

# The SAGE

The Newsletter of SAGE of South Florida

January 2018

HAPPY NEW YEAR

**It's a New Year!** A new beginning full of possibilities and great things to come the whole year through. A time to expand your horizons, to explore new experiences, and to make new friends. Make 2018 the year you take advantage of all the opportunities our SAGE offers you to enrich your life and connect with other members. Look at the enclosed SAGE Activity Calendar and pick out an event or activity you've never tried before. Then, just do it. You may surprise yourself and discover you didn't know what you were missing.

And, of course, It wouldn't be January without our Annual

## **SAGE MILESTONE BIRTHDAY CELEBRATION**

Join us as we honor some of our *Most Senior Senior Members*

The Pride Center Main Hall

Sunday, January 21<sup>st</sup>, 2018 1:00 – 4:00PM

Please see the enclosed flyer for Reservations and More Information.

Some of this year's Honorees are:

*Rex Coston Nancy Drennen Jerry Ganz Leo Glickstein Gerald Heineman*

*Emma Hinman Ann Smith Richard Werner*



## 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
JOHN	ACTMAN	Jan-03	ALAN R	SUTHERLAND	Jan-15
BILL	NYQUIST	Jan-03	JEFFY	GAINES	Jan-18
HANK	BROOKS	Jan-04	BARRY	BATES	Jan-19
ED	FRUSCELLO	Jan-05	ANTHONY	CIANCE	Jan-20
JOE	BRUZZI	Jan-10	RICHARD	WERNER	Jan-23
BOB	GOURLAY	Jan-11	RICHARD	SCHWARZ	Jan-25
ROBERT	SMITH	Jan-11	WILLIAM	WOODWARD	Jan-26
MICHAEL	WOLMETZ	Jan-11			

## New Members November 2017

RICHIE BAPTISTA, LEE ERIQUEZZO, JOHN GAMBINO, PETER HECHENBLEIKER, CAROL MILMAN, FRANK SWEET

***If you have had an anniversary with SAGE for either 5, 10, 15 or 20 years  
and you have not received your pin, please call the SAGE office (954.634.7219) to pick it up.***

## SAGE Health Tips

Gene Majka, ARNP

Welcome. Thank you, Ann Smith, ARNP, for suggesting this timely topic. If you have a topic, comment or questions, please send an email to sagesofl@gmail.com.

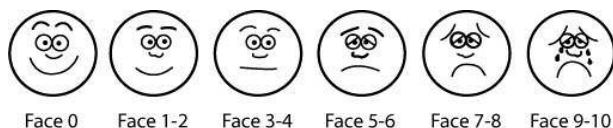


### PAIN & SENIORS

Everyone fears pain and we are all terrified of not receiving medication necessary to relieve that pain. Seniors are more likely to have arthritis, bone and joint disorders, cancer, and other chronic disorders associated with pain. Opioids have become more widely accepted for treating older adults who have persistent pain BUT these medications have to be monitored in conjunction with recommendations from your health care provider. Older adults frequently fail to report pain because they may feel that it is an expected part of old age or because they may be fearful that it may lead to more diagnostic testing or added medications. Sometimes the older adults may accept pain as punishment for past actions. Rather than admitting to the presence of pain, they may use terms such as "aching" or "hurting."

We as patients have to learn to monitor ourselves with our pain and not just take a pill when the pain starts to come back. One way health practitioners monitor pain is on a scale of 1 to 10 to grade our pain. Ten being the worst pain you ever experienced and One the least or no pain. We also have to explain the quality of pain such as sharp, dull, stabbing, burning, crushing, throbbing, nauseating, shooting, twisting or stretching. Pain is subjective, meaning only you have it and you must give the practitioner all the information to determine treatment. Example - "my back hurts" - is not sufficient information. The following scale can help in describing pain intensity.

