# The SAGE

The New/letter of SAGE of South Florida

March 2015

# MEMORIES & VOLUNTEERISM

By Ann C. Smith

It is with profound regret that I inform the SAGE of South Florida membership of the recent deaths of three of our most beloved members. Phyllis Foster, Verg Lescinski, and Les Oldenbusch have all passed recently. All of them were an important part of SAGE and they will be sorely missed, not only for their service to SAGE, but for the volunteer spirit they exhibited throughout their lives. May all of them Rest in Peace.

On the subject of volunteerism, we have seen a sharp decline, in the last couple of years, of people willing to give up some of their time to help SAGE accomplish its mission. Your Board can not do it all alone. SAGE is, and always has been, a volunteeronly organization. We have NO paid staff, and we are indeed one

deep at most positions. We have posted several requests for volunteers for some of the jobs which are now unfilled. We have requested Newsletter help, Lunch and Learn help, newsletter preparation help, and other opportunities. Our volunteer coordinators tell me that they have trouble filling the Lunch and Learn positions on a regular basis.

SAGE members... This is YOUR organization, and we will only prosper based upon your help. We don't ask for much... but we do ask that you prayerfully and mentally ask yourself "How can I help SAGE?" What can I do to fulfill some, or all, of the jobs currently being done by SAGE Board members? We look forward to your increased participation and volunteerism in the coming months.

### SAGE OF SOUTH FLORIDA, INC.

2040 N. Dixie Highway Wilton Manors, FL 33305

### Mailing Address:

SAGE of South Florida

PO Box 70516

Oakland Park, FL 33307 Message Line: 954.634.7219

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Website: www.sagewebsite.org

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Secretary Ann C. Smith

Assistant Secretary Frank Piasecki

Treasurer Inez Pasher
Assistant Treasurer Allen Churchman

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Book Club Philip Collier (F)
Alan Dorfman (F)
Computer Club Ken Goodman (F)

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Funding John Harris

Lunch and Learn John Chandler w/ Leo Glickstein Membership Ann Smith (C)

SAGE Co-Ed Discussion Group Frank Piasecki
SAGE Camera Club John Harris (C)
SAGE Men's Drop-In Ron Catena (C)
Carl Barton (F)

Men's Singles

Movie Club

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Contributing Columnists Deric Bownds, Ph.D
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Office Manager Gary "Lee" Lawson
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Volunteer Coordinators Frank Cavanaugh Ken Moore
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Newsletter Mailing & Lunch & Learn Set-Up Les Oldenbusch (C) Webmaster Jay Brundage

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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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# 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." Corporation. (Federal Tax-Exempt status of 501(c)3 allowing tax-deductible donations.)

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.

# Important: Date has been changed to the Second Saturday in March

# 12:30 PM, March 14, 2015 HERB SKOLNICK COMMUNITY CENTER

800 S.W. 36th Avenue, Pompano Beach, FL RESERVATIONS REQUIRED!!!!!!!!!! Members with reservations: \$14.00 Guests: \$19.00 Everyone Pays at the Door.

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 March "Lunch & Learn"

with the SAGE office

@ 954.634.7219.

### **MENU**

### March Lunch & Learn Menu

Romaine Salad
with Lemon Vinaigrette Dressing
Rigatoni w/ Marinara Sauce
Chicken Cordon Blue w/ Turkey,
Ham and Swiss Cheese
Green Beans
Peach Tarte w/ Blueberries

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# THE DAILY SAGE

## **MONDAYS**

Every Monday...11am

SAGE on the Border Co-ed/Alternatives Volen Center in Boca Raton

**Every Third Monday...4:00pm** 

See You at the Movies (Dinner to follow)

Pride Center

**Every Fourth Monday...5:30pm** 

Men's Singles Dinner Tropics

### **WEDNESDAYS**

**Every Wednesday...1pm** 

Men's Drop-In Pride Center

**Every Wednesday...4pm** 

Computer Club Pride Center

### **THURSDAYS**

Second Thursday... noon:

