

THE SAGE

The Newsletter of SAGE of South Florida

JULY 2013

Summer is the Time to Look and See the Flowers.



Due to what I've seen and heard from some of our members, I think SAGE would like to sponsor a Photography/Camera Club. We have several members I know who are great photographers and some who would like to gain the skills.

The award winning photos pictured are the work of our SAGE newsletter editor, Sharron Demarest. Sharron submitted some of her work to Pentax in response to their request for submission of work to be displayed in their on-line photo gallery. The photos will be used to show the potential for the Pentax line of equipment. Sharron's work will be displayed permanently in the Pentax gallery. Some of her work is part of the permanent photography collection of McGill University. At one time she was a darkroom technician for renowned photographer, W. Eugene Smith. We are fortunate to have her and our other talented photographers as part of our SAGE family.

To get a photography club off the ground, we need to hear from our interested members. Please get in touch with me if you would like to join the group. Give me your email and telephone number so that we can be in touch. You can contact me at the SAGE email address sagesoft@gmail.com or on the SAGE office telephone at 954.634.7219.

Depending upon your interest, I expect the group will start in the near future.

As SAGE continues to better serve our member's interests we look forward to another successful program.

--Ken Goodman

SAGE OF SOUTH FLORIDA, INC.

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Wilton Manors, FL 33305

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SAGE Editorial Policy

SAGE welcomes contributors to this newsletter. An author may request their entry to be "anonymous." However, the submission as received by SAGE must be accompanied by the full name and address of the author. Items will be published at our discretion. If we feel that we cannot publish a submission anonymously, we will contact the author. We reserve the right to edit items for size considerations, clarity or standards of decency.

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SAGE FRIENDLY SUPPORT PROGRAM

We'd like to think we are not merely fair weather friends, but people who really care about our SAGE family. If you know of any SAGE member who would appreciate a friendly call, is sick, in the hospital, recently lost a loved one, or just needs a note of cheer, please contact:

For women — Inez Pasher @ 954.563.2814.

For men — Leo Glickstein @ 954.935.5799.

This is a SAGE sponsored activity.

SAGE MISSION STATEMENT

SAGE of South Florida is a non-profit organization for Senior action in a Gay Environment to enrich the lives of the GLBT senior community through membership inclusive of age, gender, race, nationality and religion. We believe this can be accomplished by sponsoring social alternatives To provide personal interaction, offering educational opportunities to deal with the special needs of aging, and promoting contact with the isolated and homebound persons of our community. SAGE is also an advocate for the concerns and needs of the senior community at large, providing referral information on community resources and promoting inter-generational communication in the GLBT community. SAGE was founded in 1994 as a Florida "not for profit."

ADVERTISING

Our monthly newsletter is partially underwritten by advertising revenue. We have a written fee schedule for various sizes and number of months. An insert, instead of display advertising, is also available for business and organizations at a very reasonable rate. Contact the SAGE office at 954.634.7219 or email at sagesofl@gmail.com for more information. Appearance of an advertisement in this newsletter does not constitute endorsement by SAGE of South Florida, Inc. of the service being offered. We thank our advertisers for helping us pay for printing this newsletter. Do you have friends or family who own a business? Ask them to place an ad in THE SAGE. We appreciate our business supporters. As members, let's support them in return.

SHARING SAGE WITH OTHERS

Reconnecting with old friends and meeting new acquaintances is a great part of the SAGE tradition. We invite you to share this tradition by inviting someone new to SAGE to one of our many SAGE-sponsored events. Share the camaraderie and support found among SAGE members with others.

When you invite someone new to any SAGE-sponsored events and that friend joins SAGE, he or she will become a SAGE of South Florida member for the reduced fee of \$25 for their first year of membership.

SAGE MEMBERS IN NEED

Please contact the AADRC (Aging and Disability Resource Center) @ 954.745.9779. It is a one-stop center for information and referral services available to seniors and their care-givers in our community.