### Wong-Baker FACES Pain Rating Scale



I am sure you have heard about the current Opioid Epidemic. What are Opioids? Examples of opioids are: opium, codeine (combined with aspirin or Tylenol), fentanyl, morphine, methadone, hydrocodone (Example: Vicodin), hydromorphone (Example: Dilaudid), oxycodone (Example: Opana), paregoric, sufentanil (Example: Sufenta), tramadol (Example: Ultram), and oxycodone (Example: OxyContin, Roxicodone). Heroin is also an opioid and is illegal. Drugs that are not opioids are: Cocaine, methamphetamines, ecstasy, LSD, GHB, Ketamine, other club drugs, or steroids.

Addiction is a disease that affects your brain and your behavior. At first, you have control over your choice to start using drugs. If you misuse a drug, its pleasurable effect eventually makes you want to keep using it. Over time, your brain actually changes in certain ways so that you develop a powerful urge to use the drug.

Pain control is a two-way street with your health practitioner and **you monitoring your pain**. Write down your pain quality and number from the scale above, and include dates and time of day for your health practitioner. The more information you can give them, the better the approach and outcome to relieve the pain. Consult your health practitioner if you experience new pain that lasts more than one or two days. Chronic pain can be treated with non-opioid and alternative methods.

### ALTERNATIVE PAIN MANAGEMENT

Non-drug approaches to pain management are an option and include cognitive behavioral therapy, exercise, and acupuncture. The holistic approach offers an effective pain management program. You do not have to have untreated pain, and your self-assessment can give you a better quality of life.

### References & Resources:

<http://jaoa.org/article.aspx?articleid=2093506>

<http://www.crozerkeystone.org/healthcare-professionals/nursing/pqrst-pain-assessment-method/>

<https://familydoctor.org/condition/opioid-addiction/>

Your Health Professionals from the SAGE Board.

We Care because YOU care about your health.

Please always seek advice from your physician/nurse practitioner.

Thank you to my editors Ann Smith Nurse Practitioner, Nancy Drennen, R.N. and Dr. Martin Horowitz, M.D.

Celebrating over 21 years of service to our community

SAGE Message Line - 954.634.7219 - [www.sagewebsite.org](http://www.sagewebsite.org)

## REGULARLY SCHEDULED SAGE-SPONSORED ACTIVITIES

### THE ROUND TABLE

This CoEd group, sponsored jointly with The Fort Lauderdale Prime Timers, meets to discuss contemporary topics and ideas from **2:30-3:30 pm** on the **second and fourth Mondays of each month** in Room 206 of the Pride Center. Sessions have a moderator who presents brief background on the discussion topic chosen for the session. Topics scheduled for the month of January are: *The Invention of Sex*, presented by Tom Whitmarsh on January 8th; and *News as Entertainment* by Paul McNamara on January 22nd. Please email Ed Slough at [WILDHYBRID@aol.com](mailto:WILDHYBRID@aol.com) if you would like to be on the mailing list to receive notice of upcoming topics and background material for the sessions.



### SAGE WOMEN'S LUNCH

*Nancy Drennen & Jean Johnson*

**Every 2nd Thursday of the month, the Women of SAGE of South Florida meet at the Golden Corral, 7401 Commercial Blvd.,**

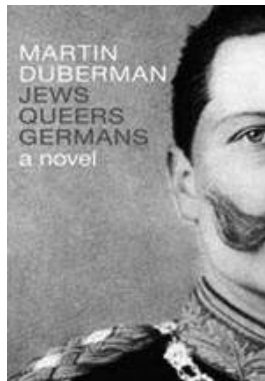
**Tamarac 33319 at 12:00 pm.** Here they meet, greet, eat and have conversations on current happenings. Call Nancy at 954.741.1540 for information. The restaurant's phone is 954.623.6400. Reservations are not required

