

The SAGE

The Newsletter of SAGE of South Florida

April 2025

NEW BOARD OF DIRECTORS ELECTED AT 31st ANNUAL MEETING

The SAGE of South Florida's 31st Annual Meeting was held at Tropical Acres Steakhouse on March 22, 2025. At the meeting, the membership unanimously approved the slate of candidates seeking positions on the Board of Directors. Serving on the Board of Directors for the 2025-2026 term will be: **Allen Churchman, Michael Gagne, Jefy Gaines, Ken Goodman, Marilyn Lamkay, Lee Lawson, Kathy Macchio, Brent Pagnotta, Lisa Peters, Patrick S. Vida, Michael Vita, and Shawn White.** **Brent Pagnotta and Shawn White** will be serving on the Board for the first time. After many years, **Jim Amon** and **Sal Orlando** decided to step down from the Board. We thank them for their dedication to SAGE and their service to the community. Following the election, the Board chose the following officers: **Lisa Peters, President; Jefy Gaines, Vice President; Allen Churchman, Treasurer;** and **Ken Goodman, Secretary.** **Patrick S. Vida**, after serving as President of SAGE for the preceding eight years, did not seek re-election.



Brent Pagnotta, Shawn White

At the first SAGE Annual Meeting, held on March 5, 1995, then President Ken Fontaine said that whenever he was asked what SAGE was all about, he would reply that "SAGE is a social and support



organization for mature gays and lesbians who are making a difference." Now, as we embark upon our thirty-second year, we can be proud of the difference SAGE has made, and continues to make, in our community. The vitality, enthusiasm, and dedication of our SAGE members over the years have allowed our organization to thrive for thirty-one years and, with their help, to continue on for many more years to come.

Lisa Peters



Jefy Gaines

LEADERS OF TOMORROW – SAGE OF SOUTH FLORIDA, INC., CARL M. GALLI SCHOLARSHIP

Applications are being accepted now through May 31, 2025. Two \$1,500 scholarships will be awarded. Further information and the application can be found on the SAGE website (www.sagewebsite.org).

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
RONALD	SEIDLE	APR-02	BOB	BRAGG	APR-16
JEAN	JOHNSON	APR-09	MD	HUSSAIN	APR-17
STEVEN	BRASKA	APR-10	ED	ZANAN	APR-17
JOHN	GAMBINO	APR-13	FRANK	CAVANAUGH	APR-20
LOUIS	SEAGULL	APR-14	GARY	PETERS	APR-29

5 Year Anniversaries

JACK ALMELEH, DAVID SHAPIRO, KURT WILHELM

New Members

ERWIN AUPPERLE, JOHN CAMINITI, JOHN MORIARTY, JOSEPH PADIAL, HERB SILVER, RICHARD VOLK

25 Year Anniversaries

RICHARD SCHWARZ

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: Lisa Peters
Vice President: Jefy Gaines
Secretary: Ken Goodman
Treasurer: Allen Churchman

BOARD MEMBERS AT LARGE

Michael Gagne
 Lee Lawson
 Marilyn Lamkay
 Kathy Macchio
 Brent Pagnotta
 Patrick S Vida
 Michael Vita
 Shawn White

VOLUNTEERS

Jean Arthurton
 Frank Cavanaugh
 Jake Guin
 Paul McNamara
 Sonny Miller
 Frank Piasecki
 Ed Slough