REMINDER FROM THE BOARD

IF YOU RESERVE A PLACE AT THE 'LUNCH & LEARN' AND YOU DO NOT ATTEND, YOU ARE STILL RESPONSIBLE TO SAGE FOR PAYMENT. WE MUST GIVE THE CATERER AS EXACT A COUNT AS POSSIBLE BASED ON YOUR RESERVATION. THE CATERER MUST BE PAID WHETHER OR NOT YOU SHOW UP.

MONTHLY "LUNCH & LEARN"

12:30 PM, July 6, 2013

HERB SKOLNICK

COMMUNITY CENTER

800 S.W. 36th Avenue, Pompano Beach, FL

RESERVATIONS REQUIRED!!!!!!!!

Members with reservations: \$14.00

All others: \$19.00

Everyone Pays at the Door.

Due to the increasing costs of the facility, supplies and food, the price of Lunch & Learn will be raised to \$14.00 beginning with the July event.

Doors Open at 12:00PM

If you arrive early, please make yourself comfortable in the lobby and meet and mingle with other SAGE members and their guests.

Reservations must be made by 12:30PM on the Thursday preceding the Luncheon, as the caterer must have the final count.

Please make reservations for the July "Lunch & Learn" with the SAGE office @ 954.634.7219.

MENU

Hot Dogs/Hamburgers

Grilled Chicken

Potato Salad, Cole Slaw, Pasta Salad

4th of July Cake w/ Cherry Filling

Fruit

**No Speaker because of our
4th of July celebration!**

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SAGE COMPUTER CLUB

Ken Goodman



Come and join the fun time we are having at the SAGE Computer Club. Would you like to feel more confident when using your computer, smart phone, tablet, or any other type of internet connected device? You should come to the SAGE Computer Club. We discuss how to use your computer more efficiently and you can ask questions about issues you are having with your computer. If you

have a laptop computer you can bring it to help us resolve your problem. We discuss various topics which can include Cloud Computing, the Web, E-Mail, setting up your computer, personalizing the computer, Office software, multimedia software, use of Smart Phones, operating system utilities and maintenance software, security, etc.. We discuss the windows operating systems (XP, Vista and Windows 7 & 8) and the Apple OS/X operating systems. For the Smart Phone and/or tablets, we will discuss the operating systems including Windows Phone, Google Android, Windows 8 Phone & RT and Apple iOS.

The Computer Club meets every Wednesday at 4 pm for at least an hour, sometimes two hours. Any new Computer related news is discussed, followed by the issues you wish to bring or a current topic of interest. We have looked at Windows 8, Office 360, discussed Apple's Mountain Lion, talked tablets and how to diagnose and resolve problems recently. Bring your questions and problems and we will try to help.

Also, if you wish, you can join us for dinner after the meeting at a nearby reasonable gay friendly restaurant.

The July meetings of the SAGE Computer Club will be at the **Pride Center facility on Dixie Highway** Building A in the AV Room 206 on **Wednesdays** at 4PM. Call for directions if you need them at 954-634-7219 or the Pride Center's switchboard at 954-463-9005. **This is a SAGE sponsored activity.**

SAGE on the Border/Alternatives

Caroline Ieto/Bruce Todres



Where: the Volen Center

1515 West Palmetto Rd., Boca Raton

When: Every Monday from 11AM to 1PM.

Welcome everyone, no reservation required.

This is a SAGE sponsored activity.



Wednesday Men's Drop-In

Ron Catena



Where: The Pride Center.

When: Every Wednesday from 1PM to 3PM.

Welcome all men, no reservation required.

This is a SAGE sponsored activity.

Wednesday Men's Drop-In

Beat the summer doldrums and spend some time with a bunch of cool guys at the Pride Center every Wednesday afternoon! The conversation is always lively and humor abounds.

A big thank you goes out to Dr. Frank Piaceki and his able assistant, Bruce Williams, for taking over the reins as Drop-In facilitators while long-time moderator, Dr. Norm Peters, takes a well-deserved vacation. And a special thanks to Philip Norris who is always ready and willing to help out wherever needed. Philip is a 15-year SAGE

member and remains active and helpful at all times.

