

The SAGE

The Newsletter of SAGE of South Florida

February 2020



Happy Valentine's Day



Once again, it's Valentine's Day, which means it's time for SAGE of South Florida to enjoy the hospitality of our favorite culinary master, *Chef Giacomo*, at his wonderful *Café Primavera*. Our annual Valentine's Luncheon will be held on the afternoon of *Sunday, February 16th*, from *1pm to 4pm*. This event is not just for couples; it's open to everyone! Seating is limited to 45 persons, so get your reservations in early. See the enclosed flyer for more information.

But, one week before, on **Sunday, February 9th, 2:00PM**, at **The Pride Center**, SAGE of South Florida's own sweet, comic Valentine,



MICHAEL VITA, will present a not-to-be-missed event:

FROM THE BROADWAY STAGE TO THE MOVIES

Featuring **ROGER RUNDLE** at the piano, with videos arranged by **GENE MAJKA**



Michael will give some insight and a little backstage gossip on how many of the 14 Broadway musicals he was a part of were either based on movies or went on to become movies. This event, sponsored in part by The Classic Gateway Theatre, is **free and open to the public**.



See the enclosed flyer for more information.

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
TED	LIMBAUGH	Feb-03	JOEL	TENDLER	Feb-15
JAMES P	SMITH	Feb-04	GARY	KEMPLER	Feb-18
LEE G	LAWSON	Feb-10	MARK	BARRON	Feb-20
JERRY	MCDONALD	Feb-10	MARILYN	LAMKAY	Feb-21
JACK	MYERS	Feb-11	GERALD O	KENNEDY	Feb-22
EDWARD	SLOUGH	Feb-11	JOAN	FRIMMER	Feb-27

5 Year Anniversaries

FRANCIS BUCKLEY

New Members

RAFAEL AGNE, ROBERT RICHARDS, ROBERT TAUBER

10 Year Anniversaries

BRUCE T WILLIAMS

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

BOARD MEMBERS AT LARGE

John Chandler
 Lee Lawson
 Sal Orlando
 Marilyn Lamkay
 Kathy Macchio

VOLUNTEERS

Jean Arthurton
 Judith Bowling
 Hank Brooks
 Frank Cavanaugh
 Philip Collier
 Marc Flanagan
 Jean Johnson
 Caroline Leto
 Gene Majka
 Sonny Miller
 Ken Moore
 Frank Piasecki
 Ann Smith
 Richard Werner
 Norma Wingo

Lifetime Members

BOB ADAMS – ROBERT J BOZEK – GEORGE CASTRATARO – DONALD CURIALE - MATT FARBER - PAUL FASANA – JODI A FISCHER
 MARC FLANAGAN – JOHN GAMBINO - RICHARD GILMER - KENNETH GOODMAN – JUDITH HARTSHORN – JACKSON HAVERLY RICH-
 ARD E HERMAN – MD HUSSAIN - JAMES W LAIRD -MARILYN LAMKAY – TOMMASO LEPORE - PATTI LYNN – KATHY MACCHIO
 PAUL MCNAMARA - DAVID MURPHY – JACK MYERS - SAL ORLANDO - BRETT PEELER - HUGH RANCE - CLAYTON RANEY
 GARY RESNICK - WAYNE SCHREBE – ANN SMITH - ALLEN SPIESS - ALAN R SUTHERLAND - STEVE THAYER – RAQUEL C WHITE

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 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

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 February 10th is *The Bible and Homosexuality*, presented by Rev. Anne Atwell. The topic scheduled for February 24th is *How Trump Has Undermined and Attacked Science*, 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

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. **Membership is encouraged after the second visit.**

This is a 'women only' SAGE event. SAGE has many other co-ed activities for women to enjoy and take advantage of, such as computer classes, a book club, a Round Table discussion group, and SAGE on the Border which meets at the Volen Center in Boca Raton. We're looking for a few good women. 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!**

Contact Kathy at kmbadabing@gmail.com for more 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 TROPICS GRILLE, 2000 Wilton Drive, Wilton Manors at 5:30pm** for drinks, followed by dinner at **6:30pm. PLEASE NOTE THE TIME CHANGE.** For more information, or if you have any questions, please contact John at 561-704-1004 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.