Lifetime Members

BOB ADAMS – JIM AMON – CHRISTOPHER BATES – ROBERT J BOZEK – RICHARD CALVIN – PHILIP COLLIER – DONALD CURIALE
 MATT FARBER – JODI A FISCHER – MARC FLANAGAN – JOHN FOXX – MICHAEL GAGNE – JEFY GAINES – JOHN GAMBINO
 RICHARD GILMER – KENNETH GOODMAN – JUDITH HARTSHORN – JACKSON HAVERLY – RICHARD E HERMAN – MD HUSSAIN
 JEAN JOHNSON – TIM KUEHNE - MARILYN LAMKAY - TOMMASO LEPORE - PATTI LYNN - KATHY MACCHIO – HOWARD MARREN
 J MICHAEL MARTIN – PAUL MCNAMARA – DAVID MURPHY – SAL ORLANDO – ERNEST OLIVAS – BRETT PEELER – HUGH RANCE
 CLAYTON RANEY – GARY RESNICK – SCOTT RIEDEL – WILSON SABA – WAYNE SCHREBE – RICHARD SCHWARZ – ANN SMITH
 ALLEN SPIESS – ALAN R SUTHERLAND – JOEL TENDLER – HOWARD TERRY – STEVE THAYER – TONY TSAGRIS
 RAQUEL C WHITE – NORMA WINGO – JOSEPH YATES

SAGE MISSION STATEMENT: SAGE of South Florida (Senior Action in a Gay Environment)) is a non-profit organization which seeks 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, by 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

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

Facebook: www.facebook.com/SageOfSouthFloridaInc

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SAGE ON THE BORDER/ ALTERNATIVES (SOBA)

Jean Arthurton & Frank Piasecki



This Co-Ed discussion group meets **LIVE and IN PERSON** every Monday at 11:00am at the Volen Center, 1515 W. Palmetto Park Road, Boca Raton. At SOBA meetings, participants are asked their responses to questions or topics posed by the group leaders. Crosstalk and discussion follows. Watch your email for the weekly eblast announcement. Everyone is welcome. No reservations are required.

SAGE NIGHT OUT

Ed Slough

Join us **Wednesday, April 23rd**, when SAGE is having an informal dinner at **Tropics Grille**, 2000 Wilton Drive, Wilton Manors. Drinks and cocktails will be from **5:00pm to 5:30pm**, with "Happy Hour" prices at the bar, and dinner at **5:30pm**. Tropics has offered SAGE all dinners at half-price on Wednesday for **SAGE and our guests only** to make the evening less crowded and to provide better service than is possible on their normal half-price Mondays. You need not be a SAGE member to attend. All are welcome, including our friends from Prime Gentlemen.



You can check out their menu at:



<https://tropicsgrillefl.com/menu/>.

This is an event for friends to get together and celebrate the ability to socialize in person once again. It should be a good time for all. You can get a hamburger and fries for \$9.00; a ½ rack of baby back ribs for \$9.50; a BBQ pulled pork sandwich for \$10.50; or a teriyaki chicken dinner for \$11.00. Please email me to let me know if you plan to attend so I can give Tropics a heads-up. My email is: wildhybrid@aol.com Thanks!

Join your SAGE and Prime Gentlemen friends for the monthly *Early Bird Dinner*. The event for March will be at **Black Rock Bar and Grill, 6200 North Federal Highway, Fort Lauderdale 33308, on Wednesday, April 9th, at 5:00pm**. We go to different restaurants that offer thrifty early bird specials or other low-cost selections or specials. The idea is to enjoy a night out with friends without spending a whole lot. This event is targeting members of SAGE, Prime Gentlemen, *and their friends* – which means you do not need to be a member of either group to join us. Everyone is welcome! Please let me know if you will be attending: wildhybrid.aol.com.

SAGE CO-ED DROP-IN

Michael Gagne & Kathy Macchio



Ladies of SAGE, may we have your **ATTENTION PLEASE!** Come to the Co-Ed Drop-In. Kathy and Michael are your hosts, every **Thursday at 3:00pm**. **Join the fun on Zoom!** It's all user-generated content – Participants bring topics, stories, and concerns to share or discuss. Check us out. Schmooze, kibitz, see some of your old friends and make some new ones. Check your emails from SAGE for the weekly announcement and link to the meeting. All (including men) are welcome!