### SAGE BOOK DISCUSSION GROUP

*Philip Collier & Alan Dorfman*

#### **Jews Queers Germans by Martin Duberman**

Martin Duberman's fiction-history - *Jews Queers Germans* - dives headlong into the murky political waters of Weimar Germany, dramatizing anti-Semitism, homophobia, and a pervasive melancholia over an imagined sense of lost national pride that helped transform a country that was progressive for its time into a Nazi dystopia in only a few short decades. It is a story that seems apt to our current political climate. We live, after all, in a country resplendent in wealth and privilege that nevertheless feels ill at ease over incremental social advances and widening economic disparity. We are deeply divided over how to address systemic issues at the heart of that disenfranchisement. And despite our relative wealth and privilege, we are willing to court autocratic politics in hopes of chancing upon a solution. Please consider joining in discussion with the SAGE Book Group on **Saturday, January 13, 2018** at the Stonewall Library, 1300 E. Sunrise Blvd., Ft. Lauderdale, from **11 AM to noon**. All are welcome - no reservation is required. For additional information please contact Philip (443) 614-7135 or Alan (561) 385-8260.



### SAGE MEN'S NIGHT OUT

*John Chandler*

If you are a man who enjoys the company of other men, then we have an evening for you. **Every 4th Monday of the month**, SAGE Board member John Chandler co-ordinates cocktails and dinner at **Rumors Bar & Grill** in Wilton Manors. Cocktails, lively conversation, and meeting and making friends begins with drinks at 5:30pm, followed by dinner at 6:30pm. For more information, or if you have any questions, please contact John at 954-933-2963 or Email him at [stonyman4you@aol.com](mailto:stonyman4you@aol.com).



### SAGE COMPUTER CLUB

*Ken Goodman*

Would you like to feel more confident when using your computer, smartphone, tablet, or any other type of internet connected device? You should 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 with you to help resolve your problem. We discuss Windows, OS/X, Android, Windows 10, iPhone and Apple iOS operating systems. The Computer Club meets every Wednesday at 4:00pm at the Pride Center AV Room 206 for at least an hour. Also, if you wish, you can join us for dinner after the meeting at a nearby, reasonably-priced, gay-friendly restaurant.



### SAGE ON THE BORDER/ ALTERNATIVES

*Caroline Leto & Frank Piasecki*

This **Co-Ed discussion group**

**meets every Monday from 11:00 am to 1:00 pm, at The Volen Center, 1515 W. Palmeto Park Rd., Boca Raton 33486.** Everyone is welcome. No reservations are needed. (Please call The Volen Center at 561-395-8920 to assure the Center is open as it is closed on most Legal Holidays.)





## SAGE at Zuckerello's



**JIM FICKE receives SAGE 10 Year Pin**



**RON CATENA Memorial Paver  
Installed at The Pride Center**





## **SAGE Lunch & Learn *Holiday Party***



## **SAGE ON THE BORDER/ALTERNATIVES (SOBA) at LongHorn Steakhouse**



*Photos contributed by Allen Churchman, Rex Coston, Carl Galli, Gene Majka, and others.  
View more photos by visiting our Photo Gallery at our website: [www.sageofsofl.org](http://www.sageofsofl.org)*





## NOTES FROM THE MEN'S DROP IN

Carl Barton

The SAGE Men's Drop-In meets every **Wednesday at 1:00 PM at The Pride Center, Room 204**. How time flies when you're having fun and lots of engaging conversations. The holiday season has been great, with increasing weekly attendance at the Drop-In. Home-made goodies are always provided by SAGE President Patrick S. Vida. Thanks again to everyone for their participation in the ever fun-filled discussions and up-to-date news and information. Wow, what a year. We truly miss you, **Ron Catena**. Thanks, **Jefy Gaines** for co-hosting. Best wishes to all Drop-In participants for the coming year. Best wishes to all the hard-working volunteers that contribute to the success of Drop-In events. And, best wishes for the holidays and the upcoming New Year to all SAGE members.