Women's Luncheon Golden Coral in Tamarac

Third Thursday...1pm

Co-Ed Discussion Group Pride Center, Room 208

### SATURDAYS

First Saturday...9:30am

SAGE Board Meeting

Skolnick Center in Palm Aire

First Saturday...12:30pm

Lunch & Learn

Skolnick Center in Palm Aire

Second Saturday...11am

Book Club

Stonewall Library

Fourth Saturday...1pm

Camera Club

Pride Center

### SAGE COMPUTER CLUB

### KEN GOODMAN



Do you want to catchup to your grandkids or sons and daughters? Come and enjoy learning about technology 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 and join us at

the SAGE Computer Club. Bring your questions and problems and we will try to help you solve them. No question is too basic, we want everybody to learn and become better at using their devices. If you have a laptop computer, smartphone or tablet you can bring it to help us resolve your problem. We discuss the Windows, OS/X, Android, Windows 8.1 Phone and Apple iOS operating systems.

The Computer Club meets every Wednesday at 4 pm for at least an hour. Any new Computer related news is discussed, followed by the issues you wish to bring or a current topic of interest. 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 meetings of the SAGE Computer Club are held 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.

# SAGE WOMEN @ GOLDEN CORRAL

### NANCY DRENNEN



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.

# SAGE BOOK CLUB PHILIP COLLIER & ALAN DORFMAN

"Can they not keep to the old honest way of cutting throats, without introducing such abominable innovations?" Thomas De Quincey mused in his 1827 essay on murder. Ah, but then the SAGE Book Discussion Group would be deprived of **The Mermaids Singing,** a deliciously gruesome serial-killer thriller written by Val McDermid that will be discussed on Saturday, March 14, at the Stonewall Library, 1300 E. Sunrise Blvd., Ft. Lauderdale, from 11 AM to noon. All readers are welcome to join us – no reservation is required. For information contact Philip Collier 443-614-7135 or Alan Dorfman 561-499-2913.

### 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 we can all recognize each other. Our next dinner will be held on Monday, March 23, 2015. For reservations please contact John Chandler @ 954.933.2963 or e-mail @ stonyman4u@aol.com and don't forget to wear your red shirt!

This is a SAGE sponsored activity.

# NOTES FROM THE SAGE CO-ED DISCUSSION GROUP

The monthly SAGE Co-Ed Discussion Group meets on the third Thursday of the month and we welcome your participation to join us. As mature members of the LGBT community, this group is targeted for women and men. We share our insights and experiences in a cordial atmosphere on general topics related to life, work, relationships, "memory lane", LGBT issues, and other common experiences.

The people in this group are nice! A co-ed group offers a unique perspective from both genders. We need more LGBT women in the group to ensure that dynamic of a co-ed experience.

There is no fee for participation. If you are a good-natured individual who would enjoy meeting on a regular basis with

others in our age group then please consider coming to check us

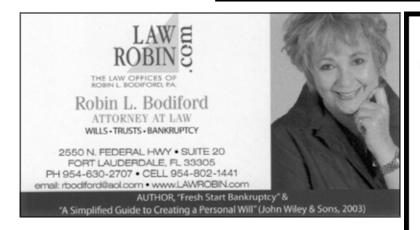
Although it takes time to get to know others, the group experience such as this over a period of time allows all of us to get to know each other. You will like what you see and will appreciate the insights of others. Fellow group members will also get to know and appreciate your input and contributions.

Our meeting date for February is March 19, 2015 and the meeting begins at 1 pm. Mark your calendars and plan on join us at the Pride Center in Room B208.

Frank Piasecki

# SAGE CAMERA CLUB MARCH 2015

Due to the outrageous prices being charged for park entry, parking, and for the event, I am cancelling our group trip to the Scottish Festival in March. Each of you, of course, can attend the event at your leisure. As a replacement, the March Photo-Op will be held at the Pride Center on Tuesday, March 10th, 2015, at 1:00PM. We will meet and discuss an alternative photo-taking venue. Bring your cameras and your ideas... The March Monthly Meeting will be held on Saturday, March 28th, 2015, at 1:00PM, at the Pride Center, Room 206.





# SAGE ON THE BORDER/ALTERNATIVES CAROLINE LETO/FRANK PIASECKI

Where: the Volen Center 1515 West Palmetto Rd., Boca Raton

When: Every Monday from 11AM to 1PM.