NOTES FROM THE MEN'S DROP-IN

Jefy Gaines



It's April and early spring. The month is predominantly and initially in an Aries Sun, and considered the first sign of the Zodiac, a fire sign, symbolized by the Ram, and ruled by Mars. The month will be exciting, trust me. Aries is a Cardinal sign that means Action, Dynamic, Initiative, and Great force. So, enjoy the whirlwind, and let your heart go dancing. The latter part of the month will cusp into Taurus, a time of loyalty, dependability, and friendship. That sounds nice to me.

SAGE of South Florida and Prime Gentlemen offer many, many activities and events for our community. Join us every Wednesday in Person or on Zoom at 1pm East Coast time. People start to trickle in at 12:30pm for some schmoozing and cross-talk till 1pm. Then at 1pm we have announcements of upcoming events, and then everyone can share about what's going on in our lives: movies, dinners, family, feelings....

We close with a little kibitzing and jokes. Sometimes comical, sometimes not so much, moaning is permitted, and always good, spirited fun.

All are always welcome.

Zoom Meeting ID: 275 139 4844

Passcode: 076609

or in person Pride Center Rm 204

We are looking for volunteers at SAGE.

Anyone interested in learning the hybrid set up, come in at 12:15 pm or 'jefgain-@iCloud.com'

Text 954-296-0789

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 31st Annual Meeting at Tropical Acres



Lunch & Learn at the Skolnick Center



SOBA at the Volen Center



Lunch Meet-Up at Poppies SAGE/Prime Gentlemen Movie



For up-to-date information on SAGE, follow us on Facebook: SAGE of South Florida, Inc.

View more photos by visiting the Photo Gallery on our Website: www.sagewebsite.org

SOCIAL SQUAD

Michael Gagne



SAGE's 31st Annual Meeting.

On March 22, SAGE of South Florida held our 31st Annual Meeting at Tropical Acher's Steakhouse. Everyone was met with delicious food and excellent camaraderie. A new Board of Directors was elected, and new Board Officers were selected. Here's to many more great years ahead!

SAGE Picnic – Save the Date!

After years of waiting, we are excited to announce the return of our beloved **SAGE Picnic!** Mark your calendars for **April 19 at 11:00 AM** at the beautiful **Royal Palm Park** in Oakland Park. With spring in full bloom, it's the perfect time to gather outdoors and enjoy a day of sunshine, laughter, and community spirit.

We will be serving up **catered hamburgers and hot dogs** with all the classic sides and fixins. But the fun doesn't stop at the food. There will be **great music** and plenty of space to relax and catch up with friends. Whether you're lounging under a shady tree, **playing Bingo**, or simply soaking up the lively atmosphere, this picnic promises to be a day to remember. We can't wait to see you there!

SAVE THE DATE – May Dinner Meet-up!

Bahama Breeze in Oakland Park offers a vibrant Caribbean dining experience. Join us **May 22 @ 5:00pm for drinks and 5:30pm for dinner.**

Mark Your Calendars for More Delicious Fun!

Our luncheons continue to be the heart of SAGE's social calendar, and we can't wait to see you at our upcoming gatherings! Whether you are a longtime member or joining us for the first time, our meet-up lunches are open to everyone, including non-members. So, invite your friends, family, or neighbors to join us for great food and even better company.

- **April 1:** No April Fools here - simply good food and great friends at **Moonlite Diner** on Andrews and Cypress Creek. This classic diner experience will have a vintage diner atmosphere with its retro décor and hearty meals.
- **May 6:** We will be going back to **Chow Time!** The Senior Buffet price is only **\$11.49**. They offer a wide variety of foods to choose from: Grilled Pork Chop, Crispy Fried Chicken, Salt & Pepper Shrimp and Sweet 'n' Spicy Wings, and their traditional Asian delights are just a few of the items you will find there. Don't forget to try their Ice cream and Mini Layer Cake in the Dessert bar.

Join us every first Tuesday of the month for these delicious luncheons. Come for the mouthwatering dishes, stay for heartfelt conversations, and leave with a smile. **Great food. Great prices. Even greater people!**

Lunch at Poppies!

Poppies is a popular Jewish deli and restaurant, and it showed. Fourteen people – SAGE members and non-members – showed up for an exceptionally good time. We definitely will be having more lunches in PBC.