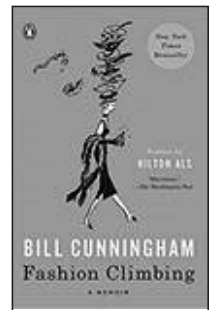
Although instruction has begun and enrollment is closed, watch for announcements of future course offerings. If any of you would still like to review what's happening in the tech world and have your questions answered, contact **Ken Goodman** at kennyg1944@outlook.com. If there is enough interest, we will also schedule sessions to address these topics.

SAGE BOOK DISCUSSION GROUP

Philip Collier

Bill Cunningham, the legendary *New York Times* whose extraordinary eye captured high fashion as a longtime chronicler of style from the runway to the subway, provides an insight into his early years and early career in the surprising and sprightly memoir ***Fashion Climbing***. Growing up in a suburb of Depression-era Boston, the title is a reference to the start of his professional life ascending a fashion ladder seen as disreputable to his stern Catholic family.

On one page of the manuscript, he drew a little doodle of a young Bill ascending a ladder, and added a line attributed in the book to his mother: "What will the neighbors say?" A man whose passions centered on fashion, beauty and the deep pleasure it gave him to notice something he had never seen before, the book chronicles his dress-mad childhood, service in the Korean War (during which he decorated his helmet with flowers) a move to New York, success as the ladies milliner "William J." and his beginnings as a journalist. Please consider joining the SAGE Book Group in a discussion on **Saturday, February 8, 2020 at the Stonewall Library, 1300 E. Sunrise Blvd., Fort Lauderdale from 11am to 12 noon.** All are welcome and no reservation is required.



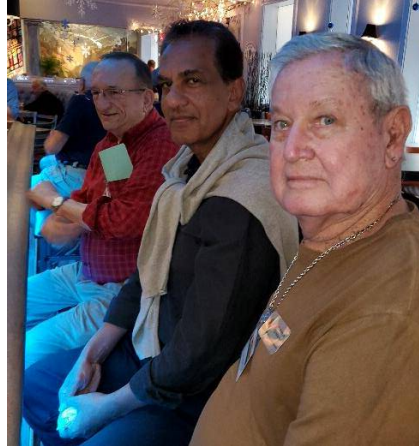
SAGE Holiday Party at Embassy Suites



MEN'S DROP-IN Holiday Luncheon



SAGE Dinner *at* Tropics Grille



SOBA (*SAGE on the Border/Alternatives*)



SAGE MEN'S NIGHT OUT

at Tropics Grille



SAGE BOOK GROUP

at Rosie's Bar & Grille



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

SOCIAL LITES *Sal Orlando*



Wow, February already! What a terrific January we had. First going to **Tropics Grille** for cocktails at happy hour prices followed by a delicious dinner on the **7th** which turned out great. The place was lively and fun as always and it's where we are always treated very specially. On the **26th** at **The Pride Center** was our annual **Milestone Birthday Event** where **SAGE** celebrated the milestone birthdays of some of our senior members. What a turn out! We had a gourmet Italian meal prepared and served by our very own **Chef Giacomo**, which was sumptuous, together with being entertained by the melodious voice of **SFGMC's Charles Robinson**. Everyone had a fabulous time, especially our Honorees.

This month on Sunday, February 16th, **SAGE** goes to **Cafe Primavera** for our **Valentine's Day Celebration**, where wine and conversation will take place at **1PM** followed by a delicious "to die for" 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.

Save the Date: Next month we go to **Tropical Acres** on **Griffin Road** on **Sunday, March 22nd at 12PM** for cocktails and **1 PM** for dinner, for our **Annual Meeting** when **SAGE** elects officers for the coming year. It promises to be a wonderful event with top notch entertainment.

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.



NOTES FROM THE MEN'S DROP-IN

Carl Barton

SAGE Men's Drop-In meets every **Wednesday from 1:00pm to 3:00pm in Room 204 at The Pride Center**. Well, it's a new year and Men's Drop-In is increasing in attendance.

The snowbirds are back and enjoying our beautiful Florida weather. So, come in and participate in one of our weekly Wednesday meetings. I am sure you will enjoy our sometime lively and informative discussions. New members and guests are always welcome. Thanks to **Jefy Gaines** for his co-hosting and thanks to **President Patrick S. Vida** for providing special baked goods. Stop by for a great afternoon. Every meeting closes with a bit of entertainment for a 'happy ending'!