Welcome everyone, no reservation required.

Please call the Volen Center to see if it is open as the Center closes for holidays. 561-395-8920

This is a SAGE sponsored activity.

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# SAGE SOCIAL-LITES



John G. Harris

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Due to the popularity of last year's event, when 28 SAGEers attended, we will be staging another Meet-Up for St. Patrick's Day at the Maguires Hill 16 Irish Pub on Andrews Avenue. The event will be held on Sunday, March 15th, 2015. They will be expecting us from 4PM—6PM, but show up whenever you can. We'll all be partying in the front room of the pub.

The March event for the SAGE Social Committee will be the Annual Meeting held at Galuppi's Restaurant, on the Pompano Beach Golf Course property. This is always a great event, and Galuppi's is a wonderful venue. The Dinner will be held from 1:30PM—4:30PM on Saturday, March 21st, 2015. Make sure to get your reservations in to the office early!

The April event will be a Meet-Up at the new Flip Flop's Café on the Intracoastal. This is our first time at this venue, but we have been hearing rave reviews. Come and join us on Tuesday, April 21st, 2015, at 5:00PM.

The May event will be a sit-down Dinner at Chuck's Steak House, another popular venue for SAGE events. The dinner will be held on Sunday, May 17th, 2015, at 5:30PM. Please join us... I guarantee a good time will be had by all.

The June SAGE event will be held at the HoBo Grille at Rumours on The Drive. This is another new venue that has been receiving rave reviews. The Meet-Up will be held on Tuesday, June 16th, 2015, at 5:00PM. See you there!

Thanks to all of you for your support of the SAGE Social Committee events in 2014 and 2015... it has been my pleasure to serve as your Social Chair.



# Notes from the Men's Drop-In

Ron Catena This is a SAGE sponsored activity

All of our SAGE members are very special people and as you all know I have a special

place in my heart for the members of the Drop-In group. This is probably because I get to see them every week and have the opportunity to interact with a group of very unique guys, who have had successful careers and now enjoy retirement and socializing with their peers as members of SAGE of South Florida. Sometimes I like to acknowledge members with special talents who

help make SAGE the premier senior LGBT organization that it is.

One of those members is Rex Coston, a longtime SAGE member and a regular participant at SAGE social events. He is the "unofficial" "official SAGE photographer". Not only does he take some great photos, he spends a lot of time preparing them for distribution to the membership. very often with appropriate background music. Rex has a special talent for selecting the right photos, and I can assure you that after looking at Rex's presentation of a particular social event those who did not attend wish they had, and those who attended enjoyed remembering the fun time they had. Thanks Rex. Keep sharing your talent with us.

A very special thanks to Dr. Deric Bownds for the delightful concert he gave at the Pride Center. As most of you know Deric is an accomplished pianist and shared his talent with the community at a very well-attended event open to all. Also, I proudly say Deric is a drop-in regular. A special thanks to Sonny Miller and Carl Barton for setting up the main hall at the Pride Center. Thanks to SAGE board member Allen Churchman for preparing the programs and publicity flyers. A big standing ovation for Deric's husband Len who prepared and donated the delicious food. Teamwork, time and talent make for successful events.

So if you do attend our drop-in regularly, thank you. If you have been absent for a while come back, we miss you. If you have never attended, what are you waiting for! Come by, I assure you a warm welcome. The drop-in group meets every Wednesday at 1pm at the Pride Center.

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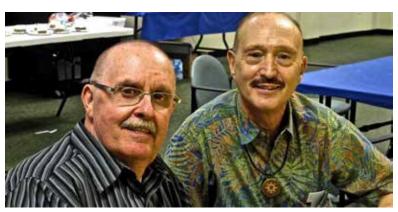
Celebrating 20 years of service to our community.