It is great to see such a robust attendance at the Drop-In despite the absence of the snowbirds. I miss them already! As you make plans for the summer include the Drop-In as part of your activities. I know you will have a more than pleasant time!

--Ron

This is a SAGE sponsored activity.

Due to the rising costs of the facility, supplies and food, the price of Lunch & Learn will be raised to \$14.00 beginning with the July event.

SAGE MEN'S SINGLES GROUP

John Chandler



Are you a single man who enjoys the company of other single men? If you do then we have an evening for you.

Every 4th Monday of every month, SAGE Board member, John Chandler, co-ordinates cocktails and dinner at Tropics restaurant in Wilton Manors. Cocktails, lively conversation and flirting begin at 5:30. At 6:30 the party moves into the dining room where we enjoy a terrific dinner followed by complementary coffee. Prices are reasonable and the food is always wonderful (as is the company). **We usually wear red shirts so that we can all recognize each other.**

Our next dinner will be held on Monday, July 22nd.

For reservations please contact **John Chandler @ 954.933.2963** or e-mail @ stonymen4u@aol.com and don't forget to wear your red shirt! **This is a SAGE sponsored activity.**

SAGE AT STONEWALL

Bill Greeves



The July Book Club selection is: Joseph and the Old Man by Christopher Davis. It's a good, quick but emotional read about Fire Island and May-December attachments with a strong literary connection. We meet once a month to discuss books of interest to the LGBT community.

We invite all readers to join us in engrossing conversation every month at the Stonewall Library. We will meet on

Saturday, July 13th, 2013 at 11AM at the Stonewall, 1350 E. Sunrise Blvd., Ft. Lauderdale.

All readers are welcome, no reservation required. Any questions, please contact me. Thank you. Bill Greeves - 954.523.8656

This is a SAGE sponsored activity.

SAGE Women @ Golden Corral

Nancy Drennen



IMPORTANT! OUR VENUE HAS CHANGED!

Where: Golden Corral.

7401 Commercial Blvd. Tamarac

Phone: 954-623-6400

When: Noon, 2nd Thursday of every month.

Call Nancy @ 954.741.1540 for reservations.

This is a SAGE sponsored activity.

2013 Schedule: TBA

See You at the Movies



John Gearrity and Carl M. Galli



Nominated for the 2009 Best Feature Award at the Berlin International Film Festival, our July 15th movie is the independent Chinese film *Soundless Wind Chime* (AKA: Mo seng fung ling). Directed by **Kit Hung**, starring **Yulai Lu** as Ricky and **Bernhard Bulling** in the dual roles of Pascal and Ueli, this movie is poetry on screen.

This is a small gem of Chinese film-making. It has been called "poetic and translucent. A pure, intense journey through emotions, amplified by the gorgeous visual and music score... Watching this movie will take you on a ride through the poetic quality of a Chinese film, with the intensity of an indie movie, so out of norm, so random, so fragile that in the end, delivers a fascinating, heartfelt, confusing, demanding and touching film..."

From IMDb.com: "When our lovers pass away, we tend to search for connections with them in a number of ways. We may call them and wonder if they will answer the call. We may visit their places and hug their belongings. We may believe a wind chime will ring when the souls come back as moths. Despite our awareness of their death,



it is difficult for us to "let go" and we unconsciously want to get in touch with them. At the end...the film...conveys a message that we have to accept the death of our beloved people, no matter how much we miss them."

Your appreciation of the final act of this film will depend mainly on your own state of mind and circumstances. The resolution, while not necessarily an unhappy one, may be depressing to some, especially if you have recently lost a loved one. The title says it all. And we need you to bear this in mind.

Shot in three locations (Hong Kong, Switzerland, and Beijing) with each place signifying a different emotional context, *Soundless Wind Chime* is unrated and runs 110 minutes. It is subtitled in English.