## SOCAL LITES *Sal Orlando*

Happy New Year! Can't believe it's 2018! Where did all those years go? Here it is January, and coming from New York, where those poor souls are freezing their \*\*\* off, we here are enjoying gorgeous weather. I guess that's why we live in South Florida.

Our **Holiday Party on December 17th** at The Embassy Suites turned out to be a huge success. Everyone had a fabulous time. The management and staff couldn't have been any nicer. The food was delicious, and of course, the entertainment, **Jennifer McClain**, was superb. What a voice! She could sing for me anytime.

We have a lot of exciting venues planned for you in the coming year. Some old favorites, and some new places for us to us to explore.

This month we go to **Flip Flops** on Tuesday, January 9th at 5 PM, for a Meet-Up, where we'll enjoy cocktails and conversation from 5 to 6 PM (at happy hour prices), followed by dinner. For those of you who have never been to **Flip Flops**, it's a "Dock Side Eatery" right on the Intracoastal with a casual, colorful and fun setting. Since it's a Meet-Up, order what you want and pay for what you order.

On Sunday, January 21st at 1 PM, at **The Pride Center**, SAGE celebrates **The Milestone Birthdays** of our members. For those of you who turned 75, 80, 85 or 90 (and above) in 2017, please contact the **SAGE** office ASAP so we can add you to our list. This event will offer a complimentary to our Honorees. Get your reservations in for this wonderful yearly sumptuous Italian Buffet Luncheon, catered by none other than **Chef Giacomo of Cafe Prima Vera**.

Save the Date – Sunday, February 11th, 1 to 4 PM, **Valentine's Day Celebration at Cafe Prima Vera**.

As always, watch for news of our upcoming events. So, keep reading your Social Lites Column. For ongoing activities, consult your **SAGE** Calendar for meeting times and places.

Ciao for now.



Marc Flanagan

## SEE YOU AT THE MOVIES



Michael Vita

As the writer was deciding what film to show this month, the intriguing duo of nostalgia and thoughts of new beginnings crept in. **Shall We Dance?** certainly fits the bill. It shares the same title with an Astaire/Rogers movie from the '30's and a well-publicized flick starring **Jennifer Lopez** and **Richard Gere** in the early 2000's. The Japanese production remains an exquisite bit of moviemaking over 20 years after its premiere. While there is a significant amount of physical activity, there is also an interesting plot that evolves through characters that are true to life.



Shohei is an accountant in downtown Tokyo. While his work life is not all facts & figures, he seeks more than a nightcap with co-workers for activity. While commuting by train back home at night, he often peers back at a melancholy young lady gazing out from a dance studio. Whimsically, Shohei decides to exit the train to get closer to the object of his desire. He encounters Mai, a retired ballerina who offers him private dance lessons that he thinks are too expensive and ends up accepting group sessions at the same studio with an older instructor, Tamako. As he gets acquainted, Shohei shows much promise with his dancing and has good chemistry with Mai and Tamako, while being subjected to brutal honesty from another instructor, Toyoko.

Because of a culture that shuns flashiness and Shohei's embarrassment, he doesn't disclose to his family this weekly indulgence. His wife privately acknowledges his improved emotional status, while being concerned about possible infidelity. She hires a private dick who prepares her for what is the likely explanation. When the investigator discloses the reason for his absences, she shrugs it off as a passing fancy. Eventually, Shohei is asked to take his dancing to the competitive level but continues his ambivalence until he witnesses a seemingly meek co-worker perform a risqué Latin routine in a wig.

The instructors work diligently to mold Shohei into an award-winning freestyle dancer. Unfortunately, it is at the time of this contest when his family decides to see what he has. While finishing up a routine, Shohei becomes aware of their presence, then collides with another dancer and Toyoko tumbles to the ground. She runs off the dance floor, which causes Shohei to blame himself for the mishap.