Palm Beach Dinner!

Join us Thursday, May 15 @ 5:30pm at **Mamma Mia Italian Restaurant & Pizzeria** in Boynton Beach.

Stay Connected!

Don't forget to check out the **flyers** included with this newsletter for more details about our upcoming events. Whether you're joining us for a luncheon, movies, or the picnic, we look forward to sharing these special moments with you.

At SAGE of South Florida, **every event is an opportunity to connect, celebrate, and create lasting memories.** We can't wait to see you at the next gathering!

SAGE/PRIME GENTLEMEN BOOK DISCUSSION GROUP

Paul McNamara



The Naked Civil Servant, by **Quentin Crisp**, is a comical and poignant memoir of a gay man living life as he pleased in the 1930s.

Punctiliously polite and urbane offensive, Crisp's singular vita induces a desolate shudder. A fabulously plumed and heavily mascara-ed ostrich, Quentin Crisp recounts a life spent as a homosexual provocateur in the streets of London where he walked with the infinite care of a man deliberately adorned to attract the taunts, kicks, and blows of the uncomprehending.



In 1931, gay liberation was not a movement—it was simply unthinkable. But, in that year, Quentin Crisp made the courageous decision to “come out” as a homosexual. This exhibitionist with the henna-dyed hair was harassed, ridiculed, and beaten. Nevertheless, he claimed his right to be himself—whatever the consequences.

The book is both a comic masterpiece and a unique testament to the resilience of the human spirit.

The Naked Civil Servant will be discussed at the next meeting of the Book Discussion Group, to be held on **Saturday, April 12 from 11:00am to Noon at the Stonewall Library, 1300 E Sunrise Boulevard, Fort Lauderdale**, and simultaneously on Zoom via this link (Meeting ID: 275139 4844 and Pass code: 076609)

MAY MEETING:

The selection for the for the May 10, 2025 discussion is: ***The Love of Singular Men***, by **Victor Heringer**



Friendly Visitor Program

sage | Advocacy & Services for LGBTQ+ Elders
We refuse to be invisible

SAGE USA has established a Friendly visitor program for LGBTQ+ older adults. The program links a volunteer with an LGBTQ+ older adult

who would benefit from additional meaningful connections in their lives. The volunteer visits the participant weekly for 1-2 hours and speaks to the participant by phone between visits. If you or someone you know is interested in volunteering, participating, or seeking more information, contact Nick Angelo, Program Coordinator, at (786) 885-0101.

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, or would appreciate a friendly call or a note of cheer, please contact:

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

Website: adrcbroward.org

In Palm Beach County – 561.684.5885

Website: aaapbtc.org

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. Dr. Anne Atwell – 954.462.2004x208

Anne@sunshinecathedral.net

SAGE EMERGENCY FUND

The SAGE Emergency Fund was established to assist LGBTQ Seniors (55 years or older) who have experienced unexpected financial hardship. Households with incomes below the federal poverty level are eligible to apply for a one-time grant (up to \$1,000.00) of financial assistance for medical needs, rent/mortgage payment, utility charges, or transportation costs. The Fund is administered by the SunServe Senior Services Department. For more information, contact **SunServe at 954.764.5150**.