# SAGE Spotlight: Milestone Birthday Party & Presenting A Pin











Richard Werner Receiving His 5 Year SAGE Pin

# **SAGE Spotlight: Milestone Birthday Party**

















# GIVE FROM THE HEART CAMPAIGN 2015

Once again, it's the season for love and sharing and giving. This article signals the opening of the SAGE 2015 "GIVE FROM THE HEART" Campaign. For the last several years, SAGE has asked you, its members, to contribute to the organization generously, to help offset the cost of numerous events, parties, outreaches, LGBT community support, and many other SAGE-sponsored activities. This Campaign is one of our two major fundraisers, the other being the December Tax Write Off fundraiser, which will start in December 2015. Our membership fees, which have not been raised in many years, and do not even cover the cost of printing the monthly newsletter, and these two fundraisers, are the only additional money that SAGE receives. As you know, SAGE underwrites the cost of numerous events to lower the price to you. We know that many of you are on a fixed income, and could not afford to attend these events, if we charged what we had to pay to break even.

Our Archangels and Angels have always come forward in these instances, and we invite the rest of you to contribute what you can to supplement SAGE and its many activities, that are only in place to make your life a little better. Fellowship, especially for us seniors, should be an important part of our lives. I know personally that I have made great friends since joining SAGE, and I'm sure most of you have too. I think that is what SAGE is all about—the opportunity to get out of our homes and meet, friend, and have fun with women and men our own age. I urge all of you to reflect on this, and contribute what you can to the SAGE 2015 "GIVE FROM THE HEART" Campaign. Thank you.

Kenneth Goodman President, SAGE of South Florida, Inc.

# HOW TO GET YOUR ANNIVERSARY PIN

If you have not gotten your 5, 10, or 15 year pin that is coming to you, please do one of the following:

- Pick the pin up at the Annual Meeting.
- If you are unable to attend this function, call the office to set up how you can get your pin.

# HELP WANTED... NEWSLETTER EDITOR

As you all know SAGE is a nonprofit organization that depends on volunteers to accomplish our mission. Our current Newsletter (The Sage) Editor has retired. If you have the skills to edit the SAGE newsletter and are willing to commit the time and effort, please send a synopsis of your qualifications and previous experience and we will get back to you as quickly as we can. Please send the information to the SAGE Office at P.O. Box 70516 Oakland Park, FL 33307 or email the information to sagesofl@gmail.com and goodkenfl@gmail.com. Thank you all for your willingness to help keep SAGE performing the functions that our community needs and deserves.

# LUNCH & LEARN SETUP AND BREAKDOWN VOLUNTEERS

Les is unable to do the lifting and setup and breakdown all by himself for the SAGE Lunch & Learn. He will need at least one or two other volunteers to help him. The job requires coming to the Lunch & Learn site early at the Skolnick Center. The volunteers will help Les unload his car and setup the room for the Lunch & Learn. After the meeting the volunteers will help Les repack the supplies and help load his car. If you would be able to help please contact the SAGE office.

Please send the information to the SAGE Office at P.O. Box 70516 Oakland Park, FL 33307 or email the information tosagesofl@gmail.com and goodkenfl@gmail.com. Once I receive your reply I will set up a time to meet and discuss the job with you. Thank you all for your willingness to help keep SAGE performing the functions that our community needs and deserves.

Kenneth Goodman President, SAGE of South Florida, Inc.

# **NEW BOARD MEMBER**

After being asked many, many times, **Carl M. Galli** has rejoined the SAGE Board. As a former President he will bring a great deal of knowledge and ideas to the Board. Welcome back Carl we all missed you.

Ken Goodman

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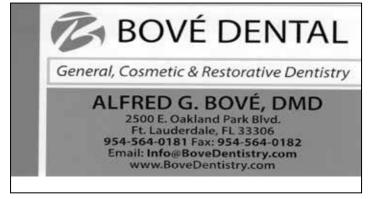
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# See You at the Movies

Carl M. Galli



John Gearrity



Our movie for March will be shown on Monday, March 16, 2015 at 4 pm and will be "Carnage" which has been called a biting comedy of no manners as well as many other things. Brace yourself!

"Carnage" is a razor sharp comedy centered on parental differences, and stars which includes Jodie Foster, Kate Winslet, John C Reilly and Christoph Waltz.