Marc Flanagan

SEE YOU AT THE MOVIES

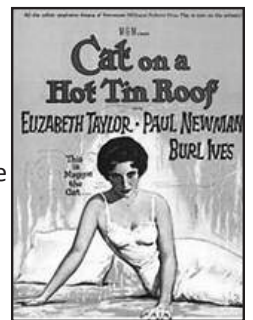


Michael Vita

In honor of Elizabeth Taylor's 88th Birthday, SAGE of South Florida presents *Cat on a Hot Tin Roof*.

Dame Elizabeth Rosemond Taylor (February 27, 1932 – March 23, 2011) was a British-American actress, businesswoman, and humanitarian. She was one of the first celebrities to take part in HIV/AIDS activism. She co-founded the American Foundation for AIDS Research in 1985, and the Elizabeth Taylor AIDS Foundation in 1991.

Cat on a Hot Tin Roof (1958), directed by **Richard Brooks**, starring **Elizabeth Taylor, Paul Newman, and Burl Ives**, is the story of a Southern family in crisis, especially the husband Brick and wife Margaret (usually called Maggie or "Maggie the Cat"), and their interaction with Brick's family over the course of one evening's gathering at the family estate in Mississippi. The party is to celebrate the birthday of patriarch Big Daddy Pollitt, "the Delta's biggest cotton-planter", and his return from the Ochsner Clinic with what he has been told is a clean bill of health. All family members (except Big Daddy and his wife Big Mama) are aware of Big Daddy's true diagnosis: He is dying of cancer. His family has lied to Big Daddy and Big Mama to spare the aging couple from pain on the patriarch's birthday, but throughout the course of the play, it becomes clear that the Pollitt family has long constructed a web of deceit for itself.



Maggie, determined and beautiful, has escaped a childhood of poverty to marry into the wealthy Pollitts, but finds herself unfulfilled. The family is aware that Brick has not slept with Maggie for a long time, which has strained their marriage. Brick, an aging football hero, infuriates her by ignoring his brother Gooper's attempts to gain control of the family fortune.

Continues on back cover



SAGE Health Tips

Gene Majka, APRN

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

To Poop or Not to Poop, That is the Question

Poop- ignore it, be disgusted by it, just get it over with, or any other ideas about it that you may have- is an essential part of life. So, how often should you poop? The average frequency is between three times a day (and more) and every three days—and everything in between. If you feel good, your “ideal” poop frequency is probably right on track. However, if you’re going that often and feel bloated, uncomfortable, or have an urgent need to poop, this isn’t normal, and should be addressed with a medical professional.

Regular Poop Routine Change

As we seniors age our digestive system slows and may change trips to see Old John. Ladies, hormonal changes will also change your frequency. Diet (avoid processed foods) and medications can change the number of times you poop.

Bristol Stool Chart

The Bristol Stool Chart details seven types of poop, ranging from constipation (Type 1) to diarrhea (Type 7). A diet rich in fiber tends to have more formed, brown stool and is Type 4. If your diet is low in fiber and water, you might find your poop more consistently looks like Types 1 through 3. If it’s heart shape then it must be Valentine’s Day ☺.

20 Best Foods to Help with Constipation

OK, everyone knows this one, which is prunes but also water, kiwis, popcorn, flaxseed, oranges, oatmeal, rice, aloe vera juice, spinach, beans, green beans, yogurt, coffee, pear juice, apples, cauliflower & broccoli, whole wheat bread, and cucumbers (due to water content). And always eat breakfast.

Color Me...

Dark brown is normal. Black may be from a diet of iron products. Green can be from diet changes or new medications such as antibiotics, green veggies, food with green dye (especially on March 17), iron supplements, and blue (then you love blueberries like me). Color concerns are when your stools are consistently black, red, green, or clay colored. There may be a digestive issue, so go to your health practitioner for an evaluation.

WHAT Did You Eat?

OK, it never smells good but sometimes it is worse than usual. Some causes for foul smelling poop are: booze (sulfate content), antibiotics and hormones, lactose intolerance, supplements like glucosamine, chondroitin, and garlic, which are high in sulfate, cruciferous veggies (cauliflower and broccoli), dairy, eggs, meat, high fat diet, and sugar free foods. If the smell is persistent then see your health care practitioner.