We will screen it at 4:15PM on July 15th in Room 204 of the Pride Center. Dinner will follow.

See you at the movies.

This is a SAGE sponsored activity.

Are You Having a Milestone Birthday in 2013?

SAGE would like to celebrate any member who is having a milestone birthday in 2013 with our Annual Milestones party which will include a dinner at our January 2014 event. A milestone would be that you are celebrating a 75th, 80th, 85th, 90th, 95th or 100th birthday any time in 2013.

If you will have a milestone birthday in 2013 please let us know so we may treat you.

Please call the SAGE office at 954.634.7219.

Please let us know by August 31, 2013, so that we may plan this event.

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Changes to Medicare...2013 and Beyond

As we all know, from the debate that has been raging, healthcare costs are increasing dramatically every year. Within the next 10 years, national healthcare expenditures are likely to top \$3.6 trillion. Medicare benefits are a very important component in this debate. With 78 million baby boomers poised to become Medicare eligible over the next 15 years, reform is essential to keep Medicare solvent. The Affordable Health Care Act, otherwise known as ObamaCare, which was passed in 2011 and will go into full implementation as of January 2014, has been enacted, in large measure, to address this crucial issue.

Over the next ten years, The ACA will cut Medicare expenditures by \$716 billion. With Medicare currently affecting over 600,000 physicians who care for nearly 100 times as many senior citizens, who are provided for under Original Medicare and Medicare Advantage Programs, the purpose of these cuts is simple: to cut out the parts of the programs that aren't working and use that money to fix the parts that need reform. In essence, ObamaCare will affect how your Medicare dollars are being spent and the government is watching those dollars very closely.

Already, since it was passed, the ACA has helped nearly 18 million individuals with traditional Medicare get at least one preventive service without paying any deductibles or co-payments. Seniors no longer have to put off preventative care and check-ups because of the cost. This reform which has been active since 2011 gives seniors better access to cancer screenings, wellness visits, personalized prevention plans, vaccines and more. The law works to close the "donut hole" that causes many seniors not to be able to afford their prescriptions. Starting in 2012 Medicare beneficiaries received a 50% discount when buying brand name drugs and a 14% discount on generic drugs in this coverage gap. This reform gets stronger every year, increasing coverage and closing the donut hole, until it disappears in 2020. From that point on, seniors will only pay usual drug co-pays.

The new law looks to increase the number of primary care doctors, nurses and physician assistants in order to provide better access to care through expanding

training opportunities, student loan forgiveness and bonus payments. There will be greater support for community health centers around the country allowing them to serve 20 million new patients. Community health teams will provide patient centered care so you won't have to see multiple doctors who don't work together.

Medicare has also proposed paying doctors to coordinate patient care following a discharge from a hospital. The services would include payments for phone calls and other related management activities that are currently not being compensated for. If adopted, the provision would mark the first time Medicare has covered a physician service specifically designed to help patients transition from a hospital or nursing facility and pilot their care as they move back into the community.

The most significant changes will occur in Medicare plans associated with private insurers. A key feature of the Affordable Care Act is that it will reign in excess spending on Medicare Advantage plans, which is currently causing a burden on the taxpayer that is disproportionate to the amount of people that they help. Medicare Advantage plans are run by private insurers and recent government audits have shown that they are costing the American taxpayer about 15% more per enrolled person than Traditional Medicare does. With the adoption of the new law, starting next year, these plans will have to prove that they are using from 80% to 85% of their revenues towards covering medical treatments, rather than administrative costs and insurance company profits. These percentages are called a medical loss ratio. Companies failing to meet this requirement will have to issue rebates to beneficiaries, however, companies can also receive bonuses for outperforming other plans in their geographic area both in medical loss ratio and quality of care. Medicare will be continuing to rate these Medicare Advantage programs with star ratings, based upon beneficiaries staying healthy, managing chronic conditions, plan responsiveness, member complaints and appeals and telephone customer service. Those that attain a 5-Star rating will receive bonus payments so there is a lot of pressure

to increase star ratings.

