

The SAGE

The Newsletter of SAGE of South Florida

February 2018

SAGE HOLIDAY PARTY 2017

The elegant Terra Ballroom at the Embassy Suites by Hilton was the setting for the SAGE Holiday party held on Sunday, December 17th. More than 70 SAGE members and guests attended the annual event. Wonderful Jennifer McClain provided the musical entertainment and sang seasonal songs and requested Broadway tunes. All who attended received a gift from SAGE – a Florida Lottery Scratch-Off. And, following a delicious gourmet meal, five lucky raffle winners received Publix gift certificates. A wonderful time was held by all.



Congratulations to Social Committee Chair Sal Orlando and his committee members – the always dapper Carl Barton, Elf John Chandler, the ever-efficient Allen Churchman, and the perspicacious Marty Horowitz, for orchestrating this celebration.

Additional pictures of the event are featured on Page 4 of the Newsletter.

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 |
|------------|-----------|----------|------------|------------|----------|
| BOBBI | KOSHEL | Feb-01 | EDWARD S | LOUGH | Feb-11 |
| TED | LIMBAUGH | Feb-03 | VALERIE | EISEN | Feb-12 |
| JAMES P | SMITH | Feb-04 | PATRICIA | BARRY | Feb-14 |
| GEORGE | HIBBERD | Feb-06 | JOEL | TENDLER | Feb-15 |
| ED | ABDALE | Feb-08 | GARY | KEMPLER | Feb-18 |
| RICHARD | ROGERS | Feb-09 | MARK | BARRON | Feb-20 |
| LEE G | LAWSON | Feb-10 | DAVID | ROSENZWEIG | Feb-22 |
| JACK | MYERS | Feb-11 | JOAN | FRIMMER | Feb-27 |

5 Year Anniversaries

MARK BARRON, BRUCE BOLTON, MICHAEL CAMARDO, JOEL RUBIN

10 Year Anniversaries

BARRY FEINSTEIN, JOY E WITCHEL

New Members November 2017

LYNDA BISSET, JOHN BOLTON, JOHN SAINATO, TED VERDONE

15 Year Anniversaries

CHARLES SCARCELLA

20 Year Anniversaries

DON T GALLAGHER, ANGELA GIELLA, JEAN JOHNSON

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 OF SOUTH FLORIDA

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 | Gene Majka |
| Nancy Drennen | Sal Orlando |
| Marty Horowitz | Ann C. Smith |
| Lee Lawson | 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, 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, by providing personal interaction, offering educational opportunities to deal with the special needs of aging, and by 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 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 such publication 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 length, clarity, or standards of decency. We do not accept paid ads in the newsletter.

Email to Editor: sagesofl@gmail.com

Attn: Editor

Website: www.sagesofl@gmail.org

Mailing Address: SAGE of South Florida
PO Box 70516
Oakland Park, FL 33307

Facebook: www.facebook.com/SageOfSouthFloridaInc

Contents Copyright © 2018 SAGE of South Florida, Inc. All Rights Reserved (Except excerpts, under their own protections).

REGULARLY SCHEDULED SAGE-SPONSORED ACTIVITIES

THE ROUND TABLE

This CoEd group, sponsored jointly with The Fort Lauderdale Prime Gentlemen, 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 February are: *Puritanism and Gay Sex*, presented by Dominic Bisignano on February 12th; and *Trump's First Year* presented by Ed Slough on February 26th. Please email Ed Slough at 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

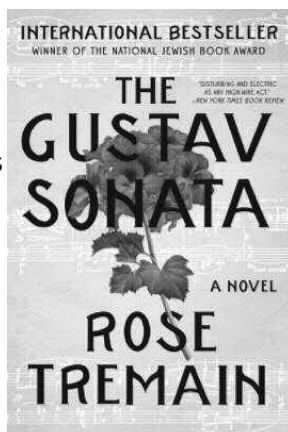
Every 2nd Thursday of the month, the Women of SAGE of South Florida meet at the Golden Corral, 7401 Commercial Blvd.,

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

Inspired by a true story - **Rose Tremain's The Gustav Sonata** - is a captivating historical novel that finds its center in the life story of Gustav Perle, a Swiss boy of five living with his none-too-happy widowed mother when the story opens in 1947. Into this relatively cheerless world walks Anton, a talented yet moody Jewish musical prodigy who becomes Gustav's most treasured friend. Moving backward to the war years and the painful repercussions of an act of conscience, and forward through the lives and careers of the two friends, *The Gustav Sonata* explores the passionate love of childhood friendship as it is lost, transformed, and regained over a lifetime. Please consider joining in discussion with the SAGE Book Group on **Saturday, February 10, 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.



