

The SAGE

The Newsletter of SAGE of South Florida

February 2019

SAGE TURNS 25 YEARS OLD THIS YEAR

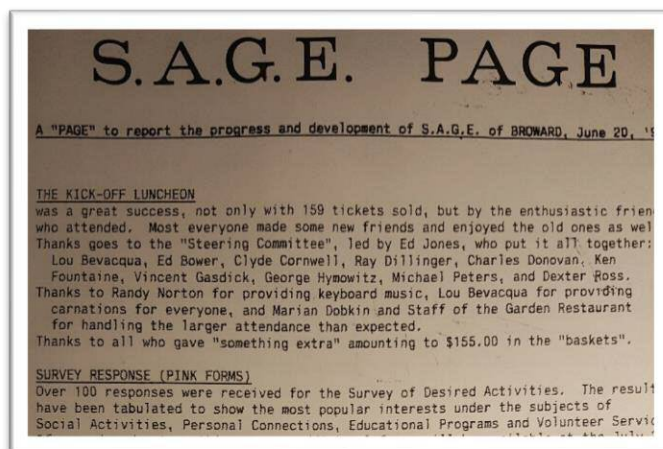


SAGE Kick-Off Luncheon, May 21, 1994

[George Hymowitz, Paula Davi, Chuck Donovan, Ken Fountaine]

On June 20, 1994, a single "PAGE" was printed to chart the progress of the organization and recount what occurred at the initial luncheon. A second luncheon was held one month later on July 24th, 1994, at Tropical Acres Restaurant. Attendance exceeded 250. S.A.G.E. of Broward County was officially in business. Committees were formed, activities were planned, and Articles of incorporation were filed. And, in August, 1994, the inaugural issue of this newsletter, *The SAGE*, was published. By 2003, the impact of SAGE extended beyond the boundaries of Broward County. In May of that year, our name was officially changed to **SAGE of South Florida**.

The SAGE of South Florida story began in 1992 when Ed Jones was asked by the Sunshine Cathedral to lead a task force to explore expanding programs for seniors at the church. Mr. Jones soon discovered that there was a community-wide need for senior LGBT programs in Broward County. After consulting with the *SAGE of New York* organization, he organized a "kick-off" luncheon at the Garden Restaurant on May 21, 1994 to determine interest in establishing a SAGE affiliate. The luncheon was a success - 159 tickets were sold.



S.A.G.E PAGE, published June 20, 1994

We are planning special activities to commemorate this auspicious anniversary. If you have any pictures, memorabilia, or stories about SAGE which you'd like to share, please let us know.

And, we wish to acknowledge the following charter members who have been active in SAGE since 1994:

JOYCE EDELSON MARC FLANAGAN GERALD HEINEMAN RICHARD HESS

RICHARD ROGERS JOEL TENDLER NORMA WINGO JERRY ZYGMUNT

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	SLOUGH	Feb-11
TED	LIMBAUGH	Feb-03	PATRICIA	BARRY	Feb-14
JAMES P	SMITH	Feb-04	JOEL	TENDLER	Feb-15
GEORGE	HIBBERD	Feb-06	GARY	KEMPLER	Feb-18
ED	ABDALE	Feb-08	MARK	BARRON	Feb-20
LEE G	LAWSON	Feb-10	MARILYN	LAMKAY	Feb-21
JACK	MYERS	Feb-11	JOAN	FRIMMER	Feb-27

5 Year Anniversaries

KATHY MACCHIO

New Members December 2018

HON NG, AL ORAM, DON SCHULTZ, RICH WINTER

15 Year Anniversaries

ED BROWN

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: Michael Vita
Treasurer: Allen Churchman
President Emeritus: Carl M. Galli

BOARD MEMBERS AT LARGE

John Chandler Lee Lawson
Sal Orlando Ann C. Smith

VOLUNTEERS Jean Arthurton, Judith Bowling, Hank Brooks, Frank Cavanaugh, "Chip", Philip Collier, Marc Flanagan, Leo Glickstein, Jean Johnson, Pamela Larsen, Caroline Leto, "Mac", Kathy Macchio, Gene Majka, Sonny Miller, Ken Moore, Frank Piasecki, Richard Werner, Norma Wingo

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.sagewebsite.org
Facebook: www.facebook.com/SageOfSouthFloridaInc

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

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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 to 3:30pm** on the **second and fourth Mondays of each month in Room 206 of The Pride Center**. Sessions have a moderator who presents a brief background on the discussion topic chosen for the session. The topic scheduled for February 11th is *We Are All Immigrants*, presented by Michael Vita. The topic scheduled for February 25th is *Trump's Impeachment* presented by Ed Slough. 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

