

# The SAGE

The Newsletter of SAGE of South Florida

April 2019

## THANK YOU

Patrick S. Vida, *President*

This year, SAGE of South Florida celebrates 25 years of providing social and educational activities which enrich the lives of GLBTQ seniors in Broward and Palm Beach Counties. We honor the men and women who have given so much of themselves to build the thriving and vital organization that is our SAGE.

Now, on behalf of the members of SAGE of South Florida, it is time to thank all the donors listed below who generously contributed to the economic well-being of our organization during 2018. Your support of our SAGE allows us to continue our mission of enriching the lives of the senior members of our community.

And thank you to all who contributed to SAGE in other ways during 2018 by donating your time and energy to support SAGE activities and events, by socializing and engaging with other SAGE members, and by spreading the word and encouraging your neighbors and friends to attend and support your SAGE.

### ARCHANGELS

*(Donations/Contributions of \$250 and above)*

Anonymous SAGE member - Marilyn Lamkay - Crag Orear Estate

Ron Seidle and Fred Vega - Patrick S. Vida and David P. Durham - Stephen Thayer

### ANGELS

*(Donations/Contributions up to \$250)*

Lori Aza - James Basmajian - Lawrence Bartelsen - Steven Braska - Charles Christopher

Benjamin Conklin - Dominic DeSantis - Franklin Templeton Investments - Carl Galli

Tom Green - Earl Graybeal - William Hevert - Marc Horowitz - Martin Horowitz

Dennis Hudson - Jean Johnson - Tom Lepore - Robert Lord - Julio Manzi

Mehdi Mehrpad - Jack Myers - Network for Good - Joel Risch

Charles Scarcella - Richard Schwarz - Richard Smith - Alan Sutherland

Daniel Tullin - Terry Williams - Ron Wudarsky

## 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
PAMELA	LARSEN	Apr-02	MD	HUSSAIN	Apr-17
RONALD	SEIDLE	Apr-02	TED	VERDONE	Apr-18
BRUCE T	WILLIAMS	Apr-02	ROBERT J	STASTNY	Apr-19
JAMES V	FICKE	Apr-06	FRANK W	CAVANAUGH	Apr-20
MARTIN	HOROWITZ	Apr-08	MICHAEL	KELLER	Apr-21
JEAN	JOHNSON	Apr-09	THOM	LACEY	Apr-21
JOHN	GAMBINO	Apr-13	ELAINE MICKI	MURPHY	Apr-21
ELIOT H	COHEN	Apr-14	TOM TOMCAT	PENCE	Apr-23
LOUIS	SEAGULL	Apr-14	ROBB	KVASNAK	Apr-27
JOHN	CHANDLER	Apr-16	FRED A	VEGA	Apr-28

### 5 Year Anniversaries

DAN DRISCOLL, TED LIMBAUGH

### 10 Year Anniversaries

MARTIN HOROWITZ, ROGER O'SHEA

### New Members

JOHN DANLEY, DAVID GRIPP, JACKSON HAVERLY, RUBE KAPLAN, MICHAEL LEVENTHAL, ED STEHLE, GREG TEFFT, PETER THYNE

*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](mailto:sagesofl@gmail.com)  
 Attn: Editor

**Website:** [www.sagewebsite.org](http://www.sagewebsite.org)  
**Facebook:** [www.facebook.com/SageOfSouthFloridaInc](https://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 **2:30-3:30pm** 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 April 8th is *Gay Americans Living Abroad Share Their Experiences*, presented by Richard Herman and Richard Werner. The topic scheduled for April 22nd is *Marijuana Hello, Anxiety Goodbye*, presented by Michael Vita. 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 516-522-978 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.

Although instruction has begun and enrollment has closed, watch for announcements of future course offerings. 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.