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 LUNCH & LEARN

Lunch and Learn is held the **first Saturday of the month, 12:30 pm**, at the Herb Skolnick Community Center. **RESERVATIONS ARE REQUIRED.** Please see the enclosed flyer for more information.

SAGE Holiday Party at *Embassy Suites by Hilton*



SAGE Men's Drop-In Holiday Party



SAGE Meet-Up at Flip Flops Dockside Eatery



Mark Baron and Joel Rubin receive their 5-Year Pins



Charlie Scarcella receives his 15-Year Pin

*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*



NOTES FROM THE MEN'S DROP IN

Carl Barton

The Men's Drop-In group meets every **Wednesday at 1pm at The Pride Center, Room 204**. To end 2017 and start the new year, I am glad to report that we had a very successful holiday party thanks to all the volunteers that helped make it a big success. Every week, the Drop-In offers two hours of lively discussion centered around various current topics. Politics is very popular lately with several members who are well-versed in this subject. Many members enjoy relating personal experiences and opinions about movies, travel, and daily life in South Florida. We always look forward to new members joining the discussion and sharing their personal histories. Thanks to **Jefy Gaines** for his great help in co-hosting. Thanks to **President Patrick S. Vida** for providing his surprisingly delicious home-made goodies each week. And sincere thanks to all of our members, guests, and participants who make Drop-In one of SAGE's most popular weekly events.

SOCAL LITES *Sal Orlando*

Wow, February already! What a terrific January we had. First, going to **Flip Flops** for a meet up on the 9th, which turned out great. The place was so lively and colorful, and being right on the Intracoastal was the "icing on the cake". The food was good, the cocktails very tasty (especially at happy hour prices), and the help very accommodating. Second, on the 21st at the **Pride Center** was our annual Milestone Birthday Event where **SAGE** celebrated the milestone birthdays of some of our most senior members. What a turn out! We had a sumptuous gourmet Italian meal prepared and served by our very own **Chef Giacomo**. Everyone had a fabulous time, especially our Honorees. This month on Sunday, February 11th, SAGE goes to Cafe Primavera for our Valentine's Day Celebration, where wine and conversation will take place at 1 PM, followed by a delicious dinner at 1:30 PM, again prepared by none other than Chef Giacomo, one of the best chefs in South Florida. This event is for everyone, not just those of us who are coupled. Due to limited space, get your reservations in early so you won't lose out.



Next month, we go to **The Sheraton Hotel** on Cypress Creek Road on Sunday, March 25th, at 1 PM for cocktails and 2 PM dinner, for our **Annual Meeting** where **SAGE** elects Board members and officers for the coming year. It promises to be a wonderful event with top-notch entertainment.

As always, watch for news of our upcoming events, some new and exciting. 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

In honor of "**International Holocaust Remembrance Day**," (the international memorial day on January, 27th commemorating the tragedy of the Holocaust that occurred during the Second World War) SAGE of South Florida presents **Bent**, a 1997 British/Japanese drama film directed by **Sean Mathias**, based on the 1979 play of the same name by **Martin Sherman**, who also wrote the screenplay. (On January 27, 1945, Auschwitz-Birkenau, the largest Nazi concentration and death camp, was liberated by the Red Army.)



Bent revolves around the persecution of homosexuals in Nazi Germany after the murder of SA leader Ernst Röhm on the Night of the Long Knives. Max (**Clive Owen**) is a promiscuous gay man living in 1930s Berlin. He is at odds with his wealthy family because of his homosexuality. One evening, much to the resentment of his boyfriend, Rudy (**Brian Webber II**), Max brings home a handsome SA man (**Nikolaj Coster-Waldau**). Unfortunately, he does so on the Night of the Long Knives, when Hitler ordered the assassination of upper echelon SA corps. The Sturmabteilung man is discovered and killed by SS men in Max and Rudy's apartment, and the two have to flee Berlin.