Pamela Larsen

All women are welcome at SAGE Women's Lunch, **every 2nd Thursday of the month**, at the **Golden Corral, 7401 Commercial Blvd., Tamarac 33319** at

12:00 Noon, to meet, greet, eat, and discuss current happenings. You do not have to be a Member to attend. Membership is encouraged after the second visit. On behalf of our Seniors; Dedicated to positive thinking; Compassionate – Immeasurable. We like this world with its challenges and its opportunities. **WE WISH THERE WAS A MAGNET TO ATTRACT OTHERS.** Come join our friendly family. **SAGE WANTS TO OFFER MORE ACTIVITIES FOR OUR WOMEN. POT LUCK DINNERS? THEATRE PARTIES? BRING US YOUR IDEAS AND SUGGESTIONS!** Call Pamela at 954.254.3738 for information.



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, 12:30pm**, at the Herb Skolnick Community Center.

RESERVATIONS ARE REQUIRED. Please see the enclosed flyer for more information.



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 an evening of cocktails, dinner, lively conversation, and meeting and making friends begins with drinks. **We are now meeting at The Grille on the Drive, 2000 Wilton Drive, Wilton Manors at 5:00pm** for drinks, followed by dinner at **5:30pm**. For more information, or if you have any questions, please contact John at 954-933-2963 or Email him at **johnchandler436@aol.com**.



SAGE COMPUTER CLASS

Ken Goodman

By popular demand the SAGE Computer Class has begun teaching a full course, **"Windows 10 for Seniors"**, which meets weekly to help you learn the basics of Windows 10.

A NEW COURSE IS STARTING SOON! SEE THE ENCLOSED FLYER FOR MORE INFORMATION.

If any of you would still like to review what's happening in the tech world and have your questions answered, contact **Ken Goodman** at **kennyg1944@outlook.com**. If there is enough interest, we will also schedule sessions to address these topics.

Looking for a Roommate

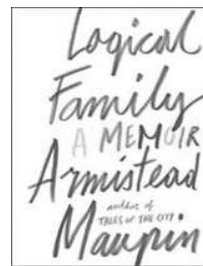
Ken Goodman has the upstairs of his very large townhouse available. The monthly rent will be \$1,000 which includes all utilities including cable and wi-fi. A refrigerator will be available for the roommate. Available April 2019. If interested call Ken at 561-306-3548

SAGE BOOK DISCUSSION GROUP

Philip Collier

In **Armistead Maupin's** funny, poignant and unflinchingly honest memoir – *Logical Family* – one of the world's best-loved storytellers explains how he evolved from a conservative son of the Old South into a gay rights pioneer whose novels inspired millions to claim their own lives. It is a journey that leads him from the racism and misogyny of mid-century North Carolina to a homoerotic Navy initiation ceremony in the jungles of Vietnam to an awkward conversation about girls with President Richard Nixon in the Oval Office of the White House. After losing his virginity to another man 'on the very spot where

the first shots of the Civil War were fired', Maupin packs his earthly belongings into his Opel GT (including a portrait of a Confederate ancestor) and heads west to that strangest of strange lands: San Francisco in the early 1970s. Please consider joining the SAGE Book Group in a discussion on **Saturday, February 9, 2019 at the Stonewall Library, 1300 E. Sunrise Blvd., Ft. Lauderdale from 11am to 12 noon.** All are welcome – no reservation is required.



SAGE *Holiday Party*



SAGE Men's Drop-In Holiday Party



SAGE Meet-Up at Miller's Ale-House



**KATHY MACCHIO
and
DAN FOUNTAINE**
receive 5-Year Pins



ALLEN SANDLER
receives his 15-Year Pin



*Photos contributed by Allen Churchman, Rex Coston, Gene Majka, and others.
View more photos by visiting the Photo Gallery at our Website: www.sagewebsite.org*



NOTES FROM THE MEN'S DROP-IN

Carl Barton

The SAGE Men's Drop-In group meets every **Wednesday from 1pm-3pm at The Pride Center, Room 204**. All are welcome to stop by and enjoy the fun.

Well, the New Year is off to a great beginning. A lot of new members, and guests of existing members, have been attending our Wednesday afternoon gathering. And, to entice them, we have been adding a little variety to our meetings. During the first hour of a recent meeting, we had a special multi-media presentation about obscure Broadway musicals that failed to find an audience (which are otherwise known as "flops"). Everyone enjoyed it. At Drop-In, all are invited to share what's going on in their lives and to express their thoughts and opinions about current local and national events, movies and cultural events, and life in South Florida. The discussions are always lively and informative.