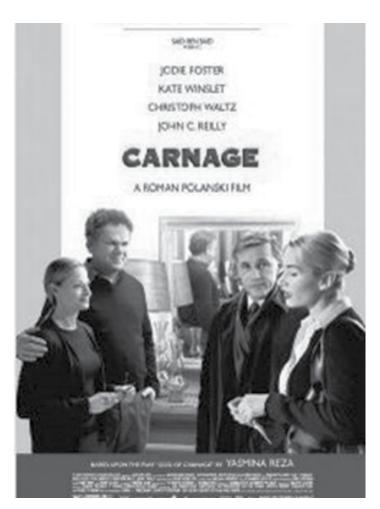
The story begins with two boys fighting on a playground visible to the parents of the two boys. In spite of their differences, the parents begin to have a polite discussion as to how the disagreement began and how to rectify the situation. The discussion soon escalates into verbal warfare with all four parents revealing their true feelings and none of them will escape the carnage. The situation continues and changes during the battle!

The movie was directed by Roman Polanski.

The four actors are excellent and hold their own as the melee continues and deliver the laughs and savagery. The film only runs for a breakneck speed of 80 minutes which will allow those of us who want to go to Peter Pan can get there for the early bird special.

# Enjoy!

See you at the movie



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# 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    | RICHARD    | GILMER               | Mar-17      |  |
|------------|-------------|-------------|------------|----------------------|-------------|--|
| MICHAEL H  | DEVLIN      | Feb-03      | DAVID      | MILLAN               | Mar-17      |  |
| RICHARD L  | FRAZER      | Mar-04      | EILEEN M   | LANCELLA             | Mar-18      |  |
| STUART     | SEADER      | Mar-05      | KATHY      | MACCHIO              | Mar-18      |  |
| DAVID J    | HANNIGAN    | Mar-06      | ROBERT     | GOUPIL               | Mar-24      |  |
| RICHARD    | HESS        | Mar-07      | BUNNY      | RUBINO               | Mar-24      |  |
| STEPHANIE  | SORIANO     | Mar-07      | NORMAN     | PETERS               | Mar-29      |  |
| ALBERT C   | KOSOW       | Mar-11      | CARL M     | GALLI                | Mar-30      |  |
| BOB D      | BRUMMER     | Mar-12      | MARC S     | HOROWITZ             | Mar-31      |  |
| GREG       | HERNANDEZ   | Mar-14      |            | E V                  |             |  |
| JONATHAN   | CHAPMAN     | Mar-17      |            | 5 Year Anniversaries |             |  |
|            |             |             | First Name | Last Name            | Date Joined |  |
|            | New Members |             | PHILIP A   | COLLIER              | Jan-10      |  |
| First Name | Last Name   | Date Joined | PHILIP L   | FLINT                | Jan-10      |  |
|            |             |             |            |                      |             |  |

|            | mew memoen |             |   |
|------------|------------|-------------|---|
| First Name | Last Name  | Date Joined | _ |
| LINDA      | ARECTOS    | Jan-15      |   |
| ANTHONY    | BUMBACH    | Jan-15      |   |
| CAROL      | CLARK      | Jan-15      |   |
| DAVID P    | DURHAM     | Jan-15      |   |
| HARRY G    | HEISS      | Jan-15      |   |
| ROY K      | SMITH JR   | Jan-15      |   |
| PATRICK S  | VIDA       | Jan-15      |   |
| BOB        | WAGNON     | Jan-15      |   |

| First Name   | Last Name  | Date Joined |
|--------------|------------|-------------|
| PHILIP A     | COLLIER    | Jan-10      |
| PHILIP L     | FLINT      | Jan-10      |
| JOHN L "MAC" | MAC INTOSH | Jan-10      |
| LEONARD H    | SMITH      | Jan-10      |
|              |            |             |

10 Year Anniversaries **MEYERS** Jan-05

15 Year Anniversaries

**HIBBARD** Jan-00

If you have had an anniversary with SAGE for either 5, 10 or 15 years and you have not received your pin, please call the SAGE office (954.634.7219) to make an appointment to pick it up or they will be available at the Annual Meeting.

**JACK** 

BETTY J

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| NAME: Birthday: Month /Day   | 15/      |
| ADDRESS:   | <u> </u> |
| CITY: STATE: ZIP: TELEPHONE: CELL:   |          |
| E-MAIL: Would you like to receive the SAGE newsletter by email? circle one: Yes_No   |          |
| COMMITTEE INTEREST:  |          |
| Would you care to make a tax-deductible contribution to SAGE included with your duce.  CIRCLE ONE: RENEWAL NEW MEMBER  Please enclose a check in the amount of \$35.00 made payable to SAGE OF SOUTH FLORIDA | ues? Yes |
| 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 2 PM





MANDARIN, SZECHUN & CANTONESE FAVORITES!