The movie does an about-face, where secrets are exposed and the players are confronted with dilemmas that will impact the movie and the rest of their lives.

Although the film has no gay characters or storylines, the viewer will easily relate to the coming out process and leaving one's comfort zone, while keeping secrets because of the customs and perceptions of what others might think about doing something unorthodox.

Shall We Dance is rated PG for mild language. It will screen with English subtitles on **Monday, January 15th, at 4pm in Room 204 of The Pride Center**. The 119 minutes of air time will allow viewers the opportunity to discuss the proceedings as we dine afterwards.

*Marc Flanagan*

## IN MEMORIAM

**DAVID MILLAN** passed away September 7, 2017.

David was a longtime Member, having joined our SAGE in October, 1995.

He is survived by many friends, including George Lamelas. Although not partners, they were very good, life-long friends.

Our condolences to all David's friends and loved ones.

### The Memorial Service for **ADELAIDE "TONI" HERBERT**

will be held on Saturday, January 20th, 1:00PM at  
the Sunshine Cathedral. All are invited to honor her.

### BEREAVEMENT GROUP

After the funeral, grieving gets intense and lonely.  
Free LGBT Bereavement Group helps to manage the waves  
and tsunamis of grief.

Contact Rev. Anne Atwell for days, time and location.  
(954) 462-2004 x208 Anne@sunshinecathedral.net

Email to Editor: [sagesofl@gmail.com](mailto:sagesofl@gmail.com) attn: Editor

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**Facebook:** [www.facebook.com/SageOfSouthFloridaInc](http://www.facebook.com/SageOfSouthFloridaInc)

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P.O. Box 70516, Oakland Park, FL 33307

### OFFICERS

President:	Patrick S. Vida
Vice President:	Carl Barton
Secretary:	Ken Goodman
Assistant Secretary:	Frank Piasecki
Treasurer:	Allen Churchman
President Emeritus:	Carl M. Galli

**BOARD MEMBERS AT LARGE:** John Chandler, Nancy Drennen, Marty Horowitz, Lee Lawson, Gene Majka,  
Sal Orlando, Ann C. Smith, Bruce Williams

### VOLUNTEERS

Hank Brooks, Frank Cavanaugh, "Chip", Philip Collier, Alan Dorfman, Marc Flanagan, Michael Gagne, Leo Glickstein, Emma Hinman, Jean Johnson, Caroline Leto, "Mac", Kathy Macchio, Sonny Miller, Ken Moore, Inez Pasher, Michael Vita, Richard Werner

### 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 home-bound 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.)

### SAGE Editorial Policy

SAGE welcomes contributors to the 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 and does not constitute endorsement by SAGE of South Florida. If we feel that we cannot publish a submission anonymously we will contact the author. We reserve the right to edit articles for size considerations, clarity or standards of decency. We do not accept paid ads in the newsletter.

### 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 is sick, in the hospital, recently lost a loved one, or would appreciate a friendly call or a note of cheer, please contact:

For Women – Jean Johnson & Norma Wingo @ 954.921.6898

For Men – Michael Vita @ 786.586.4286

### SAGE MEMBERS IN NEED

If you are a Senior, or a Care Giver, who needs information or referral services regarding assistance with Activities of Daily Living please contact the ADRC (Aging and Disability Resource Center) part of the Area Agency on Aging in your County:

In Broward: 954-745-9779

In Palm Beach: 561-684-5885

### FOR LUNCH & LEARN INFORMATION, PLEASE SEE ENCLOSED FLYER

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## THANK YOU, MARIA!

**M**ARIA DIAZ, Public Affairs Specialist for the South Florida Area Director's Office of the Social Security Administration, is leaving her position after 35 years of service. She has always been a supporter of SAGE of South Florida and of the LGBT Community at large. She was a reliable resource for news concerning Social Security benefits, such as the article below. From time to time, she provided important information which we relayed to readers of The SAGE Newsletter.