Thanks to my co-host, **Jefy Gaines**, for his assistance. He will one day complete his training. Thanks to President **Patrick S.Vida** for his contribution of home-baked goodies. During the final ten minutes of every meeting, we always have some surprise entertainment. Come and enjoy!

SOCIAL LITES *Sal Orlando*



Now that the holiday season is over, we can enjoy this delightful Florida winter weather. It kind of makes up for the hot sticky months during the summer. What a wonderful January we had. First, on the **8th**, **SAGE** had a meet-up at

The Miller Ale House on Federal Highway. The food there is always good, the prices are reasonable, the place lively and fun (especially at the bar where we enjoyed cocktails beforehand), and the wait staff eager to please. Must do this again real soon. Then on the **20th**, we had our **Annual Milestone Birthday Celebration at The Pride Center**. Catered by none other than the infamous **Giacomo** from **Cafe Prima Vera**. What a treat that was with scrumptious food, great entertainment by members of the **South Florida Gay Men's Chorus**, and the room decorated beautifully. A good time was had by all.

This month we go back to **Cafe Prima Vera** for our **Annual Valentine's Day** event on **February 10th at 1pm** for wine and mingling, followed by a delicious meal at **1:30pm**. Space is limited to just **45 people**, so get your reservations in early so you don't miss out.

Save The Date: Sunday, March 24th, SAGE's Annual Meeting to be held at the Marriott Hotel on Andrews Avenue. Note: For those of you who reserve at the last minute, we will no longer accept payment at the door. Reservations together with payment with a credit card or cash will be accepted either by phone or in person at the **SAGE** office. As always, for ongoing activities, consult your **SAGE** Calendar for meeting times and places.
Ciao for now.



Marc Flanagan

SEE YOU AT THE MOVIES



Michael Vita

A Single Man is a 2009 American film based on the novel of the same name by **Christopher Isherwood**. It is directed by **Tom Ford** and stars **Colin Firth**, who was nominated for an Academy Award for Best Actor for his portrayal of George Falconer, a depressed gay British university professor living in Southern California in 1962. It also stars **Julianne Moore** and **Matthew Goode**.

On November 30, 1962, George Falconer (*Colin Firth*), a middle-aged English college professor living in Los Angeles, dreams that he encounters the body of his longtime partner, Jim (*Matthew Goode*), at the scene of the car accident that took Jim's life eight months earlier. He bends down to kiss his dead lover. After awakening, George delivers a voiceover discussing the pain and depression he has endured since Jim's death and his intention to commit suicide that evening.



George receives a phone call from his dearest friend, Charley (*Julianne Moore*), who projects lightheartedness despite her also being miserable. George goes about his day putting his affairs in order and focusing on the beauty of isolated events, believing he is seeing things for the last time. At times, he recalls his sixteen-year-long relationship with Jim.

During the school day, George comes into contact with a student, Kenny Potter, who shows interest in George and disregards conventional boundaries of student-professor discussion. George also forms an unexpected connection with a Spanish male prostitute, Carlos. That evening George meets Charley for dinner. Though they initially reminisce and amuse themselves by dancing, Charley's desire for a deeper relationship with George and her failure to understand his relationship with Jim angers George.

George goes to a bar and discovers that Kenny has followed him. They get a round of drinks, go skinny dipping, and then return to George's house and continue drinking. George passes out and wakes up in bed with Kenny asleep in another room.

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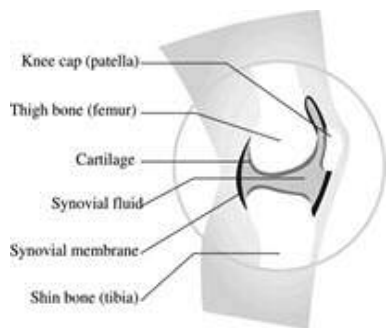


SAGE Health Tips

Gene Majka, APRN

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

Joints



Osteoarthritis (OA) becomes a big factor in our lives as we get older. (OA) is the most common chronic condition of the joints, affecting approximately 27 million Americans. OA can affect any joint, but it occurs most often in knees, hips, lower back and neck, small joints of the fingers and the bases of the thumb and big toe.

A firm, rubbery material called cartilage covers the end of each bone. Cartilage provides a smooth, gliding surface for joint motion, acts as a cushion between the bones and synovial fluid is the lubricant. OA develops when the cartilage breaks down, causing pain, swelling and problems moving the joint.