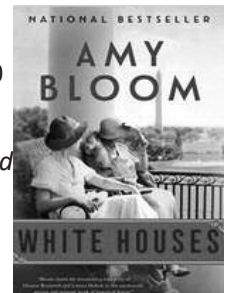
#### Looking for a Roommate

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

Written with emotional depth, wit and acuity - *White Houses* by **Amy Bloom** - is a fictional re-creation of the likely romance between first lady Eleanor Roosevelt and journalist Lorena Hickok based on research that included the 1980 release of nearly 3,000 letters between the 2 women. *"I never envied a wife or a husband, until I met Eleanor. Then, I would have traded everything I ever had, every limo ride, every skinny dip, every byline and carefree stroll, for what Franklin had, polio and all."* Lorena Hickok met Eleanor Roosevelt in 1932 while reporting on Franklin Roosevelt's first presidential campaign. Having grown up worse than poor in South Dakota and having reinvented herself as the most prominent woman reporter in America, "Hick," as she was known to her friends and admirers, was not quite instantly charmed by the idealistic, patriotic Eleanor. Strong sympathies soon emerged, however, and over time matured into a lasting love and a life that Hick never expected to have. By seeing the Roosevelt era through the most unlikely of outsiders-turned insider, a hidden chapter of East Wing history is brought to life. Please consider joining the SAGE Book Group in discussion on **Saturday, April 13, 2019 at the Stonewall Library, 1300 E. Sunrise Blvd., Ft. Lauderdale from 11am to 12 noon**. All are welcome - no reservation is required.





# SAGE Men's Drop-In St. Patrick's Day Luncheon



## SAGE Men's Night Out



*at The Grille on the Drive*

## SAGE/Prime Gentlemen



*Monthly Film Series*



# SAGE Lunch and Learn *at the Skolnick Center*



## SAGE Membership Awards



**DAN DRISCOLL**  
5-Year Pin



**ROGER O'SHEA**  
10-Year Pin



**JUDY BOWLING**  
15-Year Pin



**JACKSON HAVERLY**  
Lifetime Membership Badge

*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](http://www.sagewebsite.org)*



## NOTES FROM THE MEN'S DROP-IN

Carl Barton

SAGE Men's Drop-In meets every Wednesday from 1pm to 3pm in Room 204 of The Pride Center. All are welcome to stop by and enjoy the conversation and fun. Well, the new year is speeding along and we are experiencing an influx of new members and guests. Everyone enjoys and participates in the sometime lively discussions. The topics vary, and all are invited to share their personal experiences. The Drop-In had a special St. Patrick's Day luncheon in the main hall of The Pride Center featuring songs, jokes, limericks, and a delicious corned beef and cabbage meal prepared by Chef Giacomo, with desserts prepared by **President Patrick S. Vida**. Special thanks to my co-host (in training) **Jefy Gaines**. Stop by on Wednesday afternoon and enjoy yourself.

## SOCIAL LITES *Sal Orlando*



I trust you all are enjoying the spring weather. A beautiful time of year. This month we celebrate Easter and Passover. Wow, it seems like it was Christmas not too long ago.

On **March 24th SAGE's Annual Meeting** was held at The Marriott on North Andrews Avenue. What a great turnout! Everyone seemed to have a good time. The food was wonderful and the staff were terrific, very thoughtful and accommodating. We all were entertained by **James Perkowski's** beautiful, melodious voice. Must keep this venue in mind for future events.

This month we go to **Cafe Vico** on **Tuesday, April 9, at 5:30pm** for cocktails and conversation at their huge, gorgeous bar (which includes side tables) at happy hour prices. Followed by dinner at 6:30pm. Since we had rave reviews about it last year, we decided to go back once again.

**Save the Date: Tuesday, May 14th, SAGE** returns to **Christina Wan's**.

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

***The Basketball Diaries* (1995)** is the urban classic coming-of-age story about sex, drugs, and basketball directed by **Scott Kalvert**, starring **Leonardo DiCaprio**, **Lorraine Bracco**, **James Madio**, and **Mark Wahlberg**. The film is an adaptation of Jim Carroll's autobiographical work of the same name, telling the story of Carroll's teenage years as a promising high school basketball player and writer who developed an addiction to heroin with his misguided friends.