*Maria, thank you for being a friend to SAGE of South Florida. We all wish you well in your future endeavors.*



Securing today  
and tomorrow

### IS IT MEDICARE OR MEDICAID?

A lot of people have a difficult time understanding the difference between Medicare and Medicaid. Both programs begin with the letter "M." They're both health insurance programs run by the government. People often ask questions about what Medicare and Medicaid are, what services they cover, and who administers the programs.

Let's start with Medicare. Medicare is the national healthcare program for those aged 65 or older and the disabled. You pay for some Medicare expenses by paying the Medicare tax while you work. The Centers for Medicare & Medicaid Services is the agency in charge of both Medicare and Medicaid, but you sign up for Medicare A (Hospital) and Medicare B (Medical) through Social Security.

You can apply for Medicare online from the convenience of your home at the link on our website:

[www.socialsecurity.gov/medicare/](http://www.socialsecurity.gov/medicare/). If you're already receiving Social Security retirement benefits when you reach age 65 or are in the 25<sup>th</sup> month of receiving disability checks, we will enroll you automatically.

Medicare Part C (Medicare Advantage) and Part D (Prescription Drug) plans are available for purchase in the insurance marketplace. Social Security administers a program called Extra Help to help people with low income and low resources pay for premiums, co-pays, and co-insurance costs for Part D plans. You can find out more about Extra Help and file for it at [www.socialsecurity.gov/medicare/prescriptionhelp](http://www.socialsecurity.gov/medicare/prescriptionhelp). Each year, The Centers for Medicare & Medicaid Services publishes *Medicare and You* available online at their website at [www.medicare.gov/medicare-and-you/medicare-and-you.html](http://www.medicare.gov/medicare-and-you/medicare-and-you.html). This publication is a user's manual for Medicare.

Each state runs their own Medicaid program under guidance from the Centers for Medicare & Medicaid Services. Medicaid offers care for the most vulnerable among us. While it does not require paying taxes while working, it does have guidelines about how much income and resources you can have to qualify. Medicaid provides coverage for older people, people with disabilities, and some families with children. Each state has its own eligibility rules and decides which services to cover. The names of the Medicaid program may vary from state to state. You can read about each state's Medicaid program at [www.medicaid.gov/medicaid/by-state/by-state.html](http://www.medicaid.gov/medicaid/by-state/by-state.html). You can find each state's Medicaid contact information at [www.medicaid.gov/about-us/contact-us/contact-state-page.html](http://www.medicaid.gov/about-us/contact-us/contact-state-page.html).





# SAGE EVENT CALENDAR

## January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> New Year's Day	<b>2</b>	<b>3</b> 1:00 pm Men's Drop-In @ The Pride Center 4:00 pm Computer Club @ The Pride Center	<b>4</b>	<b>5</b>	<b>6</b> 10:00 am SAGE Board Meeting 12:30 pm SAGE Monthly Luncheon  Both held at the Skolnick Center in Palm Aire
<b>7</b>	<b>8</b> 11:00 am SAGE on the Border Co-Ed/Alternatives at the Volen Center 2:30 pm Roundtable at Pride Center	<b>9</b> 5:00 pm Meet Up at Flip Flops Dockside Eatery	<b>10</b> 1:00 pm Men's Drop-In @ The Pride Center 4:00 pm Computer Club @ The Pride Center	<b>11</b> 12:00 pm SAGE Women's Lunch at Golden Corral	<b>12</b>	<b>13</b> 11:00 am SAGE Book Club @ Stonewall Library
<b>14</b>	<b>15</b> Martin Luther King Jr. Day 4:00 pm SAGE Movie at Pride Center AVRoom 204	<b>16</b>	<b>17</b> 1:00 pm Men's Drop-In @ The Pride Center 4:00 pm Computer Club @ The Pride Center	<b>18</b>	<b>19</b>	<b>20</b> 1:00 pm Memorial Service for Adelaide "Toni" Herbert at the Sunshine Cathedral
<b>21</b> 1:00 pm SAGE Milestone Celebration at The Pride Center	<b>22</b> 11:00 am SAGE on the Border Co-Ed/Alternatives at the Volen Center 2:30 pm Roundtable at Pride Center 5:30 pm Men's Night Out at Rumors	<b>23</b>	<b>24</b> 1:00 pm Men's Drop-In @ The Pride Center 4:00 pm Computer Club @ The Pride Center	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b> 2:00 pm SAGE attends Bridges of Madison County	<b>29</b> 11:00 am SAGE on the Border Co-Ed/Alternatives at the Volen Center	<b>30</b>	<b>31</b> 1:00 pm Men's Drop-In @ Pride Center at Equality Park 4:00 pm Computer Club @ The Pride Center			