Max's Uncle Freddie (**Ian McKellen**) has organized new papers for Max, but Max refuses to leave his boyfriend



behind. As a result, Max and Rudy are found and arrested by the Gestapo and put on a train headed for Dachau. On the train, Rudy is brutally beaten to death by the guards. As Rudy calls out to Max when he is taken away, Max lies to the guards, denying he is gay. In the camp, Max falls in love with Horst (**Lothaire Bluteau**), who shows him the dignity that lies in acknowledging one's

beliefs. After Horst's death, Max finds the courage to be true to himself and takes his own life. **Mick Jagger** plays Greta, an entertainer in the Cabaret.

Bent, the play, opened on Broadway on December 2, 1979, and starred **Richard Gere** as Max, **David Dukes** as Horst, and **David Marshall Grant** as Rudy.

Bent, with a running time of 105 minutes, will be screened on **Monday, February 12th, at 4PM in Room 204 of The Pride Center**. We will dine afterward and discuss the film.

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 Broward County – 954.745.9779

In Palm Beach County – 561.684.5885

BEREAVEMENT GROUP

After the funeral, grieving gets intense and lonely. Free LGBT Bereavement Group helps to manage the waves and tsunamis of grief. For days, time, and location contact:

Rev. Anne Atwell – 954.462.2004x208 Anne@sunshinecathedral.net

SAGE Health Tips

Gene Majka, ARNP

Welcome. If you have a topic, comment or questions, please send an email to sagesofl@gmail.com.



Balance & Falls

It's estimated that about 25% of all seniors 65 years of age and older experience some type of fall each year. Even a relatively minor fall can have potentially serious consequences, especially when it comes to maintaining mobility. Falls are the number-one cause of injuries and death among older Americans. In fact, according to a report from the Centers for Disease Control and Prevention (CDC), an older adult falls every single second of each day in the United States.

Most common reasons seniors fall:

- Your vision may decrease which can lead to falls due to not seeing clearly.
- Your hips and legs can become weaker making it harder to walk.
- We can develop poor posture or have spinal degeneration making it harder to stand erect.
- Our ability to lift our feet decreases and we can stumble.
- It takes longer to react when something is in our way causing us to fall.
- Many drugs interact causing dizziness or decreased balance.
- Low blood pressure can lead to light-headedness increasing our risk of falls.

That is why beginning a balanced program for elderly and seniors which incorporates strength training, endurance training and balance training is essential in maintaining and promoting good balance.

To promote greater awareness and understanding here are **10 common myths**—and the reality—about older adult falls:

Myth 1: Falling happens to other people, not to me.

Reality: 1 in 4 older adults falls every year in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging.

Myth 3: If I limit my activity, I won't fall.

Reality: Performing physical activities will actually help you stay independent.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home.

Myth 5: Muscle strength and flexibility can't be regained.

Reality: Exercise can partially restore strength and flexibility.

Myth 6: Taking medication doesn't increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don't need to get my vision checked every year.

Reality: Vision is another key risk factor for falls.

continues on page 8

Myth 8: Using a walker or cane will make me more dependent.

Reality: Make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.

Reality: Fall prevention is a team effort.

Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. Your health care practitioner can assist you with the location of community balance and exercise programs. I have listed some exercise programs and a video under references and resources on the internet to show you types of exercises you can do to improve your balance. Please check with your health care practitioner first before performing any of these exercises.

You're 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.