The cuts outlined in The ACA will mainly effect reimbursement rates for hospitals and private health insurance companies. As of January 1st, ObamaCare's Medicare reform will enact a Value Based Payment Provision. This provision states that hospitals can gain or lose 1% of Medicare funding, as well as gain an additional 1% bonus depending on twenty factors that gauge quality vs. quantity of care. Specifically, the factors include quality measurements related to treatment of patients with heart attacks, heart failure, stroke, pneumonia and certain surgical procedures, as well as patient satisfaction. Penalties are being put in place against hospitals that show inappropriate readmission rates because of premature discharge or infections acquired during a hospital stay. There will also be greater scrutiny on Medicare home health care eligibility to foster greater efficiency, flexibility, payment accuracy and improved quality. Numerous provisions address the issue of Medicare fraud, especially in the area of purchase and rental of durable equipment.

The Affordable Care Act does not address the issue of the premium paid by an enrollee, which is currently \$104.90 per month for an individual earning less than \$85,000 per year. Medicare Part B premiums have always been determined by CMS (Center for Medicare and Medicaid Services) who use a formula that has been in place for years. An increase can only go into effect after a claims loss by Medicare in the prior year. Also, a rise in premium can be put into effect only if there is an increase in the Social Security benefit.

It is no secret that the current Medicare system isn't working. It's bankrupting itself and causing an increased burden on the taxpayer. This isn't to say that ObamaCare lays out the perfect plan for Medicare, simply that the huge \$716 billion in cuts over the next ten years is meant to save Medicare, fix what is wrong with it and ensure that it remains sustainable while providing quality, affordable healthcare to seniors.

--Gary Kempler is an insurance professional, licensed in Florida, New York, Georgia and California. He has worked in the Medicare marketplace for over 10 years.

GIVE FROM YOUR HEART!!!

Thank you all for your generous hearts!!!

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SAGE Spotlight: Chuck's



s, Lunch & Learn



*Ken Goodman and Ron Catena
with Robert Boo, Executive
Director of the Pride Center
SAGE May Lunch & Learn*

Photos: Inez Pasher

Social-lites



Ron Catena

Wow! Your social committee has been hard at work planning a whole host of events so we can truly say "never a dull moment" for SAGE members. Last month we enjoyed a lovely dinner at community favorite, Peter Pan Diner. This month we will dine in luxury at the 5th Avenue Grill in Delray Beach.

Speaking of July, your Lunch & Learn committee has planned a very special Independence Day lunch featuring typical summer picnic food with all the trimmings and none of the heat or ants. It will be held on July 6th at our usual meeting place, the Skolnick Center.

On August 13th we will be at Christina Wan's for a delicious Chinese dinner including two-for-one well drinks and house wine.

A big thank you to Carl Galli for his very diligent work on this year's theater series at the Broward Center for the Performing Arts. As usual the series is sold out for this season.

SAGE's Anniversary Dinner takes place on September 29th at the Embassy Suites. SAGE has booked a lovely banquet room and selected a sumptuous repast.

Of course, the annual SAGE cruise will cast off on December 1st. If you have not signed on as yet call the SAGE office and get on board.

Your committee is presently planning a number of meet-ups including miniature golf, bowling and much more. We will adver-

tise the what, when and where as soon as possible.

If you are interested in joining your SAGE friends at a meet-up all you need do is show up.

We are also exploring the possibility of a co-ed dance at a local "dance palace!"

SAVE THE DATES:

Thursday, July 18th, luncheon @ 5th Avenue Grill @ noon

Tuesday, August 13th, dinner @ Christina Wan's @ 7PM

Sunday, September 29th, Anniversary dinner @ Embassy Suites

Sunday, December 1st. "WHAT CRUISE?"

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"Cruise, What Cruise?"

The Seventh Annual SAGE Cruise.