*(James Dennis Carroll (1949 – 2009) grew up to become a renowned poet and punk rocker. But in this memoir of the mid-1960s, set during his coming-of-age from 12 to 15, he was a rebellious teenager making a place and a name for himself on the unforgiving streets of New York City. During these years, he chronicled his experiences, and the result is a diary of unparalleled candor that conveys his alternately hilarious and terrifying teenage existence.)*  
As a member of a seemingly unbeatable high school basketball squad, Jim's life centers around the basketball court and the court becomes a metaphor for the world in his mind. A best friend who is dying of leukemia, a coach who makes sexual advances to Jim and takes unacceptable liberties with the boys on his team, teenage sexual angst, and an unhealthy appetite for



heroin -- all of these begin to encroach on young Jim's dream of becoming a basketball star. Soon, the dark streets of New York become a refuge from his mother's mounting concern for her son. He can't go home and his only escape from the reality of the streets is heroin for which he steals, robs *and prostitutes himself*. Only with the help of Reggie, an older neighborhood friend with whom Jim "picked up a game" now and then, is he able to begin the long journey back to sanity.

The journey ends with Jim's incarceration in Riker's Island for four crimes: assault, robbery, resistance of arrest, and possession of narcotics. After Jim spends months in prison and ceases his drug use, he gets released, changes his life, and performs poetry drawn from his diaries.

Two Interesting Notes: (1) After the 1997 Heath High School shooting, activist Jack Thompson brought this film into a \$33 million lawsuit in 1999 claiming that the film's plot caused 14-year-old Michael Carneal to shoot members of a prayer group. The case was dismissed in 2001. (2) The film became controversial in the aftermath of the Columbine High School massacre and the Heath High School shooting when critics noted similarities between these shooting attacks and a dream sequence in the film in which the protagonist wears a black trench-coat and shoots six classmates in his school classroom. The film has been specifically named in lawsuits brought by the relatives of murder victims.

The film runs 102 minutes and will be screened on **Monday, April 15th at 4:00pm in Room 204 of The Pride Center.**





## SAGE Health Tips

Gene Majka, APRN

Welcome. If you have a topic, comment or questions, please send an email to [sagesofl@gmail.com](mailto:sagesofl@gmail.com).

### STROKE

In June 2001, I awoke one morning with severe vertigo and vomiting. I was rushed to the emergency room and initially it was thought I had an ear infection most commonly seen in extreme vertigo. The vomiting continued for 23 hours and finally stopped. I was released from the hospital but that evening I developed blurry vision in my right eye and weakness in my right arm. STROKE. There are many different signs of a stroke or as the medical profession calls it Cerebrovascular accident (CVA). Actor Luke Perry recently died of a stroke.

Hippocrates described these attacks as “apoplexies”, which he attributed to a “stagnation of the bodily humors”. The Greek physician Galen of Pergamon made the first true association between apoplexy and blood flow to the brain. The word “stroke” itself comes from non-medical people from the notion of a stroke from the hand of God, implying they were a punishment for some evil-doing. Today a CVA is a cessation of blood flow to part of the brain, resulting in a wide variety of unfortunate neurological deficits.

### Risk Factors

The following are risk factors of a stroke: family history of a stroke, Hispanic or African American decent, high blood pressure (Hypertension), smoking, quivering of the top part of the heart (Atrial Fibrillation), Type II diabetes, abnormal increase in platelets or red blood cells (Polycythemia), or when the heart is unable to pump blood efficiently (Cardiomyopathy).

### Types of Strokes

**Ischemic Stroke** - (87%) This happens when blood flow through the artery that supplies oxygen-rich blood to the brain becomes blocked. Blood clots often cause the blockages that lead to ischemic strokes.

**Hemorrhagic Stroke** - when an artery in the brain leaks blood or breaks open. The leaked blood puts too much pressure on brain cells, which damages them.

**Transient Ischemic Attack (TIA)** – a “mini-stroke.” Due to blood flow to the brain that is blocked for only a short time—usually no more than 5 minutes.

