

The SAGE

The Newsletter of SAGE of South Florida

May 2025

THANK YOU!

This year, SAGE of South Florida celebrates 31 years of providing social and educational activities to enrich the lives of LGBTQ+ older adults 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 2024. Your financial support of our SAGE allows us to continue our mission of improving the lives of the members of our community.

SAGE Donors – 2024

Christopher Bates – Bears of South Florida – George Bergevine

Community Foundation of Broward – Emerald Elite – Tom Green

Christopher Hixon – Hal Leonard LLC – Patti Lynn – Richard Nochimson

Roger OShea – Quick Tricks Bridge Club – Joel Risch

South Florida Softball Association – Stephen Thayer – Peter Thyne – Terry Williams

Recognition is also due to those members who contributed their time and talent to make our many 2024 SAGE activities possible: Group facilitators **Jean Arthurton, Jefy Gaines, Paul McNamara, and Frank Piasecki**; SAGE Webmaster **Austin Rahn**; Movie and ‘Night Out’ organizer **Ed Slough**, our Social Directors **Sal Orlando and Jim Amon**, and our multi-tasking volunteers **Frank Cavanaugh, Jake Guin, Gene Majka, and Sonny Miller**. We also must acknowledge all our SAGE members who attended and supported our activities, spread the word, and engaged, encouraged, and socialized with SAGE members and others in the community. **Thank you all!**

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. Starting this year, part-time students are now eligible to apply. 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
HOWARD	MARREN	MAY-02	MICHAEL	LOSCALZO	MAY-13
LAURA	HOHNECKER	MAY-03	DERIC	BOWNS	MAY-16
CARLOS	MOLINA	MAY-05	FRANK	PIASECKI	MAY-16
MARTIN	LEAHY	MAY-06	KARL	GUSTAFSON	MAY-17
JESSE	MONTEAGUDO	MAY-06	PAUL	MCNAMARA	MAY-20
RON	WUDARSKY	MAY-06	SAALIK	CUEVAS	MAY-24
TED	LEVINE	MAY-07	TONY	MANZI	MAY-24
DAVID	EIDELKIND	MAY-09	JERRY	WEISSFELD	MAY-25
ROSS	GORE	MAY-09	ANGELA	GIELLA	MAY-26
HECTOR	VANEGAS	MAY-09	IDLE	GONZALES	MAY-26
ALLEN	SPIESS	MAY-12	SHAWN	WHITE	MAY-30
MAXINE	LEMARR	MAY-13	BEVERLY	FEINGOLD	MAY-31

New Members

MICHAEL DEPASQUALE, TOMAS ROSALES, BILL WILEY

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

President Emeritus: Patrick S Vida

BOARD MEMBERS AT LARGE

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

VOLUNTEERS

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

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.

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 Attn: Editor

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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, May 28th**, 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 May will be at **Smokey Bones, 6500 North Federal Highway, Fort Lauderdale 33306, on Wednesday, May 14th, at 5:30pm**. 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



As Venessa Redgrave sang in the movie, *Camelot*, ...it's the "lusty month of May", and it's Spring. The month is predominantly and initially in a Taurus Sun, and considered the second sign of the Zodiac, an Earth sign, symbolized by the Ram and ruled by Venus which means love, beauty, pleasure, and sensual enjoyment will abound, fingers crossed. It will be a calm, steady, relaxed, and peaceful period, with loyalty, dependability, and friendship. The latter part of the month will cusp into Gemini, a time for social fun, intelligent and quick-witted times.

SAGE of South Florida and Prime Gentlemen offer many, many activities and events for our community. Join us every Wednesday Afternoon in Person or on Zoom. Patrick S Vida and I are your hosts. People start to trickle in at 12:30pm for some schmoozing and cross-talk, then at 1pm we have announcements of upcoming events, and after that, everyone can share about what's going on in our lives: Movies, dinners, health, family, feelings.... **AND WE WIND DOWN BY 2pm**. We close with a little kibitzing and jokes. Sometimes comical, sometimes not so much. Moaning is permitted, but we always have good-spirited fun. All are always welcome.

Zoom Meeting ID: 275 139 4844

Passcode: 076609

or in person Pride Center Room 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 Annual Picnic at Royal Palm Park



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

SAGE Lunch Meet-Up at Moonlite Diner



Lunch & Learn at the Skolnick Center



SOCIAL SQUAD

Michael Gagne



SAGE Picnic – So Much Fun!

The SAGE Annual Picnic took place at the beautiful Royal Palm Park in Oakland Park. With spring in full bloom, it was the perfect time to gather outdoors and enjoy a day of sunshine, laughter, and community spirit. Two lucky members won gift cards for Bahama Breeze. Hope to see them at May's dinner!

SAVE THE DATE – May Dinner Meet-Up!

Bahama Breeze: Join us May 22nd at 5:00pm for drinks and 5:30pm for dinner. Bahama Breeze in Oakland Park, Florida, offers a vibrant Caribbean dining experience. Guests can enjoy island-inspired dishes like Jerk Chicken Pasta and Seafood Paella, along with tropical cocktails such as the Bahama Mama and Ultimate Piña Colada. Happy Hour specials include half-priced appetizers and discounted drinks.