Before he left *CruiseDeals*, Eric wrote SAGE as follows: "Holland doesn't do the group dining like Royal and Carnival. Holland needs at least 25 cabins booked in order to put everyone together in a Group Dinner setting. So far everyone that has booked is in early seating at 6 PM. Early seating has just gone to wait-list status."

Although we have booked 28 passengers, most of these are in double cabins, and it appears that we will not have booked 25 cabins by June 28th.

This means that our entire SAGE Group may not be able to sit together at dinner. However, we are fairly certain that once all the seating assignments are negotiated, we will be able to seat everyone in close proximity to one another during early seating.

If you prefer late seating, or dine-at-your-own-time, please let Carl know. Otherwise, we will presume you prefer the early option.

See flyer for cruise details.





The graphic for Mona's Fort Lauderdale features a central illustration of a man holding a dog. Surrounding this are various promotional elements: a circular logo for 'MONA'S Cocktail Lounge' with a dog's head; a Facebook icon and the text 'What a Spot!'; a 'Wi-Fi' logo; a 'LISA'S BACKYARD' sign; and several circular callouts detailing weekly specials. A black vinyl record with the number '8' is also featured. At the top right, a black box contains the address, phone number, and website. A vertical credit line on the left reads 'Illustration by: Bobby Neal Furest'.

MONA'S
Cocktail Lounge

f "What a Spot!"

Wi-Fi

LISA'S BACKYARD

Illustration by: Bobby Neal Furest

**502 EAST SUNRISE BLVD
FORT LAUDERDALE
★ 954.525.6662 ★
MONASBAR.COM**

Monday-Saturday
16oz
Ice Cold
Bud Draft
\$2.25

SUNDAY
\$1.50
Ice Cold Bud Draft
Day & Night

**MONDAY
&
TUESDAY**
FREE POOL

THURSDAY
IN THE BIZ
8 pm - Close
2-4-1

WEDNESDAY
9 pm
KARAOKE
With World Reknown
FREDDY

**FRIDAY
&
SATURDAY**
**HERE'S THE
BEEF!**

8

Mona's
Fort Lauderdale
Established 1997

Mona's is Open
Sunday thru Thursday
Noon to 2AM
and
Friday & Saturday
Noon to 3AM

Tropical Bar
Now Open
Friday thru Sunday
5PM to 9PM

Senior Special - 55 and Over
Thursdays - Well \$2.00
Domestic \$2.50
Noon to 9PM

Must Bring This Ad!

SAGE BIRTHDAYS FOR THIS MONTH

The SAGE Board would like to acknowledge the following members whose birthdays are this month as well as any other member whose birthday that we don't have.

If, when you renewed your membership or became a new member you did not give us your birthday, you may call the office and leave the information at 954.634.7219 or e-mail us @ sagesofl@gmail.com.

First Name	Last Name	Birthday	First Name	Last Name	Birthday
David	Hill	07/01	Brett	Peeler	07/13
Allen	Brown	07/02	Toni	Herbert	07/16
Donald L.	Hutchins	07/03	Linda	Smith	07/19
Val	DeGroote	07/04	Fred	Aumick	07/20
Gerald	Heineman	07/04	Paul	Fasana	07/20
James W.	Laird	07/04	G. Lee	Adkins	07/21
Robin	Gross	07/05	Andy	Masterson	07/22
Robert	Kurtz	07/10	David	Treece	07/23
James	Basmajian	07/11	Dominic	DeSantis	07/24
Robert L.	Hubbard	07/11	Joe	Suplit	07/24
Jacquie	Malone	07/11	David	Goldberger	07/25
Kenneth	Goodman	07/12	Ken	Lowery	07/25
Charlotte	Mosley	07/12	Bill	Thompson	07/26
Richard	Learned	07/13	Dominic	Bisignano	07/27
Sylva	Lufkin	07/13	Bill	Hirsch	07/29

New Members

First Name	Last Name	Date Joined
George C.	Castleman	05/13
Carmen R.	Critchlow	05/13
Michael	Vita	05/13
Stan	Weiner	05/13

5 Year Anniversaries

First Name	Last Name	Date Joined
Donald	Mitchell	05/08
Ray	Skiva	05/08
Michael	Thau	05/08

SAGE NEEDS YOU!

