

The SAGE

The Newsletter of SAGE of South Florida

August 2026

CURE FOR THE SUMMERTIME BLUES



Have the summer doldrums got you down? Well, what good is sitting alone in your room? SAGE of South Florida is here for you! We've been serving our community for over thirty-two years. Avail yourself of our many social and educational opportunities. Do some summer reading and attend our **Book Discussion Group**, which will be celebrating its thirty-first anniversary. Take part in one or all of our weekly discussions at the **SAGE ON THE**

BORDER/ALTERNATIVES (SOBA), Men's Drop-In, or Co-Ed Drop-In groups. Treat yourself to our monthly dinners and lunches and enjoy a movie. Now, turn off your laptop. Put down your smartphone. Get offline and get in line to participate, connect, and spend some quality time with your SAGE family.

LUNCHEON MEETUP

Everyone is Welcome!!

Tuesday, August 4, 2026 @ 12:30pm

299 S Pompano Pkwy, Pompano Beach, FL 33069

(954) 953-7138



MADNESS BUFFET is a popular dining destination known for its extensive selection of freshly prepared dishes from around the world. Guests can enjoy a wide variety of Asian specialties, seafood, sushi, American favorites, desserts, and made-to-order options in a welcoming, family-friendly atmosphere. With generous choices and something for every taste, Madness Buffet has become a favorite spot for gatherings, celebrations, and casual dining.

When you arrive, just tell the hostess that you are with SAGE.

No advance reservations necessary
Just show up and pay for what you order



Aim Camera at QR Code
to go to SAGEwebsite.org

Senior Action in a Gay Environment

SAGE Message Line - 954.634.7219 - www.sagewebsite.org

SAGE BIRTHDAYS FOR THIS MONTH

First Name	Last Name	Birthday	First Name	Last Name	Birthday
PETER	LISZEWSKI	AUG-01	DAVID	SHAPIRO	AUG-19
LORENZ	MUTHER	AUG-01	RICHARD	DEVRIES	AUG-20
RICHARD	MAGGIORE	AUG-04	JOEL	RUBIN	AUG-20
CHARLES	SCARCELLA	AUG-04	PHIL	PRENTICE	AUG-21
MICHAEL	THAU	AUG-07	RON	RUGGIERO	AUG-22
TED	FISHER	AUG-09	JOEL	RISC	AUG-23
STEVE	THAYER	AUG-09	MICHAEL	GAGNE	AUG-24
DAVID	LEACH	AUG-10	DAVE	HALL	AUG-24
ANN	SMITH	AUG-11	KAY	TOWNS	AUG-25
HOWARD	TERRY	AUG-12	ROBERT	RIEDEL	AUG-26
ELISA	ERNSTOFF	AUG-17	FRAN	BUCKLEY	AUG-27
WILLIAM	WHITENER	AUG-17	RICHARD	VOLK	AUG-27
BETTY	CONSTANZA	AUG-18	RICHARD	BROWNSCOMBE	AUG-28

5 Year Anniversaries

DOUG KENT, PHIL PRENTICE

20 Year Anniversaries [July 2026]

KEN MOORE

New Members

JOSE ARVELI, JAMES DOLAN, JEFFREYPIEKARKSY

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:	Michael Gagne
Secretary:	Shawn White
Treasurer:	Paul McNamara
President Emeritus:	Patrick S Vida

BOARD MEMBERS AT LARGE

Ken Goodman	Kathy Macchio
Jorge C, Herrera	Brent Pagnotta
Marilyn Lamkay	Patrick S Vida
Lee Lawson	

VOLUNTEERS

Jean Arthurtun	J Michael Martin
Richard Calvin	Sonny Miller
Frank Cavanaugh	Frank Piasecki
Jefy Gaines	Ed Slough
Betty Gambino	

Lifetime Members

BOB ADAMS – JIM AMON – CHRISTOPHER BATES – BILL BASIST – 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 – 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 LGBTQ+ senior community through membership inclusive of age, gender, race, nationality, religion, sexual orientation, and gender identity. 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 reaching out to support and engage isolated and homebound persons of our community. SAGE of South Florida was founded in 1994 as a Florida "not for profit" corporation (Federal Tax-Exempt Status of 501 (c) 3, allowing tax-deductible donations.

Email: sagesofl@gmail.com

Phone: 954.634.7219

Website: www.sagewebsite.org

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

Facebook: www.facebook.com/SageOfSouthFloridaInc

SAGE of South Florida is an independent organization not affiliated with SageUSA.