### Signs and Symptoms

#### Signs of a Stroke

The National Institute of Neurological Disorders and Stroke notes these major signs of stroke:

1. Sudden numbness or weakness of the face, arms or legs.
2. Sudden confusion or trouble speaking or understanding others.
3. Sudden trouble seeing in one or both eyes.
4. Sudden trouble walking, dizziness, or loss of balance or coordination.
5. Sudden severe headache with no known cause.

If you think if you or someone is having a stroke, you should call **9-1-1 immediately**. Time is precious.

### Treatment

From the moment a stroke occurs, the clock is ticking. Stroke treatment is heavily dependent on the speed of interventional medicine, and there is a very small window of opportunity to reverse what damage may have occurred, ideally within **one hour and not more than three hours**.

### Prevention

I know a stroke is terrifying to all of us. Controlling those risk factors described which includes a healthy diet, limit alcohol, and healthy weight, taking your medication for your high blood pressure, diabetes, heart and physical activity. Fortunately, my stroke affects resolved in six weeks BUT I still can have another stroke.

### References and Resources:

[https://www.cdc.gov/stroke/types\\_of\\_stroke.htm](https://www.cdc.gov/stroke/types_of_stroke.htm)

<https://safeharborsc.org/nurse-education/>

[https://www.cdc.gov/stroke/healthy\\_living.htm](https://www.cdc.gov/stroke/healthy_living.htm)

**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 and Paul McNamara for his technology knowledge.

## IN MEMORIAM

SAGE mourns the loss of longtime member LEO GLICKSTEIN who passed away on March 3rd, 2019, after a brief illness. Leo was 96 years old. His sense of humor and zest for life will be greatly missed by his SAGE family. We extend our sincere condolences to Hank, Leo's partner of many years, and to Leo's children, friends and survivors.



### Debut of SAGE/Prime Gentlemen Film Series

SAGE and the Fort Lauderdale Prime Gentlemen have joined forces to present a new monthly film series featuring recently released popular films. The films will be shown at 1:30pm, on the third Friday of the month, in the main hall of The Pride Center.

*Love, Simon* was screened on Friday, March 15th as the first presentation of the series.

*Bohemian Rhapsody* is scheduled for **Friday, April, 19th.**

Free popcorn and soda will be provided.

Please see the flyer enclosed in this month's newsletter for more information about this upcoming event.

SAGE and Prime Gentlemen member **Ed Slough** deserves credit for creating this event.

And remember, cinephiles, you can watch a critically acclaimed movie every third Monday at 4pm in Room 204 of The Pride Center.

Read the *See You at the Movies* column on Page 6 to see what's scheduled for this month.



### 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](mailto:Anne@sunshinecathedral.net)



# SAGE EVENT CALENDAR

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 11:00 am SAGE on the Border Co-Ed/Alternatives at the Volen Center	<b>2</b>	<b>3</b> 1:00 pm Men's Drop-In @ Pride Center at Equality Park 4:00 pm Windows 10 for Seniors @ The Pride Center	<b>4</b>	<b>5</b>	<b>6</b> 10:00 am SAGE Board Meeting 12:30 pm SAGE Monthly Luncheon
<b>7</b> 1:00 pm SAGE Theatre - Dear Evan Hansen 2:00 pm SAGE Theatre - 9 to 5 - Slow Burn Theater	<b>8</b> 11:00 am SAGE on the Border Co-Ed/Alternatives at the Volen Center 2:30 pm Roundtable	<b>9</b> 5:30 pm Cafe Vico	<b>10</b> 1:00 pm Men's Drop-In @ Pride Center at Equality Park 4:00 pm Windows 10 for Seniors @ 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 Tax Day</b> 11:00 am SAGE on the Border Co-Ed/Alternatives at the Volen Center 4:00 pm SAGE Movie at Pride Center AVRoom 204	<b>16</b>	<b>17</b> 1:00 pm Men's Drop-In @ Pride Center at Equality Park 4:00 pm Windows 10 for Seniors @ The Pride Center	<b>18</b>	<b>19</b> 1:30 pm SAGE & Prime Gentlemen Movie Bohemian Rhapsody	<b>20</b>
<b>21 Easter Sunday</b>	<b>22 Easter Monday</b> 11:00 am SAGE on the Border Co-Ed/Alternatives at the Volen Center 2:30 pm Roundtable 5:00 pm Men's Night Out at The Grille	<b>23</b>	<b>24</b> 1:00 pm Men's Drop-In @ Pride Center at Equality Park 4:00 pm Windows 10 for Seniors @ The Pride Center	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> 11:00 am SAGE on the Border Co-Ed/Alternatives at the Volen Center	<b>30</b>				