Pain








You may be constipated, so drink more water. Also, pain may occur if you have food intolerance related to lactose, fructose or gluten. Eating more fiber and exercising can give pain relief. If the pain persists, get medical assistance.

Steatorrhea

This is the medical term for fatty stools that float. Eating excess food fat may cause fat in your stool. This is a simple steatorrhea. Foods that are rich in lactose, starch, fiber, or sugars – like apples, milk, cabbage, sprouts, beans, and soft drinks – can be responsible for a floating stool. BUTT ☺ if it is consistent it can be a medical issue. So, it is advisable to be a stool watcher to be healthy.

References and Resources:

- ▶ https://www.health.com/condition/digestive-health/how-often-should-you-poop?cid=468817&did=468817-20191212&mid=27475803855&utm_campaign=hth-december_relationship-builder&utm_content=121219&utm_medium=email&utm_source=health.com
- ▶ <https://www.health.com/condition/digestive-health/bristol-stool-char>
- ▶ https://www.health.com/condition/digestive-health/why-is-my-poop-green?cid=468817&did=468817-20191212&mid=27475803855&utm_campaign=hth-december_relationship-builder&utm_content=121219&utm_medium=email&utm_source=health.com
- ▶ <https://www.health.com/condition/digestive-health/why-does-poop-smell>
- ▶ <https://www.health.com/condition/digestive-health/why-does-it-hurt-when-i-poop>
- ▶ <https://www.belmarrahealth.com/floating-poop-steatorrhea-understand-why-your-stool-floats/>

BRISTOL STOOL CHART		
	Type 1 Separate hard lumps	SEVERE CONSTIPATION
	Type 2 Lumpy and sausage like	MILD CONSTIPATION
	Type 3 A sausage shape with cracks in the surface	NORMAL
	Type 4 Like a smooth, soft sausage or snake	NORMAL
	Type 5 Soft blobs with clear-cut edges	LACKING FIBRE
	Type 6 Mushy consistency with ragged edges	MILD DIARRHEA
	Type 7 Liquid consistency with no solid pieces	SEVERE DIARRHEA

SAGE cares because YOU care about your health.

Please always seek advice from your physician/nurse practitioner (HP's).

Thank you to my editors Ann Smith GNP.

Continued from page 6

Brick's indifference and his drinking have escalated with the suicide of his friend Skipper. Maggie fears that Brick's malaise will ensure that Gooper and his wife Mae inherit Big Daddy's estate. Through the evening, Brick, Big Daddy and Maggie—and the entire family—separately must face the issues which they have bottled up inside. Big Daddy attempts a reconciliation with the alcoholic Brick.

Both Big Daddy and Maggie separately confront Brick about the true nature of his relationship with his pro football buddy Skipper, which appears to be the source of Brick's sorrow and the cause of his alcoholism. Brick explains to Big Daddy that Maggie was jealous of the close friendship between Brick and Skipper because she believed it had a romantic undercurrent. He states that Skipper took Maggie to bed to prove her wrong. Brick believes that when Skipper couldn't complete the act, his self-questioning about his sexuality and his friendship with Brick made him "snap". Brick also reveals that, shortly before he committed suicide, Skipper confessed his feelings to Brick, but Brick rejected him.

Can on a Hot Tin Roof will be shown on **Monday, February 17th at 4:00pm sharp, in Room 204 of The Pride Center.** Run time: 108 minutes.

IN MEMORIAM

Joe Suplit, partner of Board Member **Sal Orlando**, and a SAGE of South Florida member for more than 15 years, passed away on December 17th, 2019. Our condolences go out to Sal and all who had the the pleasure of knowing Joe. We are deeply saddened by the news of his loss. He will be greatly missed by his SAGE of South Florida family.