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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), par of the Area Agency on Aging:

In Broward Count – 954.745.9779 adrcbroward.org

In Palm Beach County – 561.684.5885 aaapbtc.org

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) for medical needs, rent/mortgage payment, utility charges, or transportation costs. For information, contact **SunServe at 954.764.5150.**

SAGE NIGHT OUT

Ed Slough

Join us **Wednesday, August 26th** 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/>.



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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. 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 this month's *Early Bird Dinner*. The event for August will be at **Chow Time Buffet Restaurant, 6997 W Commercial Blvd, Tamarac, FL 33319 (954.721.8688), on Wednesday, August 12th, at 5:00pm**. Chow Time has five aisles of Asian and American dishes to choose from. There are beef, pork, chicken, and BBQ rib options, as well as plentiful seafood options such as shrimp, clams, mussels, crab, crayfish, and fish. Of course, there are also a great many salad and vegetable options as well. And in addition, there are grilled-to-order choices with beef, pork, chicken, shrimp, and vegetables. And there is also a dessert aisle with cakes, cookies, fresh fruit, and ice cream. **All You Can Eat for \$17.95**. Please notify me if you would like to attend this dinner so I can give the restaurant a heads-up: wildhybrid.aol.com.

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I hope you can join us on Wednesday.



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.

NOTES FROM THE MEN'S DROP-IN

Jefy Gaines



Ahhhhhh, August – the lazy hazy days of Summer, dog day afternoons, and fun! We're talking lots of fun and laughs. August is initially and mostly in a Leo Sun, a fire sign, radiant energy, and the 5th house, represented by the lion, Majestic, the top dog. The Sun rules Leo and is considered the ruling planet of the zodiac. It represents our core essence, vitality, ego, and identity. The Sun is the center of our solar system, symbolizing warmth, light, and life-giving energy. We'll see grand generosity, passion, fierce loyalty, and creativity, fingers crossed. Around the 19th we Cusp into Virgo, "the Cusp of Exposure", combining 2 very strong, smart, signs: fiery, confident Leo and grounded, analytical Virgo, WOW!

So, what are you doing Wednesdays 1 to 2 PM? Come sit in on the Men's Drop-In for an hour, sponsored by SAGE of South Florida and Fort Lauderdale Prime Gentlemen. One and all are always welcome. No membership or registration is required.

So, fasten your seat belts and let's have some fun! People start to trickle in at 12:30pm for some schmoozing and crosstalk, then at 1pm we have announcements of upcoming events, and then everyone has an opportunity to share, (or not), about what's going on: Movies, dinners, health, family, feelings. We close at 2pm with kibitzing and jokes. Sometimes comical, and sometimes not. Moaning is permitted; we always have good-spirited fun.

Zoom meeting ID: 275 139 4844,

Passcode: 076609 or in person at the Pride Center, Room 206

SAGE CO-ED DROP-IN

Michael Gagne & Kathy Macchio



EVERY THURSDAY at 3:00PM on Zoom!

Looking for good company and connections? Join Kathy and Michael every Thursday for the SAGE Co-Ed Drop-In. It's casual, it's friendly, and it's all about **you**. Bring your stories, your questions, your thoughts – whatever is on your mind.

Catch up with old friends, meet new ones, and enjoy the mix of socializing, witty banter, and conversation. All are welcome!

See you Thursday!

Meeting ID: **275 139 4844** Passcode: **076609**

SENIORS of TODAY *at* Hagen Park



Excursion to Flamingo Gardens Monthly Movie *at the* Pride Center



Early Bird Dinner *at The Ambry*



For up-to-date information on
SAGE, follow us on Facebook:

[SAGE of South Florida, Inc.](#)

View more photos at the
Photo Gallery on our Website:

www.sagewebsite.org

Lunch & Learn

Saturday, August 1, 2026, at 12:30pm

HERB SKOLNICK COMMUNITY CENTER

800 SW 36TH AVENUE, POMPANO BEACH, FL

RESERVATIONS REQUIRED

MEMBERS – \$10.00 GUESTS – \$17.00 NEW PRICE!!