SAGE of South Florida

Financial Report for Fiscal Year Ending December 31, 2024

	2024 Budget	YTD Actual	Variance Over/Under Budget	NOTES TO FINANCIALS:
REVENUE:				
Contributions (1)	15,000	7,268	(7,732)	(1) Contributions from Members, Community Partners.
Membership Dues	1,500	3,455	1,955	
Interest Income (2)	2,000	3,363	1,363	(2) Interest Income derived from SAGE's Edward Jones Investment Account.
Miscellaneous Revenue	0	0	0	
TOTAL REVENUE	18,500	14,086	(4,414)	
EXPENSES:				
Insurance	1,500	1,471	(29)	(3) Monthly Newsletter costs include printing and envelopes.
Newsletter (3)	3,500	4,050	550	(4) Office supplies include office operation, telephone, computer software/hardware and website expense.
Office Supplies (4)	1,500	3,497	1,997	(5) Postage includes office mailings, membership mailings and monthly newsletter.
Postage (5)	1,500	1,102	(398)	(6) Rental costs include office space that SAGE maintains at The Pride Center and off-site storage unit
Rent (6)	7,500	7,664	164	(7) Contractual Services for maintaining SAGE's Website, Preparation of Annual 990EZ Tax Return.
Contractual Services (7)	5,100	4,340	(760)	(8) Donations approved by the to local Charitable Organizations.
Charitable Donations (7)	12,000	7,050	(4,950)	(9) SAGE annually funds two \$1,500 College Scholarships
College Scholarships (7)	3,000	3,000	0	(10) SAGE Social and Educational activities generated Revenue of \$18,695 and Expenses of \$30,682 resulting in a Deficit of \$(11,987).
Special Events Costs (8)	4,000	10,167	6,167	
	39,600	42,341	2,741	
NET REVENUE/(EXPENSE)		(28,255)		

MOBILITY--You DO Have to Use It or Lose It

During our youth, we gave little or no thought to how we walk, get out of a chair, trim our toenails, or go up steps. We took pride in those abilities. As we age and our bodies change, we lose muscle and flexibility. The risk of falling increases each year. Often our bodies feel stiff. We need to work to maintain mobility, strength, flexibility, endurance and reduce your risk of falling. It just does not just happen by itself. With effort and the right regime, it is possible for older individuals to reverse the rate of muscle loss within their body and become stronger. It does not require hours at the gym. For individuals over sixty-five, the CDC recommends at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week, along with muscle strengthening activities and balance training. Here are tips to help:

1. If you feel you need to, discuss with your doctor, physical therapist, or personal trainer, how much exercise is appropriate for you considering your age, medical conditions and current mobility, strength, flexibility, and endurance. Ask if physical therapy is indicated for you. Tell him if you have fallen. As a rule, the stronger you are the healthier you are. Additionally, there is evidence that resistance training slows down cognitive decline in older adults.
2. Set reasonable goals for yourself. A plan for fifty minutes (50) of exercise three (3) times a week with a day of rest between, is recommended for most people over the age of sixty-five. Choose exercises that focus on your needs, i.e., strengthen your core and back, or flexibility of your back and hip joints to help you bend easily and sit to stand. Include stretching and resistance exercises for your head, neck, shoulders, arms, hands, chest, core, spine, pelvic floor, legs, calves, and feet. You do not have to do all the exercises in one day. Mix it up. Studies have shown that it is not necessary to take 10,000 steps per day to benefit from walking. Set a minimum goal of four thousand steps a day and if you do more, great. Studies have also shown that while walking fast you are less likely to lose your balance and fall. Give it time to see the benefits of exercise. Keep at it. After a few weeks you will begin to feel the difference.
3. Feel the burn, but not the pain. The number of repetitions of exercise--eight to fifteen reps-should go to the point of feeling some burn in the muscle. Take a few moments to rest between sets of exercises. Do three (3) sets of each exercise. You do not have to do higher numbers of reps to get results. If there is pain, stop the exercise. Sharp pain may be indicative of an injury. It is time to see your doctor.
4. Stretching is an essential component of physical health for individuals of all ages, but it is particularly important for seniors. As we age, our muscles lose elasticity and joint mobility can decrease. This can lead to stiffness and a reduced range of motion. Regular stretching can counteract these effects, promoting flexibility, balance, and well-being in older adults. For seniors, gentle, lower-impact stretches are recommended to prevent injury and accommodate any existing physical limitations. Depending on comfort and mobility levels, these stretches can be performed while sitting, standing, or lying down.
5. Swimming, water aerobics, or Yoga are good choices for meeting your exercise goals.