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 of South Florida and its many programs, and are willing to donate a little bit of their time and a lot of their talents. SAGE of South Florida 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 of South Florida, please send a brief resume on or before **February 15th, 2020**, to:

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



SAGE (Seniors Active in a Gay Environment)
of South Florida

Celebrating 25 Years (1994-2019)

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 @ 954.804.3013 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 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 am SAGE Board Meeting 12:30 pm SAGE Monthly Luncheon Both at the Herb Skolnick Center in Palm Aire
2	3 11:00 am SAGE on the Border Co-Ed/Alternatives at the Volen Center	4	5 1:00 pm Men's Drop-In @ Pride Center at Equality Park 4:00 pm Windows 10 for Seniors @ The Pride Center	6	7	8 11:00 am SAGE Book Club @ Stonewall Library
9 2:00 pm Michael Vita Concert at The Pride Center	10 11:00 am SAGE on the Border Co-Ed/Alternatives at the Volen Center 2:30 pm Roundtable at The Pride Center	11	12 1:00 pm Men's Drop-In @ Pride Center at Equality Park 4:00 pm Windows 10 for Seniors @ The Pride Center	13 12:00 pm SAGE Women's Lunch at Golden Corral	14 Valentine's Day	15
16 1:00 pm SAGE of S. Florida Valentine's Party at Café Primavera	17 Presidents' Day (regional holiday) 11:00 am SAGE on the Border Co-Ed/Alternatives at the Volen Center 4:00 pm SAGE Movie at Pride Center AVRoom 204	18	19 1:00 pm Men's Drop-In @ Pride Center at Equality Park 4:00 pm Windows 10 for Seniors @ The Pride Center	20	21 1:30 pm SAGE/Prime Gentlemen Monthly Movie at The Pride Center	22
23	24 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 Tropic's Grille	25	26 1:00 pm Men's Drop-In @ Pride Center at Equality Park 4:00 pm Windows 10 for Seniors @ The Pride Center	27	28	29

UPCOMING SAGE EVENTS

Sunday, February 9, 2020 at 2 pm, Michael Vita will present his annual concert (Two Acts) at The Pride Center. Cookies and coffee will follow the event.

Thursday, February 13, 2020 at 12 noon, join the women of SAGE of South Florida for Lunch at the Golden Corral.

Sunday, February 16, 2002 Join SAGE of South Florida for our annual Valentine's Day Lunch at Café Primavera – Cocktails at 1 pm and Lunch at 1:30 pm.

Monday, February 24, 2002 Join SAGE of South Florida for Men's Night Out at Tropics Grille in Wilton Manors.

Sunday, March 22, 2020 Join SAGE of South Florida's members and guests at our 2020 Annual Meeting and Dinner at Tropical Acres. Cocktails (cash bar) at 12 noon and Dinner at 1pm.

Community Events

BALLET AND OPERA GROUP: Meets the 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)

PRIDE OF THE AMERICAS 2020: April 21-26, 2020 in Fort Lauderdale – Bringing global attention to the LGBT+ communities on two continents and 53 nations. Greater Fort Lauderdale invites everyone under the sun to the very first Pride of the Americas. For more information go to:

<https://www.sunny.org/prideamericas/>

**February 1, 2020 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 30, 2020 by calling
954.634.7219



There have been numerous issues regarding the data captured on marginalized communities in the 2020 Census—such as the citizenship question or questions of sexual orientation and gender identity on the survey? The new questionnaire will ask couples

living together if they are in same or opposite sex relationships. How does all this affect the LGBTQ Community? Join us on February 1st and find out.

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

Tomato and Mozzarella Salad
(with baby greens)

Eggplant Parmigiana

Chicken Breast “Milanese”
(lightly breaded)

Grilled Chicken Breast available

Green Beans

Carrot Cake

Catered By



SAGE WANTS YOU !

PLEASE JOIN TODAY



The NEW membership form is on the reverse side.

The new membership categories are:

- **\$35 Single Membership with Newsletter Electronically from SAGE Website**
- **\$45 Single Membership with Newsletter mailed to you via US Post Office**
- **\$60 Couple Membership with Newsletter Electronically from SAGE Website**
- **\$70 Couple Membership with one Newsletter Electronically and one mailed via US Mail**
- **\$300 for An Individual Lifetime Membership**

Thank you very much for your support and participation.