# UPCOMING SAGE EVENTS

**January 11, 2018 at noon: Join SAGE Women for lunch, held on the 2<sup>nd</sup> Thursday of every month at The Golden Corral 7401 W. Commercial Blvd. in Tamarac.**

**NOTE: SAGE Men's Night resumes in January with our regular meet up at 5:30 pm on the fourth Monday (January 22, 2018 at 5:30 pm) at Rumors (2426 Wilton Drive).**

**Sunday, January 21, 2018 from 1 to 4 pm: Join SAGE of South Florida as we celebrate our members' Milestone Birthdays, at The Pride Center.**

**Sunday, February 11, 2018 from 1 to 4 pm at 2 pm: Join SAGE members and friends at our Annual Valentine's Day Dinner at Café Primavera. Flyer included with newsletter and can be found on our website: [sagewebsite.org](http://sagewebsite.org).**

**SAVE THE DATE: Sunday March 25, 2018 from 1 to 5 pm for the SAGE Annual Meeting, Dinner and Awards Ceremony at Sheraton Suites in Fort Lauderdale. Watch for flyer in the February Newsletter.**

## Community Events

**BALLET AND OPERA GROUP meets at The Pride Center (Rm 204) at 12:30 pm on the 2nd & 4th Sunday of every month.**

**GLBTQ VETERAN'S DROP IN GROUP sponsored by the Gold Coast Chapter of AVER meets the 2nd Tuesday of each month at 7:00 pm, at SunServe (2312 Wilton Drive in Wilton Manors)**







**Come Join with SAGE as We Celebrate  
the Milestone Birthdays of  
Some of Our Most Senior Senior Members**

**Sunday, January 21, 2018 1 - 4pm**

**In the Main Hall of The Pride Center at Equality Park  
At This Time, Our Honorees include:**

*Rex Coston - 95 Nancy Drennen - 80 Jerry Ganz - 75 Leo Glickstein - 95  
Gerald Heineman - 92 Emma Hinman - 96 Ann Smith - 80 Richard Werner - 75*

**If YOU are a Member who turned 75, 80, 85 or 90 (and above) in 2017, please contact  
the SAGE Office, ASAP so we can add you to our list of Honorees**

**A Sumptuous Italian Buffet Luncheon, Catered by Chef Giacomo of Café Primavera**

***Surprise Entertainment!***

**Dessert & Coffee**

**Pricing: \$15 @ Members and \$18 @ Non-Members  
All Inclusive of Meal, Beverages, Dessert and Entertainment!**

\*\*\*\*\*No REFUNDS\*\*\*\*\*

**THE HONOREES WILL BE THE GUESTS OF SAGE.**

**IF YOU WOULD LIKE TO HELP DEFRAY SOME OF THAT COST PLEASE INDICATE BELOW.**

**Reservations Close NO LATER THAN: Wednesday, January 17, 2018**

-----  
SAGE Milestone Birthday Celebration

#\_\_ MEMBERS@ \$15 Each - #\_\_ NON-MEMBER @ \$18 Each - My Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_ Name: \_\_\_\_\_

Name: \_\_\_\_\_ Name: \_\_\_\_\_

I am adding \$ \_\_\_\_\_ for the Honorees.