In person opportunities, such as “Daily Senior Exercise Classes” offered through the “Active Aging Program” at The Pride Center at Equality Park, or your local gym, or community centers, are available. If you prefer to exercise at home, YouTube offers many programs such as **Will Harlow’s** step by step program for “Thriving Beyond Fifty” at HT-Physio.

Our bodies are much more than a collection of muscles and joints working together. We are complex, dynamic beings requiring care to ensure the entire body functions as well as it can as we age.

References and Resources:

Harvard Health Newsletter
Thriving Beyond Fifty by Will Harlow, MSc, MCSP, Cert. MA
YouTube Will Harlow, PT HTPHysio

SAGE cares because YOU care about your health.
Please always seek advice from your physician/nurse practitioner/physician assistant.



SAGE of South Florida
Lunch & Learn

April 5, 2025, at 12:30pm

HERB SKOLNICK COMMUNITY CENTER
800 SW 36TH AVENUE, POMPANO BEACH, FL

RESERVATIONS REQUIRED

MEMBERS – \$17.00 GUESTS – \$22.00

*Reservations MUST be made by 12:30pm on THURSDAY, APRIL 3, 2025,
BY SENDING AN EMAIL To: sagesofl@gmail.com OR BY CALLING: 954.634.7219*

***Bruce Elfenbein from the Social Security Administration will
make a presentation about updates to the program.***

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

April Menu

Garlic Rolls
Tossed Salad
Fettuccine Alfredo
Chicken Parmigiana
Eggplant Parmigiana
Mixed Fruit
Cannoli

Catered by:



THE SAGE / PRIME GENTLEMEN MOVIE



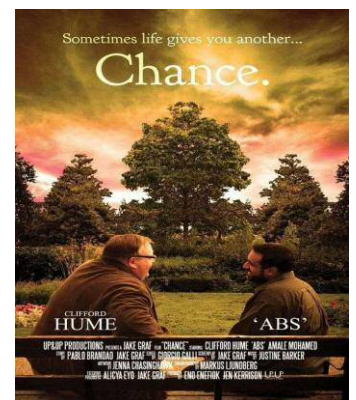
Like an ancient road, *Gladiator II*, a sequel arriving 24 years after the Oscar-winning *Gladiator*, covers some familiar ground. Director Ridley Scott's historical epic ramps-up swords-and-sandals violence, delivering a visual spectacle of decapitation, dismemberment, and free-for-alls that include battles at sea.

Set 16 years after Maximus's death appeared to set Rome to rights, *Gladiator II* opens with the empire once again in turmoil. Its rulers – twins this time – are again corrupt, and its senate likewise ineffectual. Palace plotting once again mingles with and laments about the glory of Rome while the weary, impoverished public sops up the distracting circus of Gladiator fights and revelry. Maximus's exploits still loom large. *Gladiator II* is a grand spectacle, from its gilded costume design to its fantastical action scenes. The Coliseum fights are immersive, one-upping the showmanship and scale of *Gladiator* through wildcards such as a pack of razor-sharp teathed baboons and mounted killer rhinos. This gladiator is a scrappier fighter than Maximus, almost feral at times, but with the sharp mind and confidence that make him a natural leader.

Twenty-four years ago, Maximus won over the Roman mobs by famously bellowing: "Are you not entertained?" *Gladiator II* is entertaining, too, with the expected beefcake eye-candy.

CHANCE

Trevor's life has become a void, following the passing of his wife and long-term companion Doris. Days run into weeks, as Trevor slowly finds himself isolated and alone, and unconcernedly slipping towards death. A chance encounter in the park with a mysterious stranger – Amir – equally troubled by his own dark past, jarringly reawakens him, and stirs up unexpected passions. An award-winning and inspiring film about interracial romance and overcoming adversity.



FRIDAY, APRIL 18th, 2025

1:30PM *at the* PRIDE CENTER

FREE POPCORN and SODA

SAGE OF SOUTH FLORIDA PICNIC



Join SAGE of South Florida for an Old Fashioned Picnic In Oakland Park

Royal Palm Park 1701 NW 38th Street Park Lane (West of Powerline Rd. and North of Oakland Park Blvd.)