SAGE of South Florida, Inc
SAGE MEMBERSHIP FORM

RENEWAL ☐
NEW MEMBER ☐

Member 1: First: _____ Last: _____ First You Want to Use: _____

Member 2: First: _____ Last: _____ First You Want to Use: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone 1: _____ Cell Phone 1: _____ Birthday 1 (Month/Day) ____/____

Home Phone 2: _____ Cell Phone 2: _____ Birthday 2 (Month/Day) ____/____

E-Mail 1: _____ Check to receive mailings by E-Mail. ____

E-Mail 2: _____ Check to receive mailings by E-Mail. ____

SAGE Annual Membership Fees/Newsletter Mailing Options: CHECK THE APPROPRIATE LINE

1. \$35 Single Membership with Newsletter Electronically from SAGE Website ____
2. \$45 Single Membership with Newsletter mailed to you via US Post Office ____
3. \$60 Couple Membership with Newsletter Electronically from SAGE Website ____
4. \$70 Couple Membership with one Newsletter Electronically from SAGE Website
and one mailed via US Post Office ____
5. \$300 for An Individual Lifetime Membership ____
6. \$_____ as a special Gift to SAGE ____
7. I want to remember SAGE in my will. Please contact me ____

As a member of SAGE, I give permission for the use of my name and my likeness in any photo or image taken at, and used to promote, SAGE sponsored activities. SAGE does not share your contact information with third parties

Please enclose your check made payable to SAGE of South Florida for the option you checked above. If paying by Credit Card please fill out section below.

Mail to: PO Box 70516, Oakland Park, FL 33307 - SAGE Message Line 954-634-7219

For Snowbirds Only

Dates to change my mailing address: From _____ / _____ to _____ / _____ as follows:

Address: _____

City: _____ State: _____ Zip: _____

Pay by Credit Card:

I authorize SAGE of South Florida, Inc. to charge my: (check one) ____ Visa ____ MasterCard ____ Amex

in the amount of \$_____ Credit Card Number:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Name as it appears on Card: _____ Exp. Date: ____ / ____ Security Code: _____

Billing Address: _____

City: _____ State: _____ Zip Code: _____ Phone # _____

SAGE VALENTINE'S DAY DINNER

at Café Primavera

2500 E. Commercial Blvd., Ft. Lauderdale, FL. 33308
(954) 333-8763

SUNDAY, February 16, 2020 1:00PM – 4:00PM



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

First Course >>> Choice of one:

***Caesar Salad, Tomato & Fresh Mozzarella
or Cream of Asparagus & Spinach Soup***

Entrée >>> Choice of One:

Flounder “Francese” – Pan cooked served with Lemon/Butter Sauce

***Stuffed Chicken Breast – Grilled with mushrooms, cheese & spinach & served with a
sour cream, scallions & diced tomato sauce***

Pork Fillet – Wrapped in bacon & grilled in a chardonnay & sun dried tomato sauce

Fettuccini “Mari & Monte” – In a pink sauce with shrimp and mushrooms

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

Dessert Course:

Vanilla Napoleon (Sugar-Free Dessert Available Upon Request)

Beverages: Coffee/ Tea/ Iced Tea/Soda

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 12, 2020

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

Presents

FROM THE BROADWAY STAGE **TO THE SILVER SCREEN**

With Michael Vita

Roger Rundle at the Piano - Videos Arranged by Gene Majka

"Many of the 14 Broadway Musicals that I have been privileged to a part of, were either based on movies from the Silver Screen or have gone on to become movies on the Silver Screen. Among them being; Gower Champion's "Bye, Bye Birdie" and "42nd Street" - Bob Fosse's "Sweet Charity" and "Chicago" - Michael Bennett's "Promises, Promises" and "Ballroom" and George Abbott's "On Your Toes." I will give some insight on how they became Broadway productions along with a little bit of backstage gossip."