April's Lunch Meet-Up:

April 1: We had twenty-two great friends meet us at **Moonlite Diner** on Andrews Avenue. We made some new friends, which is one of our main missions for any of our events.

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.

- **May 6:** We will be going back to Chow Time! The Senior Buffett 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.
- **June 3:** We will be headed to our loyal early-bird restaurant Black Rock off of Federal Highway this time for lunch.

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

Palm Beach Dinner - CORRECTION!

Join us Thursday, **May 8th at 5:30pm at Mamma Mia Italian Restaurant & Pizzeria** in Boynton Beach. Last month's Newsletter had a different date. The flyer has the correct date. It's always good to break bread with our dear friends in Palm Beach.

Stay Connected!

Don't forget to check out the **flyers** included in this newsletter for more details about our upcoming events. Whether you're joining us for a luncheon, movies, or a dinner, 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 Love of Singular Men by the writer **Victor Heringer** is a beautifully written book, an exploration of Brazil's socio-political landscape of the 1970s and the 2010s.

One hot Brazilian summer, Camilo meets Cosme, and the two teenage boys discover a new kind of tender-



ness. But an act of violence will shatter their intimate world and change the trajectory of their young lives. The author tells a story of the 1970s and 2010s Brazil from the perspective of a young teenage boy whose life was ruled by violence and tragedy – it was “colonized by it.” This book explores the social fabric

of Brazil in its unique diversity and complexity. We witness how the neighborhoods have changed over the course of thirty years.

At once an incisive exploration of Brazilian society and a tender account of first love, first grief, and revenge, *The Love of Singular Men* is a powerful and exhilarating novel that sparkles with wit and playful ingenuity throughout.

Love of Singular Men will be discussed at the next meeting of the Book Discussion Group, to be held on **Saturday, May 10 from 11:00am to Noon** at the **Stonewall Library, 1300 East Sunrise Boulevard, Fort Lauderdale**, and simultaneously on Zoom via this link: (Meeting ID: 275139 4844 and Pass code: 076609)

JUNE MEETING:

The selection for the June 14th, 2025 discussion is:

Jack and Lem, by David Pitts



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**.



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.



Use “Mindfulness” to Reduce Stress, Anxiety, Pain, Depression, Insomnia, & High Blood Pressure

“Mindfulness is a type of meditation in which you focus on being intensely aware of what you are sensing and feeling in the moment without interpretation or judgement. It involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.” (Mayo Clinic Staff) Many activities of daily living can be stressful, depressing, and draining. Mindfulness exercises can help you direct your attention away from negative thoughts and engage with the world around you. Studies have shown evidence supporting the effectiveness of meditation in reducing stress, anxiety, pain, depression, insomnia, hypertension, and other conditions. Meditation has also been shown to improve attention, decrease job burnout, improve sleep, and improve diabetes control.

As with any exercise, practicing mindfulness regularly will enable you to reach your goals. When practicing mindfulness exercises, find a quiet place without distractions or interruptions. Starting any mindfulness or physical exercise with breathing will bring your attention to the moment, your body, and the goal you want to achieve. Sit down, close your eyes, take a deep breath, and focus on your breathing. Feeling the air moving in and out of your body for just a minute will take you to a more relaxed place. Continue slow steady breathing and clear your mind of distracting or negative thoughts. **Bring your attention to your body and the moment.** Take time to use all your senses in the environment around you. Focus on your thoughts and emotions in the present moment. Accept yourself and treat yourself to regular thoughtful moments, like you would for a friend. Simple mindfulness exercises can be practiced anywhere and anytime.

More structured mindfulness exercises include: 1. Body scan meditation—focusing deliberately and slowly on all parts of your body to relax muscles and reduce pain; 2. Sitting meditation—sitting quietly focusing on your breathing to reduce stress and anxiety; or 3. Walking meditation—focusing on the experience of walking, being aware of the sensations of standing and the movements that help you maintain your balance.

Loving Kindness Meditation (LKM) helps to cultivate compassion, unconditional kindness, acceptance, and love, for ourselves and all others, recognizing that all beings including ourselves have the desire for happiness and peace.

Aim to practice mindfulness every day. Over time it will become effortless, and you will notice that it does reduce your stress and anxiety, and pain. Reconnect with you and nurture yourself. Thank yourself for doing this practice. These simple and proven strategies will help you manage stress, support your mental health, sharpen your mind, and find meaning.

Aim to practice mindfulness every day. Over time it will become effortless, and you will notice that it does reduce your stress and anxiety, and pain. Reconnect with you and nurture yourself. Thank yourself for doing this practice. These simple and proven strategies will help you manage stress, support your mental health, sharpen your mind, and find meaning.