Saturday April 19, 2025 From 11:00AM to 2:00PM

Menu for the Afternoon:

Hamburgers and Hot Dogs

And Classic Sides

No Pets Allowed



**Pricing: \$12 Members and \$18 Non-Members
(Member pricing partially subsidized by SAGE of South Florida)**

**Reservations Close 1:00pm Wednesday April 16, 2025 - Please read information at bottom
of Flyer - NO RESERVATIONS ACCEPTED AFTER THIS DATE & TIME**

SAGE of South Florida Picnic Saturday April 19, 2025

#__ Member @ \$12 #__ Non-Member @ \$18 Phone # _____

Name: _____

Name _____

Name: _____

Name _____

**Mail form & payment to: SAGE - at PO Box 70516, Oakland Park, FL 33307 and call or email SOSF office
with your name(s) so we can record your reservation and await your check. For Credit Card Reservations**

Call the SOSF Message Line at 954-634-7219 - This is a SAGE Sponsored Event

SAGE OF SOUTH FLORIDA LUNCHEON MEETUP

Everyone is welcome!!

CHOW TIME

Tuesday May 6, 2025 – 1:00 pm



\$11.49 Senior Buffet - \$12.49 Adult Buffet

6997 W Commercial Blvd, Tamarac, FL 33319

(954) 721-8688

Chow Time Best Grill and Buffet in Tamarac, FL. Begin your voyage with our diverse food destinations, offering a wide variety of different choices. You can simply select your choices of meats, seafoods, vegetables and watch the chef create your fresh and succulent dish right before your eyes. Our food quality, friendly service and cleanliness will exceed your expectations.

Thereafter every first Tuesday of the month

When you arrive just tell the Hostess that you are with SAGE of South Florida

No advance reservations necessary

Just show up and pay for what you order

Save The Date: June 3, 2025 @ 1pm

Black Rock
BAR & GRILL

Black Rock Bar & Grill

6200 N. Federal Hwy

Fort Lauderdale, FL 33308

SAGE of South Florida MEET UP AT



3339 NORTH FEDERAL HIGHWAY OAKLAND PARK, FL 33306 954-568-7744



Thursday, May 22, 2025

COCKTAILS AND CONVERSATION WITH

HAPPY HOUR PRICING STARTING AT 5:00PM

FOLLOWED BY DINNER AT 5:30PM

ORDER FROM THE MENU AND PAY FOR WHAT YOU ORDER

**THE MENU IS VARIED FROM JAMICIAN FAVORITES TO SEAFOOD,
STEAK, BURGERS AND SANDWICHES**

NO ADVANCED RESERVATIONS NEEDED

TELL THE HOSTESS YOU ARE WITH THE SAGE GROUP

This is a SAGE sponsored event. For more information call 954-634-7219

SAGE OF SOUTH FLORIDA DINNER MEETUP
PALM BEACH COUNTY

Thursday, May 8, 2025 @ 5:00pm



3841 Woolbright Rd, Boynton Beach, FL 33436
(561) 369-0670

Still with its original chef and owners from day one, Mamma Mia Italian Restaurant & Pizzeria of Boynton Beach has been serving South Florida since 1983, using only the freshest, local ingredients. Our homemade sauces are our pride and make our made to order entrées that much more special and delicious... and if you're in the mood for pizza, our award winning New York Style Brick Oven Pizza has made us a local staple for over 30years and counting!

Our menu is composed of classic and modern favorites with a variety of pasta dishes, prime veal, fresh chicken or fresh seafood, and Lamb. Our daily specials are ever changing, and our kid's menu makes us the place for everyone in your party to have a wonderful dining experience.

Call the SAGE Message Line to RSVP at 954-634-7219

Don't Forget about SAGE's SOBA Roundtable Discussion Group

EVERY MONDAY, 11:00am, The Volen Center

1515 West Palmetto Park Road, Boca Raton, FL 33486

561-395-8920