**Mail with Payment to: SAGE at P O BOX 70516 OAKLAND PARK, FL 33307**

**Questions: Call the SAGE office at (954) 634-7219 --- A SAGE-SPONSORED ACTIVITY**



## JOIN SAGE OF SOUTH FLORIDA FOR A MEET UP AT FLIP FLOPS DOCKSIDE EATERY



Flip Flops Dockside Eatery is a relaxed waterside setting, on the east side of the Inter-Costal Waterway with a Key West inspired menu and island vibe. They want their customers to feel at home, forget about the daily grind and just relax on the dock listening to the sounds of the islands.

Located at 3051 NE 32<sup>nd</sup> Ave., Ft. Lauderdale, FL 33308 - 954-567-1672 and is located next to Shooters Waterfront Restaurant. There is ample parking in the adjacent parking garage.

***The SAGE Meet Up begins at 5pm Tuesday January 9, 2018***, with cocktails and lively conversation. ***The Dockside Eatery has a General Happy Hour from 5pm to 7pm***. At 6pm we will order dinner from their menu. Order what you want and pay for what you order. We look forward to seeing you there.



## **SAGE VALENTINE'S DAY DINNER**

**at Café Primavera**

**2500 E. Commercial Blvd., Ft. Lauderdale, FL. 33308**

**(954) 333-8763**

**SUNDAY, February 11, 2018 1:00PM – 4:00PM**



**1:00pm – 1:30pm: Seating and Mixer 1:30pm – 4:00pm: MAIN MENU**

**First Course >>> Choice of one:**

***Special House Salad*** (Romaine Hearts & more with lemon vinaigrette)

**or House-Made Lobster & Blue Crab Bisque**

**Entrée >>> Choice of one:**

***Snapper Fillet "Oreganata"***-topped with a tasty breadcrumb crust with oregano, parsley, garlic and olive oil

***Chicken Breast "Marsala"***

***Tortellini*** –with ricotta & spinach fillings & fresh tomato sauce

***Pork Fillet*** -pan seared and sliced in a chardonnay, sundried tomato & olive sauce

***Entrées served with Fresh Rolls, Vegetables of the Day & Penne Marinara Side***

**Dessert Course:**

***Italian Cheesecake with Strawberry Sauce*** (Sugar-Free Dessert Available Upon Request)

***Beverages: Coffee/ Tea/ Iced Tea/Soda***

**This Is A Capacity Limited Event: For the First 45 Persons Who Send in Their Reservations**

**Pricing: \$23.00 @ for MEMBERS or \$28.00 @ for NON-MEMBERS -NO REFUNDS!**

**IF YOU CANNOT MAKE IT, PLEASE CALL THE OFFICE & SEND SOMEONE IN YOUR PLACE**

**Reservations Must be Received by: NO LATER THAN 1PM Wednesday, February 7, 2018**

**SAGE Valentine's Day Dinner at Café Primavera Restaurant**

\_\_\_\_\_ MEMBERS @ \$23.00 & \_\_\_\_\_ NON-MEMBERS @ \$28.00 My Phone # \_\_\_\_\_

**Name: \_\_\_\_\_ Write-in Your Entrée: \_\_\_\_\_**

**Name: \_\_\_\_\_ Write-in Your Entrée: \_\_\_\_\_**

**Name: \_\_\_\_\_ Write-in Your Entrée: \_\_\_\_\_**

**Name: \_\_\_\_\_ Write-in Your Entrée: \_\_\_\_\_**

**Mail with Payment to SAGE at: P.O. BOX 70516, Oakland Park, FL 33307**  
**Questions? Call the SAGE Hot Line at: (954) 634-7219 - A SAGE-Sponsored Activity**