Quality Food at Affordable Prices

664 N Federal Hwy., Ft Lauderdale, Fl 33304 954-527-0228

CRL COR ALL TRITOR

# CONFUSED ABOUT THE CHANGES IN MEDICARE?

# Medicare Specialist offering:

Low Cost Medicare Supplements Part D Prescription Drug Plans No Cost Medicare Advantage Plans

# Very Affordable Rates On:

Long Term and Home Care Coverage Life and Disability Insurance Guaranteed Income for Life



Call Gary Kempler at 954-328-5418 or send an email to garykempler@ffig.com





# 30 Minute Men's Health Screening

Good for the body. Good for the mind.

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 (TT3, T4 and TSH)
- Diabetes (A1c)

Monday to Friday, 7am - 5:30pm Saturday, 8am - 11am. Walk-ins welcome.

\$75 flat fee. Screening may be covered by insurance.

Call 954.279.7946 to speak to the Men's Health Navigator.

Or email MensHealth@BrowardHealth.org.

He will assist you with alternative times, insurance verification and any other questions you may have about the screening.

Fast, convenient, mobile health screenings on the new Man Van.





6401 N Federal Highway, Fort Lauderdale, FL 33308 Visit BrowardHealth.org/BHIPmen to see a list of upcoming events and catch the Man Van out in the community.

# Celebrate St. Patty's Day in March



# at the SAGE MEET-UP



Sunday

March 15, 2015

4:00PM - 6:00PM

at

# **Maguires Hill 16**



The oldest award winning Traditional Irish Pub and Restaurant 535 North Andrews Avenue Ft. Lauderdale FL 33301 954-764-4453 www.maguireshill16.com

South of Sunrise Blvd. on the SW side of Andrews Ave. and NW 6<sup>th</sup> Street

Come and join us to celebrate the Irish in Drink & Food. We will begin at the bar to meet those who wish to join us. Anyone interested in good Irish food can join their friends get a table for a great dinner.

There is no commitment or reservation. You can drink and eat what you wish at Maguires standard prices.



# **MEET OUR MARCH 14th LUNCH & LEARN SPEAKER**



# TERRY FEATHERS

Born and raised in Louisville, KY Terry relocated to Ft. Lauderdale this past December. He majored in Government and Political Science at the University of Kentucky, from which he graduated. And studied for a while at Harvard.

He served as an intern for a U.S. Senator from Kentucky, observing the Watergate Hearings first-hand.

Terry worked nearly 30 years in Kentucky politics and government in the State Legislature. And 20 more for the Kentucky State Supreme Court. Upon retiring in 2008, Terry went on to volunteer as a "keepers' assistant" at the Louisville Zoo. And, in a few years, was hired as a full-time seasonal keeper. He has logged nearly 3000 hours working with some of the largest and most dangerous animals, such as lions, tigers, grizzlies and polar bears.

Since moving to South Florida, he has become a volunteer keeper at Flamingo Gardens, once again working with large animals.

In his spare time, Terry is an avid scuba diver and equestrian.

Photo Credit: Rex Coston

Come Meet Your New Officers and Members of Your SAGE Board of Directors at



1103 N. FEDERAL HIGHWAY (West Side of U.S. 1) POMPANO BEACH, FL 33062 (954) 785-0226

Saturday March 21, 2015 1:30 – 4:30pm

Caesar Salad

Fresh Rolls & Butter

Entrée (Choice of One):

# Grilled Chicken Breast with Mango Salsa Grilled Salmon with Beurre Blanc Sauce Ginger-Soy Marinated Sirloin

all accompanied by Roasted Potatoes and Chef's Vegetable Medley

Dessert: Bread Pudding with J.D. Bourbon Sauce or Fresh Fruit Cup (indicate below)

Included Beverages: Iced Tea Coffee Soda Decaf
Cocktail Service Available from Your Server on a Cash Bar Basis