References & Resources:

<https://eldergym.com/elderly-balance.html>

<https://www.ncoa.org/blog/4-balance-exercises-seniors-prevent-falls/>

<https://www.silversneakers.com/blog/balance-stability-exercises-seniors/>

Video <http://dailycaring.com/video-15-minute-senior-exercise-program-for-balance-and-strength/>

<http://www.centennialhomecareassistance.com/why-balance-is-important-for-seniors/>

<https://www.lifeline.ca/en/blog-article/14-exercises-for-seniors-to-improve-strength-and-balance/>

<https://www.ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/debunking-the-myths-of-older-adult-falls/>

IN MEMORIAM

ANTHONY MOORE, CPA, passed away on December 24, 2017. Anthony joined SAGE in December, 2000, and was a Lifetime Member. He is survived by his partner, Fred Paiz.

CHARLES OHSIEK passed away on January 1, 2018. Charles joined SAGE in 1999, and was active in our Men's Drop-In, Computer, Movie, and Photography Clubs. He had a dry wit and a sly sense of humor. He attended most events and activities, where he could always be seen with camera (or smart phone) in hand. And, over the years, many of his photographs appeared in our Newsletter. He is survived by a sister and two sons.

Our condolences go out to all who had the pleasure of knowing Anthony and Charles. They will be missed.



SAGE is Looking for a Few Good Men ...and WOMEN!

We are seeking members to serve on the SAGE Board of Directors. We're looking for individuals who are enthusiastic about SAGE and its many programs, and are willing to donate a little bit of their time and a lot of their talents. SAGE is an all-volunteer organization with no paid staff. The Board meets the first Saturday morning of the month, and each Board member is assigned to serve on a committee.

If you would like to serve and contribute to the continued successful operation of SAGE, please send a brief resume, on or before **February 15th, 2018**, to:

Ken Goodman, Secretary
SAGE of South Florida
PO Box 75016
Oakland Park, FL 33307



SAGE EVENT CALENDAR

February 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|-----------|---|--|-----------|---|
| | | | | 1 | 2 | 3 10:00 am SAGE Board Meeting 12:30 pm SAGE Monthly Luncheon Both are held at the Herb Skolnick Center in Palm Aire |
| 4 | 5 11:00 am SAGE on the Border Co-Ed/Alternatives at the Volen Center | 6 | 7 1:00 pm Men's Drop-In @ Pride Center at Equality Park 4:00 pm Computer Club @ The Pride Center | 8 12:00 pm SAGE Women's Lunch at Golden Corral | 9 | 10 11:00 am SAGE Book Club @ Stonewall Library |
| 11 1:00 pm SAGE Valentine's Day Dinner Noon – 8 pm LOVE PRIDE at Fort Lauderdale Beach | 12 11:00 am SAGE on the Border Co-Ed/Alternatives at the Volen Center 2:30 pm Roundtable | 13 | 14 Valentine's Day 1:00 pm Men's Drop-In @ Pride Center at Equality Park 4:00 pm Computer Club @ The Pride Center | 15 | 16 | 17 |
| 18 | 19 Presidents' Day 11:00 am SAGE on the Border Co-Ed/Alternatives at the Volen Center 4:00 pm SAGE Movie at Pride Center AVRoom 204 | 20 | 21 1:00 pm Men's Drop-In @ Pride Center at Equality Park 4:00 pm Computer Club @ The Pride Center | 22 | 23 | 24 |
| 25 1:00 pm SAGE attends Wicked | 26 11:00 am SAGE on the Border Co-Ed/Alternatives at the Volen Center 2:30 pm Roundtable 5:30 pm Men's Night Out at Rumors | 27 | 28 1:00 pm Men's Drop-In @ Pride Center at Equality Park 4:00 pm Computer Club @ The Pride Center | | | |

UPCOMING SAGE EVENTS

February 8, 2018 at noon: Join SAGE Women for lunch, held on the 2nd Thursday of every month at The Golden Corral 7401 W. Commercial Blvd. in Tamarac.

Monday February 26, 2018 at 5:30 pm SAGE Men's Night Out at Rumors (2426 Wilton Drive).

SAGE Annual Meeting: Sunday March 25, 2018 from 1 to 5 pm, mixer, dinner and awards ceremony at Sheraton Suites in Fort Lauderdale. See flyer in newsletter.

SAGE Dinner at Café Vico: Tuesday April 10, 2018, 5 pm mixer & 6 pm Dinner. Watch for information and flyer in the March newsletter.