Treatment

Joint pain can be kept under control with some life style changes, taking non-narcotic pain relievers such as Tylenol and maybe physical therapy.

Joint Replacement

HealthinAging.org suggests the following: If you answer “yes” to the following questions, you may benefit from joint replacement surgery:

Does joint pain make it hard for you to sleep?

Is the pain keeping you from doing things you want to do, like visit friends, or travel?

Do everyday activities, such as standing from a sitting position, or walking upstairs, hurt?

Items to discuss about surgery with your Health Practitioner

1. Discuss your symptoms and options.
2. Learn about the surgery benefits risks, recovery time, pain management and post-op therapy.
3. Ask about less invasive surgery, such as laparoscopic surgery (small incision).
4. Inform your health practitioner about your prescription medications including over the counter pills, vitamins, herbs and other remedies.
5. Smoke? Quit before surgery. Smoking slows the healing and recovery process.
6. Exercise (Yeah, THAT word comes up again). Strengthening your arms and upper body before surgery will make it easier to use a walker or crutches.
7. Eat right. Seniors do not eat enough protein and you may be asked to take nutritional supplements before and after surgery.
8. Lose excess weight. Obesity can lengthen recovery
9. Make arrangements for recovery. Ask for assistance from friends, relatives, and home assistance providers.
10. Make physical therapy your top priority. Those who obtained therapy have less post-op pain and better recovery from surgery.

Always prepare yourself to ask questions from your health care provider for better outcomes from treatment. Now, you can take that ballroom dancing course at The Pride Center. Cha cha cha.

References and Resources:

<https://www.healthinaging.org/resources/resource:older-person-s-guide-to-joint-replacement/>

<https://www.arthritis.org/about-arthritis/types/osteoarthritis/what-is-osteoarthritis.php>

Your Health Professionals on 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 GNP, and Martin Horowitz, MD.

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While watching Kenny, George discovers that he had fallen asleep holding George's gun, to keep George from committing suicide. George locks the gun away, burns his suicide notes and in a voiceover explains that he has rediscovered the ability "to feel, rather than think."
There is a surprise ending.

A Single Man will be shown on **Monday, February 18th at 4:00pm, Room 204 of The Pride Center.** The film runs 100 minutes.

Michael Phillips of the Chicago Tribune wrote; "Some films aren't revelations, exactly, but they burrow so deeply into old truths about love and loss and the mess and thrill of life, they seem new anyway"

Interesting note about director Tom Ford. He was born on August 27, 1961, in Austin, Texas. While studying architecture at the Paris campus of the Parsons School of Design, Ford decided to switch to fashion. He became women's wear Designer for Gucci in 1990 and Creative Director in 1994. Under Ford's direction, Gucci's annual sales grew to \$3 billion. Since resigning from Gucci in 2005, Ford has launched his own fashion brand and he also directed Colin Firth in the film *The Single Man*.

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



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 –Emma L Hinman, 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 EVENT CALENDAR

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 10:00 am SAGE Board Meeting 12:30 pm SAGE Monthly Lunch & Learn Held at the Herb Skolnick Center in Palm Aire
3	4 11:00 am SAGE on the Border Co-Ed/Alternatives at the Volen Center	5	6 1:00 pm Men's Drop-In @ Pride Center at Equality Park 4:00 pm Windows 10 for Seniors @ The Pride Center	7	8	9 11:00 am SAGE Book Club @ Stonewall Library
10 1:00 pm Valentine's Day Dinner 2:00 pm SAGE Theatre - Jekyll & Hyde - Slow Burn Theater	11 11:00 am SAGE on the Border Co-Ed/Alternatives at the Volen Center 2:30 pm Roundtable at The Pride Center	12	13 1:00 pm Men's Drop-In @ Pride Center at Equality Park 4:00 pm Windows 10 for Seniors @ The Pride Center	14 Valentine's Day 12:00 pm SAGE Women's Lunch at Golden Corral	15	16
17	18 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	19	20 1:00 pm Men's Drop-In @ Pride Center at Equality Park 4:00 pm Windows 10 for Seniors @ The Pride Center	21 	22 6:00 pm Pride on The Drive in Wilton Manors (see Pride Website)	23 12 Noon Various Pride-related events at Sebastian Beach 5:30 pm First Pride Parade along A1A at Fort Lauderdale Beach
24 12:00 pm Pride Fort Lauderdale at Fort Lauderdale Beach.	25 11:00 am SAGE on the Border Co-Ed/Alternatives at the Volen Center 2:30 pm Roundtable at The Pride Center 5:00 pm Men's Night Out at The Grille	26	27 1:00 pm Men's Drop-In @ Pride Center at Equality Park 4:00 pm Windows 10 for Seniors @ The Pride Center	28		