References and Resources:

Audio and video mindfulness exercises and apps are available on YouTube, or through Mayo Clinic.com, or Headspace.com
Loving Kindness Meditation Script and Worksheet, American Psychological Association
Mayo Clinic Consumer Health, “Mindfulness Exercises,” Mayo Clinic Staff
New York Times, “Managing Anxiety and Stress

SAGE of South Florida
Lunch & Learn

May 3, 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, MAY 1, 2025,
BY SENDING AN EMAIL To: sagesofl@gmail.com OR BY CALLING: 954.634.7219*



**Author Kevin Winkler will discuss his book,
*On Bette Midler: An Opinionated Guide.***

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

Menu

Garlic Rolls
Tossed Salad
Sliced Roast Beef in Gravy
Mashed Potatoes
Mac 'n' Cheese
Grilled Vegetables
Mixed Fruit
Carrot Cake

Catered by:



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**

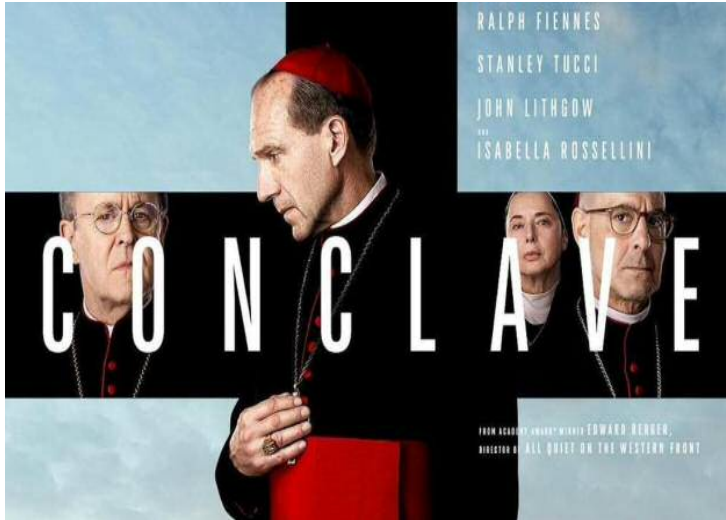
NO ADVANCED RESERVATIONS NEEDED

TELL THE HOSTESS YOU ARE WITH THE SAGE GROUP

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

THE SAGE / PRIME GENTLEMEN MOVIE

The year's most surprising twist ending is in a film about the selection of a new pope, reminding the viewer that the Vatican is a messy bitch that lives for drama. *Conclave* showcases the gaudy ritual and ornate displays of Roman



Catholicism, while also offering an intimate (and wholly imagined) look at the backroom dealings and catty confrontations that go into the election of the supreme pontiff. The film's ending is certain to catch audiences off-guard, but it's far from the only secret revealed — and it plays into the theme of progress versus tradition that serves as *Conclave's* central conflict.

Cardinal Lawrence, the dean of the College of Cardinals, is tasked with overseeing the papal conclave after the sudden death of the pope. His preferred candidate for the next bishop of Rome is Cardinal Bellini, a liberal with (relatively) forward-thinking views. On the other side of the ideological divide are Cardinal Tedesco, a fierce critic of the late pope who thinks the church has become too open-minded, and Cardinal Adeyemi, who believes gay people should be condemned to prison, then hell. Then there's the ambitious Cardinal Tremblay, a candidate who skews liberal but whose only real belief seems to be that he should be pope. The movie ends with the election of a pope who is not a woman, but whose anatomy and existence “between certainties” allows for a far broader perspective on gender than traditionalist Catholics would have. In the end, all of the cardinals' bickering and betrayal can't thwart an ascension of feminine power that feels preordained. *Conclave* seems to suggest that “the world only spins forward.” It's a hopeful and perhaps overly optimistic notion, to be sure, but in the present political milieu, it's not an unwelcome one.



ALL THE YOUNG DUDES

Georgia, USA, 1973. Glam Rocker Billy rebels against his conservative high school, inspiring admiration from an unlikely ally with a desire to walk on the wild side. Finding a kindred spirit when you feel alone in the world is everything. A moment of queer awakening portrayed in an 8-minute short film!

FRIDAY, MAY 16th, 2025

1:30PM *at the* PRIDE CENTER

FREE POPCORN and SODA

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



SAGE OF SOUTH FLORIDA LUNCHEON MEETUP

Everyone is welcome!!

Black Rock Bar & Grill

Tuesday June 3, 2025 – 1:00 pm

Black Rock
BAR & GRILL

6200 N. Federal Hwy , Fort Lauderdale, FL 33308

(954) 368-2525

Black Rock Bar & Grill is an award-winning steakhouse specializing in steaks served and cooked to perfection by you on a 755-degree volcanic sizzling rock. Our concept ensures that every bite is just as hot and juicy as the first, and is always cooked just the way you like it!

This method of cooking is the newest phenomenon in the culinary world. It creates a memorable dining experience, making Black Rock the ideal restaurant for special occasions, as well as for everyday dining with friends and family.

WHY EAT ORDINARY, WHEN YOU CAN EAT ON A ROCK?!

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: July 1, 2025 @ 1pm



SPANX The Hog

147 S Cypress Rd,

Pompano Beach, FL 33060