



February 2018



On-going: every Tuesday 10:30-11:30am Senior Yoga with Tom \$5.

On-going: every Tuesday 11:30am SAGE catered lunch & program, varies weekly. \$3.

On-going: every Tuesday 5:30pm Multilevel Mat Yoga with Tom. \$15.

On-going: every Wednesday 5:30pm Move(meant) Bootcamp \$15. Open to all fitness levels. Information: movemeantroc@gmail.com

On-going: 2nd & 4th Wednesdays, 6:30pm-8:00pm, 50+ Men's group: topic discussions. Contact Tony at rtony13@aol.com

On-going: every Thursday 10:30-11:30am Senior Yoga with Tom \$5.

On-going: every Thursday 6:00pm-9:00pm, Euchre Throw Down, all player levels, \$5.

On-going: 1st & 3rd Thursdays, 11:30am-1:30pm SAGE Seniors in Service: light lunch & volunteer activities supporting other LGBTQ seniors. Information at anet@outalliance.org (585) 244-8640 x23.

February Calendar:

Thursday February 1, 11:30am-1:30pm SAGE Seniors in Service Light lunch & volunteer activities.

Saturday February 3, 12noon-3:00pm Ground Hog Potluck at John Rutkowski's Morgan Homestead. 6963 West Main Road, Lima, N.Y (Route 5 & 20). 14485 Please bring a dish to pass. RSVP to Bill Camp at (585) 244-8640 x23 or bcamp@outalliance.org.

Tuesday February 6, 11:30am-1:30pm SAGE catered lunch \$3. "Cake Day" for February birthdays. Anne Tischer presents: "The 5 Side Effects of Kindness".

Wednesday February 7 OUT in the Sticks: Batavia Meetup at GoArt! 201 E Main St Batavia 14020, 6:00pm to 8:00pm Pizza & Let's Talk! Table topics, film shorts & tall tales. anet@outalliance.org

Thursday February 8, 9:00am-10:30am SAGE Breakfast Club, Denny's Restaurant at 911 Jefferson Road, Henrietta. All are welcome! RSVP by 2/6 to Gerry at gkraus@rochester.com or (585) 730-8772.

Saturday February 10, 7:00pm-11:00pm Red Ball Community Valentines Party, "A Red Carpet Affair" Diplomat Banquet House off Lyell Ave. Discount advance tickets \$15. for seniors & \$25. per senior couple at Out Alliance or see Anne Tischer. Volunteers get free tickets. 21+ event, DJ Solid Bear, finger foods, cash bar. Information: (585)244-8640

Sunday February 11, 5:00pm-7:00pm Health Quest Plant-based Potluck. Learn more about healthy eating: "Exploring Whole Grains" Bring a friend & a plant-based dish to pass, \$3. All are welcome.

Tuesday February 13, 11:30am-1:30pm SAGE Lunch "Valentine Chili Cook Off" and themed activities. Bring a pot of your best chili and win bragging rights!!! If you bake cornbread we'll eat it!!! Tell Bill or Anne if you are bringing chili so we have enough!!! 244-8640 x23

Wednesday February 14, 6:30pm- 8:00pm 50 + Men's Group Discussion. Contact Tony: rtony13@aol.com

Wednesday February 14, 7:00pm– 9:00pm InQueery Movie Night Out: “The Broken Hearts Club”... a romantic comedy. At the Alliance. Free.

Thursday February 15, 11:30am–1: 30pm SAGE Seniors in Service: Call to Connect Project & light lunch. Contact billc@outalliance.org

Friday February 16, 2:30pm- 4:00pm Pride In Aging Monthly Presentation Speakers panel: “Staying Healthy at Home”, Providers discuss medical services, therapies, nutrition, exercise & more available in your home or online so you can “age in place” comfortably. All are welcome. Contact: annet@outalliance.org

Sunday February 18, LORA Women’s Brunch, 10:00am-12:00pm, Pixley's Restaurant, 2235 Buffalo Road, Gates. All are welcome. RSVP: Kerry at DressyFemme@aol.com

Tuesday February 20, 11:30am-1:30pm SAGE catered lunch & program \$3. HCR’s Leslie Alvarado presents on Relationships and Communication.

Tuesday February 20, 11:00am-3:00pm SAGE Social Work Support Kat Carr, LMSW of Lifespan is available for on-site consultation on issues around aging. Free Service. Information: Kcarr@lifespan-roch.org.

Wednesday February 21, 5:00pm-7:00pm OUT in the Sticks Dansville Meetup: Jack’s Gaslight Inn 110 Main St. Dansville 14437 Good food, good company. Contact: annet@outalliance.org.

Thursday February 22, 6:30pm-9:30pm SAGE Painting with a Twist 3159 Winton Rd, S- Suite Win-Jeff Plaza. \$35 per person. Must RSVP and pay beforehand to Bill bcamp@outalliance.org or (585) 244-8640 x 23.

Friday February 23, Fabulous Fish Fry 5:30pm at Golden Fox Restaurant, 1115 Culver Road, 14609. RSVP to Audet at (585) 287-2958 or aprice002@aol.com by 2/20/18.

Tuesday February 27, 11:30am-1:30pm SAGE catered lunch and learn: Professor Chan McKenzie from R.I.T presents: “The History of the Harlem Renaissance” \$3.

Wednesday February 28, 6:30pm-8:00pm 50 + Men’s Group Discussion. Contact Tony at rtony13@aol.com

Wednesday February 28, SAGE Happy Hour 5:00pm-7:00pm at Bachelor Forum 670 University Ave, 14607, Pizza and Drink Specials. All are Welcome!

SAGE Rochester is a program of the Out Alliance, 100 College Avenue, Rochester, NY 14607. All programs are open to the public and all are welcome. The senior catered lunch and some of the other programs offered by the SAGE program have suggested donations of \$3 to offset costs. Senior Yoga is \$5 per person and is offered every Tuesday and Thursday unless a holiday or specified in the calendar. Multilevel Yoga & Move(meant) are evening classes open to all ages & fitness levels at \$15 per person. All programs are subject to change. Become a SAGE member or get information at sage@outalliance.org or call (585) 244-8640 x23. We are also on Facebook as “SAGE Rochester a program of the Out Alliance”.