UPCOMING SAGE EVENTS

Thursday, February 14, 2019 at 12 noon, join the Women of SAGE for a Valentine's Day lunch at the Golden Corral Restaurant at 7401 W. Commercial Blvd. in Tamarac, FL

Monday, February 25, 2019 at 5:00 pm plan to attend SAGE Men's Night Out at The Grille on the Drive, 2000 Wilton Drive in Wilton Manors. Dinner follows at 5:30 pm

Sunday, March 24, 2019, 1pm to 5pm: SAGE Annual Meeting, Dinner & Awards Ceremony at Fort Lauderdale Marriot North (6650 No. Andrews Ave.). Reservation forms available at: <http://www.sagewebsite.org/wp-content/uploads/2019/01/SAGE-ANNUAL-MEETING-03.24.19.pdf>

Community Events

BALLET AND OPERA GROUP: 2nd & 4th Sunday at The Pride Center (Rm 204) at 12:30 pm

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 Dr. in Wilton Manors, FL)

Thursday, February 21 – Sunday, February 24, 2019: Pride Fort Lauderdale presents CARNAVAL. For a complete list of Pride activities go to <http://www.pridefortlauderdale.org/events/>

Saturday, March 23, 2019: Florida AIDS Walk & Music Festival: Registration Opens at 8:00 am, on Fort Lauderdale Beach.

February 2, 2019 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, January 31, 2019 by calling

954.634.7219



Patti Lynn, from the Broward Sheriff's Office, will present on The "Go Bag," one of BSO's Fire Rescue "Ready to Know, Ready to Go" Program. The "Go Bag" should

contain everything necessary for each resident to get through the first 24 hours in an emergency situation.

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

LUNCH & LEARN IS A SAGE-SPONSORED ACTIVITY

FEBRUARY MENU

Romaine Hearts Salad

Penne in a "verde" (creamy spinach) sauce

Flounder Fillet "Amondine"

(coated with an almond crust with lemon sauce)

Grilled Chicken Breast available

Sauteed Spinach & Roasted Potatoes

Flan with Caramel

Catered By



✂ 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 VALENTINE'S DAY DINNER

at Café Primavera

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

(954) 333-8763

SUNDAY, February 10, 2019 1:00PM – 4:00PM



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

First Course >>> Choice of one:

Caesar Salad

or Minestrone Soup

Entrée >>> Choice of One:

***Flounder "Almondine" – Lightly breaded with almonds and breadcrumbs in a
Lemon Chardonnay Sauce***

Chicken "Parmigiana" – Topped with Tomato and Mozzarella

Lobster & Blue Crab Ravioli

Pork Saltimbocca -With a mushroom & Marsala Sauce

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

Dessert Course:

Strawberry Shortcake (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!

MEMBER PRICING IS BEING PARTIALLY SUBSIDIZED BY SAGE OF SOUTH FLORIDA

Reservations Must be Received by: NO LATER THAN 1PM Wednesday, February 6, 2019

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: _____

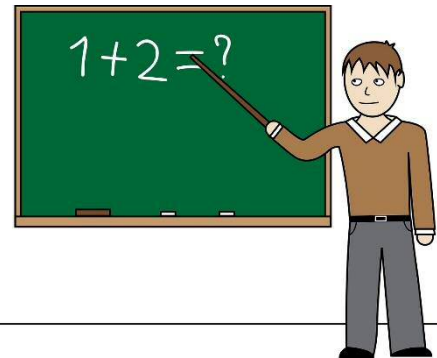
Name: _____ Write-in Your Entrée: _____

**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**

SAGE OF SOUTH FLORIDA ANNOUNCES: 'Windows 10 for Seniors' Class

This class will help you learn all aspects of Windows 10. The requirements include:

1. The purchase of a Book: 'My Windows10 Computer for Seniors'
Cost \$20.00
2. Optional but recommended: A laptop computer you can bring to class.



Registration is limited. Classes will begin in March 2019 on Wednesdays at 4pm



Some of the topics will include:

- Learning about your computer
- Important features of Windows 10
- Connecting to Wi-Fi, printers, etc.
- Configuring Windows 10 for your needs
- Using Windows 10 Apps
- Installing Desktop Software
- Using the internet
- Shopping securely
- Security and backing up your data
- Emailing and Video Calling

To begin the process, fill out the following by February 11th 2019 and get it to the SAGE office at the Pride Center Room 225.

Name: _____

How to Contact you: _____

Reason for applying to join this class: _____