# **UPCOMING SAGE EVENTS**

**Tuesday, May 14, 2019 at 5:30pm: SAGE returns to Christina Wan's.**

**Thursday May 16, 2019 at 6:30pm, join the Women of SAGE for lunch at the Golden Corral Restaurant at 7401 W. Commercial Blvd. in Tamarac, FL**

**Monday, May 27, 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**

## **Community Events**

**BALLET AND OPERA GROUP: 2<sup>nd</sup> & 4<sup>th</sup> 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)**



**April 6, 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, April 4, 2019 by calling

954.634.7219



**Goodman Jewish  
Family Services** Goodman  
of BROWARD COUNTY JFS is  
dedicated  
to empower

individuals, strengthen families, protect the vulnerable  
and help seniors age safely and with dignity in their  
homes by providing innovative social services & programs  
to the Broward community.

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**

**APRIL MENU**

**Romaine Hearts Salad**  
**Fusilli Primavera with Vegetables in a**  
**Pink sauce**  
**Tilapia "Almondine" with Lemon**  
**sauce**  
**Grilled Chicken Breast available**  
**Spinach**  
**Coconut Panna Cotta**

*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 DINNER AT CAFÉ VICO

1125 North Federal Highway Ft. Lauderdale 33304 954-565-9681

**Tuesday April 09, 2019 5:30pm Mixer (Cash Bar) & 6:30pm Dinner**

**Enjoy Cocktails and Conversation at their gorgeous modern bar  
at Happy Hour Prices**



### MENU

#### **First Course (Choice of One)**

Homemade Meatballs in Marinara Sauce, Caesar salad or Minestrone soup

#### **ENTRÉE (Choice of One)**

- 1) Lasagna alla Bolognese
- 2) Penne Pasta with Vodka Cream Sauce
- 3) Chicken Marsala in a wine sauce with mushrooms with pasta side
- 4) Filet of Flounder Francese- sauteed in lemon butter sauce with pasta side

#### **DESSERT (Choice of One)**

Cannoli, Fruit cup

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

**PRICING: \$24 @ Members & \$32 @ Non-members**

(Member Pricing partially subsidized by SAGE)

**Reservations Close 1pm Wednesday April 3, 2019**

**SAGE Dinner at Café Vico Ft. Lauderdale - No Refunds**

\_\_\_\_\_ Members @ \$24 & \_\_\_\_\_ Non-Members @ \$32 - Phone Number \_\_\_\_\_

Name: \_\_\_\_\_ Entrée \_\_\_\_\_

Name: \_\_\_\_\_ Entrée \_\_\_\_\_

Name: \_\_\_\_\_ Entrée \_\_\_\_\_

Name: \_\_\_\_\_ Entrée \_\_\_\_\_

**Mail with Payment to SAGE at: P.O. BOX 70516, Oakland Park, FL 33307**

**Questions? Call the SAGE Message Line at: (954) 634-7219 - A SAGE-Sponsored Activity**





664 North Federal Highway, Ft. Lauderdale, FL 33304

**Tuesday May 14, 2019**

**Cocktails & Conversation at 5:30pm at Happy Hour Pricing - 6:30pm Dinner**

**Start with Appetizers: Wonton or Egg Drop Soup with Spring Roll**

**Entrée: (Choice of One) with Vegetable Fried Rice**

- 1) Sweet and Sour Chicken with onions, peppers and pineapple
- 2) Broccoli Beef with Broccoli and Snow Peas
- 3) Shrimp Lo Mein with celery, mushrooms, red peppers and Bean Sprouts
- 4) Crystal Chicken with mixed vegetables in a clear garlic sauce