SAVE THE DATE: SAGE 2018 Winter Cruise: Six nights, five days from December 8 – 13, 2018. For more information please contact Sal Orlando at 954-563-3448 or sorlan8@aol.com.

Community Events

THE ROUNDTABLE, every 2nd and 4th Monday of the month at 2:30 pm at The Pride Center. Join this Co-Ed discussion group hosted jointly by SAGE of South Florida and the Fort Lauderdale Prime Timers.

THE LOVE PRIDE on Fort Lauderdale Beach, Sunday, February 11, 2018 from Noon – 8 pm.

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).

FEBRUARY 3, 2018 at 12:30 pm
HERB SKOLNICK COMMUNITY CENTER

800 SW 36th Avenue, Pompano Beach, FL

RESERVATIONS REQUIRED !

Members \$15.00 Guests \$20.00

Everyone Pays at the Door

Doors Open at 12:00 pm

Reservations must be made by 12:30 pm on

Thursday, February 1, 2018 by calling

954.634.7219



Detective Sergeant Frank Pilewski, from the Wilton Manors Police Department, is our guest speaker. Detective Pilewski will discuss: dating & the internet, scams toward the elderly, spousal abuse and hate crime issues. There will be a Q&A period

following his presentation.

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

A SAGE-SPONSORED ACTIVITY

FEBRUARY MENU

Romaine Hearts Salad

(with tomatoes and lemon vinaigrette)

Ricotta Tortellini with Butter & Sage Sauce

Polpettone in Crust with Cabernet & Tomato

Sauce

(Italian Meat Loaf wrapped in Puffed Pastry)

or

Grilled Chicken Breast

Green Beans

Strawberry Cake



✂ Mail below to SAGE of South Florida, PO Box 70516, Oakland Park, FL 33307 ✂

SAGE WANTS YOU !

PLEASE JOIN OR RENEW TODAY

NAME: _____ BIRTHDAY MONTH _____ DAY _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ CELL: _____

EMAIL: _____

CIRCLE ONE:

RENEWAL

NEW MEMBER

Newsletter Mailing Options:

1. Do not mail the newsletter to me

2. Please email me the newsletter

3. Please mail newsletter to me (Annual Membership cost is \$45)

I have enclosed: \$300 for my Lifetime Membership ☐

\$35 for my Annual Membership ☐

\$45 Annual Membership with newsletter mailed to me ☐

\$_____ as a Special Gift to SAGE



SAGE ANNUAL MEETING, DINNER & AWARDS CEREMONY

SUNDAY

MARCH 25, 2018

1PM TO 5PM



Sheraton Suites Ft. Lauderdale 555 NW 62nd Street, 33309 (954) 772-5400

1pm-2pm Cocktails (Cash Bar) – 2pm-5pm Dinner & Awards

MENU

First Course

Mixed field greens with tomatoes, carrots, cucumbers > Choice of Balsamic or Ranch Dressing

ENTRÉE (Select One)

- 1) Chicken Foresteire-forest mushrooms, roasted shallots, diced roma tomatoes and Madera reduction with duchess potatoes and seasoned fresh vegetables**
- 2) Grilled Atlantic Salmon - organic lemon and dill burre blanc with duchess potatoes and seasoned fresh vegetables**
- 3) Petit Filet of Beef with duchess potatoes and seasoned fresh vegetables**

DESSERT

NY Style Cheesecake with raspberry sauce (Sugar Free Dessert available upon Request)

Coffee, Tea or Iced Tea included with your meal (At Table Only)

Entertainment by World-Renowned Tenor James Perkowski

PRICING: \$28 @ Members & \$33 @ Non-members

Reservations Close 1pm Wednesday March 21, 2018

(A portion of Member Cost Subsidized by SAGE of South Florida)

SAGE Annual Meeting & Dinner at Sheraton Ft. Lauderdale - No Refunds

_____ Members @ \$28 & _____ Non-Members @ \$33 - Phone Number _____

Name: _____ Entrée _____ Sugar Free _____

Name: _____ Entrée _____ Sugar Free _____

Name: _____ Entrée _____ Sugar Free _____

Name: _____ Entrée _____ Sugar Free _____

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