Please Join or Renew Today.

NAME: _____ **Birthday: Month** _____ **/Day** _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

TELEPHONE: _____ **CELL:** _____



MEMBERSHIP APPLICATION

COMMITTEE INTEREST: _____

E-MAIL:
Would you like to receive the

Would you care to make a tax-deductible contribution to SAGE included with your dues? Yes No

CIRCLE ONE: RENEWAL NEW MEMBER

Please enclose a check in the amount of \$35.00 made payable to SAGE OF SOUTH FLORIDA

Mail To: SAGE of South Florida, PO Box 70516, Oakland Park, FL 33307

SENIOR ACTION IN A GAY ENVIRONMENT



ANDREWS DINER
"A Family Restaurant"
 Hosts: Angelo, Gerri & Marla
 2980 N. Andrews Avenue
 Fort Lauderdale, FL 33311
 954.563.3555

Hours
 Monday, Tuesday & Wednesday 7 AM - 3 PM
 Thursday & Friday 7 AM - 8 PM
 Saturday 7 AM - 3 PM
 Sunday 7 AM - 1:30 PM

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 & CONTACT LENS FITTINGS
 BY INDEPENDENT DOCTOR
 OF OPTOMETRY

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 WILTON MANORS, FL 33305

954.567.3937
 WWW.CHICOPTIQUE.NET

Show Us Your SAGE card and get a 20% discount!

ZUCKERELLO'S
 3017 East Commercial Blvd.
 Fort Lauderdale

50% OFF ENTREE

With purchase of another of equal or greater value
 Valid 7 days - after 6pm
 Must present this coupon. Discount taken from lower priced entrée.
 Not valid with Early Bird Specials or with any other offer.
 1 coupon per table. Expires 07.31.13

EARLY BIRD MENU
 7 Days a Week 4pm-6pm
 Complete Dinners starting at \$12

HAPPY HOUR
 7 Days a Week 4pm-6pm
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Call for a FREE consultation

Have you been denied Long Term Coverage due to...

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- Emphysema
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There is coverage available to you with policies being issued up to 99 years of age.

Get reasonable rates and affordable plans for every budget!



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 954-328-5418
 garykempler@ffig.com

FUTURITY FIRST
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Men's Health Screening

Good for the body. Good for the mind.

30-minute screening. Results within a week. No prescription or appointment necessary.

Screening includes:

- Blood pressure and pulse oximetry
- Complete blood count
- Complete metabolic profile
- Lipid profile
- Prostate-specific antigen (PSA)
- Testosterone
- Body Mass Index (BMI)
- Vitamin D
- Thyroid (FT3, T4 and TSH)
- Diabetes (A1C)

Monday to Friday, 7am - 5:30pm

Saturday, 8am - 11am

Walk-ins welcome.

Alternative times may be available.

**Call 954.279.7946
to schedule your appointment.**

\$75 flat fee.

Screening may be covered by insurance.

Call to verify.



6401 N Federal Highway, Fort Lauderdale, FL 33308

BrowardHealth.org/BHIPmen

SAGE UP NORTH!

Join us for lunch in Delray Beach @ the 5th Avenue Grill

(PHONE: 561.265.0122)

THURSDAY, JULY 18TH, 1:00PM



LUNCHEON MENU

CHOICE OF ENTREE

Chopped grilled Sirloin

Chicken Scaloppini

Eggs Benedict

English Style Fish and Chips

DESSERT

Ice Cream Sunday

Includes Coffee, Tea or Soda

EAT, DRINK AND BE MERRY @ THE 5TH AVENUE GRILL

Members: \$19 Non-Members \$24

Paid Reservations must be received no later than 1PM, Monday, July 15, 2013

Members: \$19 Non-Members \$24 My Phone # _____

Name: _____ **Entree Choice**

Name: _____ *Entree Choice*

Name: _____ *Entree Choice*

Name: *Entree Choice*

Mail with payment to:

SAGE

P.O.Box 70516

Oakland Park, FL 33307

Questions? 954.634.7219

This is a SAGE Sponsored Event

SAGE @ CHRISTINA WAN'S

664 N. FEDERAL HIGHWAY, FT. LAUDERDALE 33304

(PHONE: 561.265.0122)

TUESDAY, AUGUST 13TH, 6PM

6PM Cocktail Hour - Two For One Well Drinks or House Wine/ 7PM Dinner

BEGINNINGS

Choice of Soup

Spring Roll

CHOICE OF ENTREES

Sweet & Sour Chicken

Beef & Broccoli w/ Snow Peas

Crystal Shrimp w/ Vegetables

Vegetable Lo Mein w/ Egg Noodles

All Entrees Served with Choice of White or Brown Rice

DESSERT

Ice Cream

(Includes Hot Tea, Iced Tea, Soda)



EAT, DRINK AND BE MERRY @ CHRISTINA WAN'S

Members: \$19 Non-Members \$24

Paid Reservations must be received no later than 1PM, Thursday, August 8, 2013

Members: \$19 _____ Non-Members \$24 _____ My Phone # _____

Name: _____ *Entree Choice* _____

Name: _____ *Entree Choice* _____

Name: _____ *Entree Choice* _____

Name: _____ *Entree Choice* _____

Mail with payment to:

SAGE

P.O.Box 70516

Oakland Park, FL 33307

Questions? 954.634.7219

This is a SAGE Sponsored Event

SAGE 2013 Activities Calendar

JULY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 11AM - 1PM SAGE On the Border Co-Ed / Alternatives @ Volen Center in Boca	2	3	4 Independence Day	5	6 9:30AM Board Meeting SKOLNICK Ctr. LUNCH & LEARN 12:30 PM Call Office @ (954) 634-7219 for reservation
7	8 11AM - 1PM SAGE On the Border Co-Ed / Alternatives @ Volen Center in Boca	9	10 1 PM Men's Drop In @ Pride Center 4 PM COMPUTER CLUB @ Pride Center	11 Noon SAGE Women's Lunch @ Golden Corral – Tamarac - call Nancy for more info (954) 741-1540	12	13 11AM SAGE at Stonewall – Book Club @ Stonewall Library Call Bill Greeves 954-523-8656
14	15 11AM - 1PM SAGE On the Border Co-Ed / Alternatives @ Volen Center in Boca 4:15 PM SAGE Movie "Soundless Wind Chime" @ Pride Center - dinner TBD	16	17 1 PM Men's Drop In @ Pride Center 4 PM COMPUTER CLUB @ Pride Center	18 1PM - 3PM Lunch at the 5th Avenue Grill in Delray Beach	19	20
21	22 1AM - 1PM SAGE On the Border Co-Ed / Alternatives @ Volen Center in Boca Men's Singles DINNER @ TROPICS - call John C (954) 933-2963	23	24 1 PM Men's Drop In @ Pride Center 4 PM COMPUTER CLUB @ Pride Center	25	26	27
28	29 11AM - 1PM SAGE On the Border Co-Ed / Alternatives @ Volen Center in Boca	30	31 1 PM Men's Drop In @ Pride Center 4 PM COMPUTER CLUB @ Pride Center			

SAVE the DATES:

Aug 13th Tuesday Dinner at Christina Wan's

Sept 29th Sunday Anniversary Dinner at Embassy Suites, Ft. Lauderdale

Oct 13th Sunday "Chicago" at the Broward Center – SOLD OUT

Nov 15th – 16th Friday – Saturday

"SmartRide 10" Miami to Key West Bike Ride for Aids

Nov 26th Sunday "The Book of Mormon" at the Broward Center – SOLD OUT

Dec 1st – Dec 8th SAGE 2013 Cruise ("What Cruise?") on Holland American's Eurodam