**Dessert: Choice of Chocolate or Vanilla Ice Cream or Fruit**

All Dinners include Iced Tea or Soda (At Table Only)

**PRICING: \$20 @ Members & \$26 @ Non-members**

**Reservations Close 1pm Wednesday May 8, 2019**

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**Sage at Christina Wan's Tuesday May 14, 2019**

**\_\_\_ Members @\$20 \_\_\_ Non-Members @\$26 Phone \_\_\_\_\_**

Name _____	Entrée Choice _____
Name _____	Entrée Choice _____
Name _____	Entrée Choice _____
Name _____	Entrée Choice _____

**Mail form and payment to:**

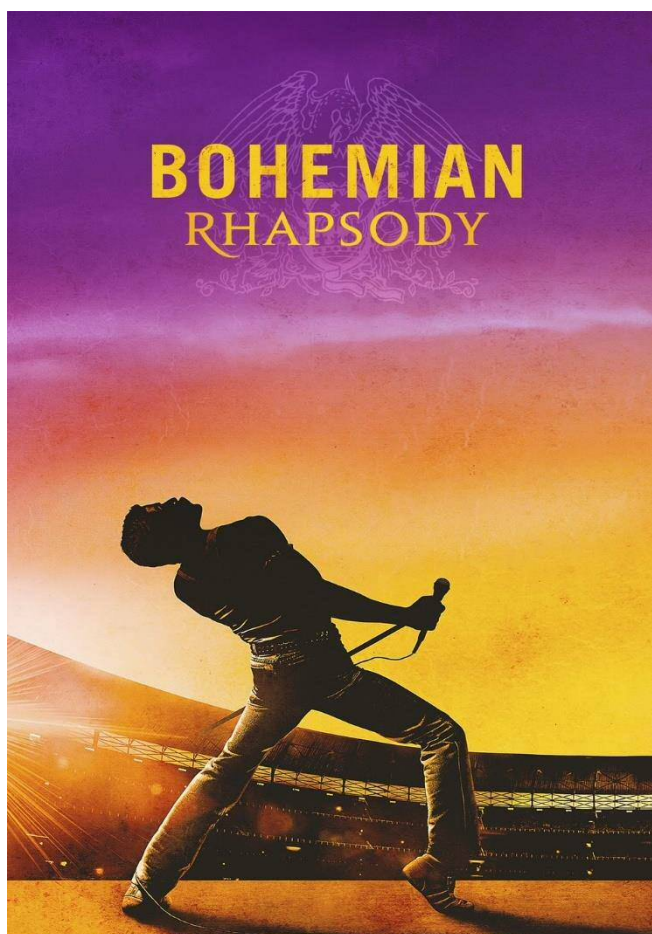
**SAGE at PO Box 70516, Oakland Park, FL 33307**

**Questions- Call SAGE Message Line at 954-634-7219 – This is a SAGE Sponsored Activity**

In April SAGE & Prime Gentlemen will be presenting

***BOHEMIAN RHAPSODY***

Friday, April 19<sup>th</sup> at 1:30pm in The Pride Center Main Hall. There will be free soda and popcorn served during the movie. For those interested, there is an optional lunch planned before the movie at 12:00pm at Galanga's Thai Restaurant, 2389 Wilton Drive (two blocks south of Five Corners). There is a 2 for 1 lunch menu with around 20 items priced \$10 to \$13 (i.e. \$5-\$6.50 + Beverage per person)



Winner of Four Academy Awards including Best Actor Rami Malek  
and Golden Globes Best Motion Picture-Drama

*Bohemian Rhapsody* is an enthralling celebration of Queen, their music and their extraordinary lead singer, Freddie Mercury, who defied stereotypes and convention to become one of history's most beloved entertainers. Following Queen's meteoric rise, their revolutionary sound and Freddie's solo career, the film also chronicles the band's reunion and one of the greatest performances in rock history.