica Potluck
8 12:15 Syr. Gay Film Society 3 pm 2nd Sunday Potluck: THANKSGIVING FEAST	9 5:30 Walking group 6 pm Monday Men's Group	10 6:30 Transmas-culine Spectrum group	11 OFFICE CLOSED	12 9:30 Breakfast Out 10 am Walking 6:30 pm Conversation Cafe	13	14 12 pm: Disabled, Queer, Still Here 7:00 Transfeminine Group
15 Noon, Queer History Coalition Leslie Lamb Celebration of Life, 2 pm	16 5:30 Walking 6 pm Monday Men's group	17 11:30 am Lunch & Learn: REBT 6 pm Bonding Brothers	18 10:30 Silver Strings 5:30 Writers 6:30 pm SAGE Sapphics	19 10 am Walking 12:30 Lunch Out	20 5 pm Transgender Day of Remembrance 6:30 Spades	21 2 pm Utica Trans Spectrum Group
22	23 5:30 Walking 6 pm Monday Men's Group 6:30 Fulton Trans Group	24 6:30 Transmasculine Spectrum group	25 5:30 Writers	26 OFFICE CLOSED	27 OFFICE CLOSED 6:30 Freaky Film Friday (Syracuse Gay Film Society)	28 7 pm Trans Connections Plus
29 12:15 Syr. Gay Film Society	30 5:30 Walking 6 pm Monday Men's					

Center Drop-In Hours: 3:00 - 6:00 pm Monday - Friday

Bonding Brothers: Men's social/support group, 1st and 3rd Tue. at 6 pm.
Conversation Cafe-- BIPOC social, see next page
Celebration of Life: Leslie Lamb. see details on page 1
Disabled Queer and Still Here: peer led group for people who identify as LGBTQ+ and disabled
Lunch & Learns meet at SAGE. For details see next page
Monday Men's Group: closed, takes new members twice a year.
Meals OUT -- See details next page.
Minnie Bruce Book Club, 1st Sunday every other month @ 4 pm
SAGE Sapphics: 1st & 3rd Wednesday, 6:30. Social for women and non-binary folks open to all ages 24+
Silver Strings: 1st & 3rd Wednesday, 10:30 am. Group for guitar, ukelele and banjo players of all levels.

Spades: Come and play or learn to play
Syracuse Gay Film Society: See details next page.
Syracuse Queer History Coalition: meets monthly to gather local queer history, build intergenerational community, plan events.
Thanksgiving Feast-- 2nd Sunday, see page 1
Trans and Nonbinary groups-- see full list next page.
Transgender Day of Remembrance-- see page 1
Utica Potluck 1st Sat. 2- 4 pm, for all in the Utica area and beyond. Bring a dish to pass if you are able. Details p.6.
Walking Group Mondays (5:30 pm) meets at the Visitor Center at Onondaga Lake Park & Thursdays (10 am) meets at the benches by Panera at Destiny.
Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only-- link at sageupstate.org.



Lunch & Learn 10/27: Rational Emotive Behavior Therapy (REBT)

This month Tim McCoy will present on REBT, an action-oriented approach for helping people deal with their irrational beliefs and to learn how to manage emotions, thoughts, and behaviors. *Lunch and Learns are held at SAGE Upstate, located in the CNY Philanthropy Center, 431 E Fayette St. Programs start at 11:30 and lunch is served at 12:30. Please R.S.V.P. to Valerie at vgrant@sageupstate.org or by calling 315-478-1923. Let us know of any dietary restrictions.*



Conversation Cafe

Come join SAGE us on Thursday, November 12th at 6:30 pm for an evening of discussions (hosted by Tim Lattimore) ranging from fun to personal to challenging topics. This conference (for LGBTQ+BIPOC and BIPOC allies only) is a great way to meet new people of different adult ages, backgrounds, and experiences. It's an opportunuty to learn about other cultures, share ideas, and maybe even learn about yourself. This event promotes a safe space for us to be ourselves unapologetically, express and feel welcomed. *For more info email Tim at tlattimore@sageupstate.org or call 315-478-1923.*

Meet your SAGE friends for a meal

1st Thursday Dinner, 11/5 6 pm *Olive Garden, 3147 Erie Blvd East*
2nd Thurs. Breakfast, 11/12 9:30 am *Ellie May's, 504 W Manluis St. in E Syr.*
3rd Thurs. Lunch: 11/19 12:30 pm *Plaza Grande, 2212 W Geneseee St in Westvale Plaza*

Syracuse Gay Film Society @ SAGE

Sunday 11-8, ***The Mistranslation That Shaped Culture*** (2022). Doors open at 11:45, icebreakers at 12:00, movie starts at 12:15. Documentary about an erroneous 1946 Bible translation of the term homosexual.
Sunday 11-22, ***Happy as Lazzaro*** (2018). Doors open at 11:45, icebreakers at 12:00, movie starts at 12:15. Story about the unlikely friendship between teen Lazzaro, a sharecropper in rural Italy, and the marquise's son.
Freaky Final Friday: ***Cure*** (1997). Doors open at 6:15, movie starts at 6:30. A string of gruesome murders in Tokyo are connected by a bloody X carved into the victims' necks and a murderer with no memory of the killing

Sage Upstate TRANS EMPOWERMENT INITIATIVE Groups

Transmasculine Spectrum Group
2nd & 4th Tues. at 6:30 PM. Peer support for trans men, transmasculine, nonbinary and Intersex people.

Transfeminine Group
2nd Saturday at 7:00 PM. Peer support for transgender women and transfeminine people.

Trans Connections Plus
4th Saturday at 7:00 PM. Open to all transgender, nonbinary, gender-diverse, and intersex people — and partners/allies.

Nonbinary Connections
2nd Wednesday at 7:00 PM. Peer support for Nonbinary, Genderqueer & Gender Expansive.

Utica Gender Spectrum Group
3rd Saturday at 2:00 PM. Supportive space for transgender, nonbinary, gender-nonconforming, intersex, and other gender-diverse adults Meets at: Unitarian Universalist Church10 Higby Rd, Utica

BIPOC Gender Spectrum Group
1st Friday, 6:30 pm. Supportive space for transgender, nonbinary, intersex, and other gender-diverse in BIPOC comunities.

Fulton Gender Spectrum Group
4th Monday, 6:30 pm. Supportive space for transgender, nonbinary, gender-nonconforming, intersex, and other gender-diverse adults Meets at: Friends of Recovery, 808 W. Broadway, Fulton, NY

FOR ADULTS OF ALL AGES For more info: 315-478-1923; Tim McCoy (tmccoy@sageupstate.org) or Valerie Grant (vgrant@sageupstate.org). All but Fulton and Utica groups meet at SAGE Upstate and on Zoom: 431 East Fayette Street, Syracuse, NY. Find Zoom link at sageupstate.org/transempowerment

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

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City, State, Zip:_____

Phone: _____

Email: _____

❑ Bill my card for $_____/month

❑ Bill my card for the one time amount of $_____

My check is enclosed for $_____

Payment Information

Fill out donation amount on the other side

❑ My check is enclosed

❑ Please charge my card

Card Number:

_____

Exp: _____ CVV# _____

Signature _____

Mail to: SAGE Upstate
431 E Fayette St. Syracuse, NY 13202