Sunday, February 9, 2020 ~ 2:00pm

The Pride Center

2040 N. Dixie Highway, Wilton Manors

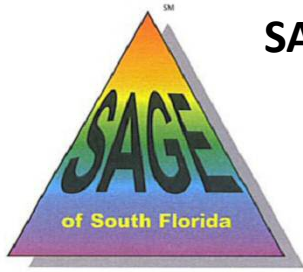
Sponsored In-Part by

The Classic Gateway Theatre

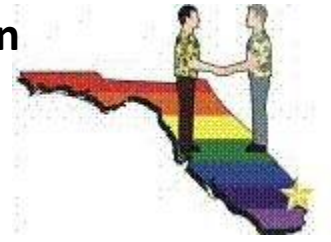
1820 Sunrise Blvd., Ft. Lauderdale

Since 1951

Free & Open to the Public - Light Refreshments Served

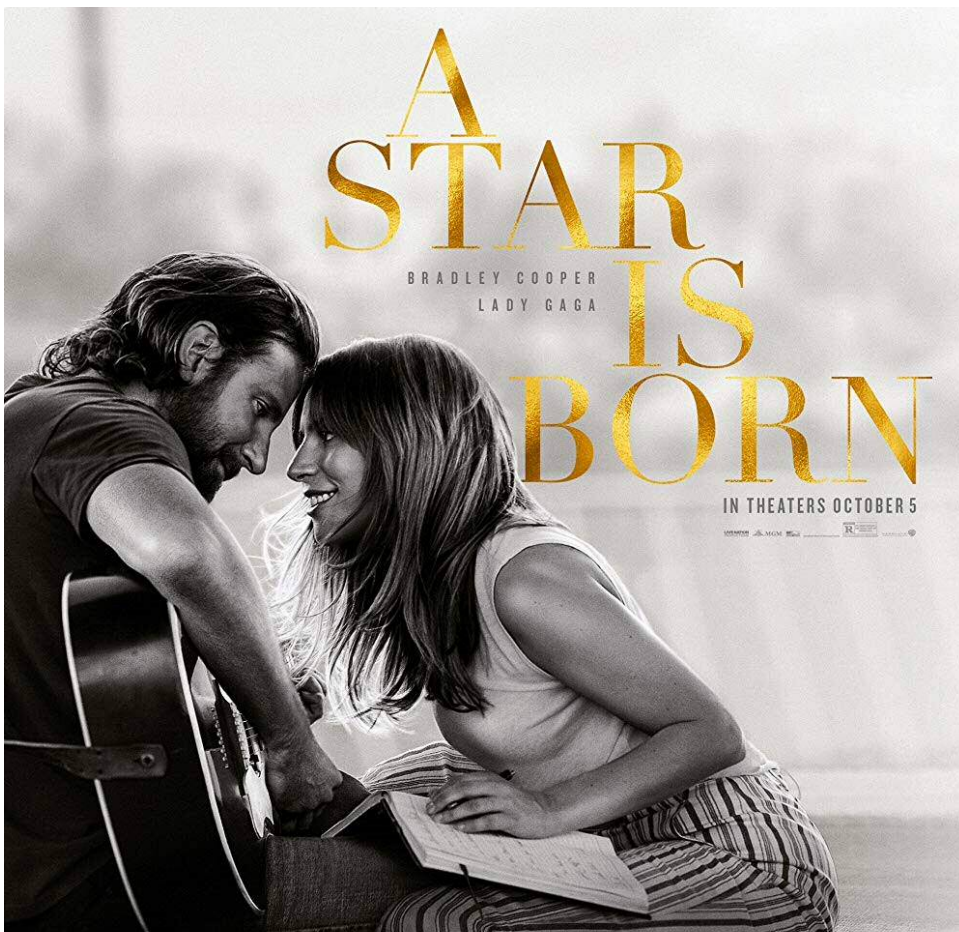


SAGE of South Florida & Prime Gentlemen
present
A Star is Born



February 21, 2020 at 1:30 pm
Pride Center, Main Hall

In “*A Star is Born*” Bradley Cooper and Lady Gaga fuse their considerable talents to depict the raw and passionate tale of Jack and Ally, two artistic souls coming together, on stage and in life. Theirs is a complex journey through the beauty and the heartbreak of a relationship struggling to survive. In this new take on the iconic love story, four-time Oscar nominee Cooper, makes his directorial debut, and also stars alongside multiple award-winning, Oscar-nominated music superstar Gaga in her first leading role in a major motion picture. Cooper portrays seasoned musician Jackson Maine, who discovers and falls in love with struggling artist Ally. She has given up on her dream to become a successful singer, until she meets Jack, who immediately sees her natural talent. At its heart, this is a story about lovers desperately trying to save one another—from the loss of integrity in an industry that disdains it, and from self-destructive impulses with roots too old to be touched. In 2019, the film received nominations for an Academy Award, Golden Globe, and British Film Academy for Best Picture, Best Actress (Lady Gaga), Best Actor (Bradley Cooper), and Best Supporting Actor (Sam Eliot). The film won the Academy Award for Best Original Song (Lady Gaga).



There will be free soda and popcorn served during the movie. Sit back and relax and enjoy the movie.