All-Inclusive Pricing: <u>\$24 per person</u> (Members and Their Guests)

Payment Due No Later Than March 11, 2015 (No Refunds) Please RSVP by form below

|                        | SAGE Annual Meeting at Galuppi's       |   |
|------------------------|--|---|
| # Meal(s) for MYSELF & | GUEST(S) at \$24 Each My Phone Number: |   |
| NAME:                  | Write-in Entrée:                       | - |
| NAME:                  | Write-in Entrée:                       | - |
| NAME:                  | Write-in Entrée:                       | _ |
| NAME:                  | Write-in Entrée:                       | _ |
|                        | HOW MANY EDECH EDIJIT CUPS?            |   |

Mail with Payment to: SAGE, PO Box 70516, Oakland Park, FL 33307 Questions? Call SAGE: 954-634-7219 A SAGE-SPONSORED ACTIVITY

# **SAGE** Activities Calendar

|   |   |  | March 2015   |  |                           |  |
|---|---|--|--|--|---------------------------|--|
| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY                    | SATURDAY   |
| 1   | 2<br>11AM - 1PM SAGE On<br>the Border Co-Ed /<br>Alternatives @ Volen<br>Center in Boca   | 3  | 4 1 PM Men's Drop In @ Pride Center 4 PM COMPUTER CLUB @ Pride Center  | 5  | 6                         | 7<br>Change of Schedule<br>LUNCH & LEARN<br>moved to 3/14//15  |
| 8   | 9<br>11AM - 1PM SAGE On<br>the Border Co-Ed /<br>Alternatives @ Volen<br>Center in Boca   | 10<br>1PM Camera Club<br>Photo Op – Meet at<br>Pride Center no later<br>than 1PM | 11 1 PM Men's Drop In @ Pride Center 4 PM COMPUTER CLUB @ Pride Center | 12 12PM SAGE Women's Lunch @ Golden Corral - Tamarac - call Nancy for info (954) 741-15407 | 13                        | 14 12:30 PM LUNCH & LEARN Call Office @ (954) 634-7219 for reservation 9:30AM Board Meeting Pride Center 11AM SAGE at Stonewall – Book Club @ Stonewall Library Call Alan Dorfman 561- 499-2913 or Philip Collier 443-614-7135 |
| 15<br>4 – 6 PM Meet-Up @<br>Maguires Hill 16 for<br>St. Patrick's Day | 16 11AM - 1PM SAGE On the Border Co-Ed / Alternatives @ Volen Center in Boca 4 PM SAGE Movie "Carnage" @ Pride Center - dinner TBD      | St. Patrick's Day  | 18 1 PM Men's Drop In @ Pride Center 4 PM COMPUTER CLUB @ Pride Center | 19<br>1–3PM SAGE Co-Ed<br>Discussion Group @<br>Pride Center Rm 207                        | 20<br>First Day of Spring | 21<br>1:30PM SAGE Annual<br>Meeting @ Galuppi's  |
| 22  | 23 1AM - 1PM SAGE On the Border Co-Ed / Alternatives @ Volen Center in Boca Men's Monthly DINNER @ TROPICS - call John C (954) 933-2963 | 24   | 25 1 PM Men's Drop In @ Pride Center 4 PM COMPUTER CLUB @ Pride Center | 26   | 27                        | 28<br>1PM Camera Club @<br>Pride Center  |
| 29  | 30<br>11AM - 1PM SAGE On<br>the Border Co-Ed /<br>Alternatives @ Volen<br>Center in Boca  | 31   |  |  |                           |  |

# **SAVE the DATES**:

April 4, 2015, Saturday Pippin at the Broward Center

April 21, 2015, Tuesday Meet-Up at Flip Flops Café the Intracoastal Waterway

May 9, 2015, Saturday Anything Goes at the Broward Center SOLD OUT

May 17, 2015 Sunday Dinner at Chuck's Steak House

June 16, 2015 Tuesday Meet-Up at HoBo Grille at Rumours on the Drive

# **Community Events:**

**Ballet and Opera Group** meets at Pride Center at 12:30 PM in room 204 on every other Sunday, in March on March 8th and 22nd