Credit Cards Accepted

Reservations **MUST** be made by 12:30PM on Friday, July 31, 2026

EMAIL To: **SAGEsofl@gmail.com** OR BY CALLING: **(954) 634-7219**

Wish of a Lifetime



Charlie Siegel explains the awesome impact of **AARP's Wish of a Lifetime** program, which helps older adults turn meaningful dreams into reality. Through personalized experiences, the program celebrates the accomplishments, passions, and life stories of seniors while helping them reconnect with the people and moments that matter most. As part of AARP's charitable efforts, Wish of a Lifetime continues to inspire hope, joy, and purpose by showing that it is never too late to pursue a lifelong dream

MENU

Pan con Tomate Bread - Salad

Penne alla Vodka - Meatballs - Grilled Chicken

Mixed Fruit - Canolli

SAGE/PRIME GENTLEMEN MOVIE

The most surprising thing about ***Twinless*** is twofold: It is unusually funny, with a very clear sense of how people interact in amusing ways with each other, and with an equally unusual sense of danger. It begins with a fatal car accident on the streets of Portland, Oregon, shortly followed by the funeral where the chief mourners are Rocky and his mother. They are burying Rocky's identical twin brother Roman. Rocky decides to stay in his brother's apartment and begins attending a support group for twins who have lost their twin, where he meets Dennis. Rocky is a former MMA fighter who likes ice hockey and boobs, while Dennis works in PR, has a high level of anxiety, and is super gay. Despite their differences, they start hanging out. ***Twinless*** is darkly funny, but heartbreaking, too. It is an emotionally rich rollercoaster – an uncomfortable, pitch-black comedy you won't be able to look away from.



FRIDAY, AUGUST 21ST, 2026
1:30PM at the PRIDE CENTER
FREE POPCORN and SODA

SOCIAL SQUAD

Michael Gagne



As the summer winds down, **SAGE of South Florida** continues to do what it does best—bringing people together through great food, good conversation, and even better friendships. One of the greatest joys of SAGE of South Florida is seeing familiar faces month after month while also welcoming new members who quickly discover what makes our organization so special. Whether you've been attending for years or are thinking about joining us for the first time, there's always a seat waiting for you at our table.

Join us on **Tuesday, August 4 at 12:30 PM**, for our monthly lunch at the ever-popular **Madness Buffet** in Palm Aire. If you enjoy having lots of choices, this is the place to be. Madness Buffet offers an impressive selection of freshly prepared dishes, from comfort food favorites to international cuisine, along with an extensive salad bar and delicious desserts. Everyone is sure to find something they'll enjoy, making it one of our favorite destinations for a relaxed afternoon together.

Then on **Monday, August 17**, we're returning to one of our members' favorite restaurants, **Cucina Moderna**, for a special **Parmigiana Feast**. For just **\$19**, you'll enjoy a fresh salad, your choice of a delicious parmigiana entrée, and a scoop of creamy gelato to finish the meal. It's an incredible value for such a wonderful dining experience. Convenient parking is available in the garage behind the building—just remember to bring your parking stub inside for complimentary validation. Be sure to check out the information in this newsletter and online for all the details.

Looking ahead, mark your calendar for **September 1 at 12:30 PM**, when we'll gather for lunch at **Lester's Diner** in Pompano Beach. Lester's has been a South Florida favorite for generations, known for its welcoming atmosphere, generous portions, and an extensive menu that offers everything from hearty breakfasts to classic deli sandwiches and home-style dinners. It's the kind of neighborhood restaurant where everyone feels comfortable, the coffee keeps flowing, and conversations linger long after the meal is over.

One of the things I enjoy most about our monthly lunches is that they're more than just meals—they're opportunities to build friendships, reconnect with old friends, and meet someone new. Time and again, I've watched first-time guests leave feeling like they've found a new community. That's what SAGE is all about.

As always, **every SAGE Lunch and Meet-Up is open to everyone**, so don't hesitate to invite a neighbor, coworker, family member, or friend. Sometimes all it takes is one invitation to introduce someone to a community they'll cherish for years to come.

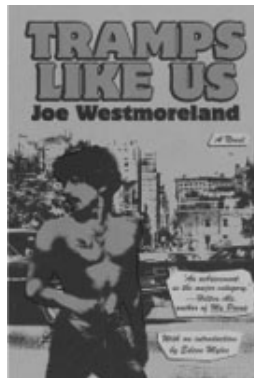
Come, bring a friend. Come, make a friend. Or come and be a friend. SAGE of South Florida is a home for everyone looking to make a connection with some of the most wonderful people I have ever had the pleasure of knowing. I hope to see you at one—or all—of our upcoming events

SAGE/PRIME GENTLEMEN BOOK DISCUSSION GROUP

Paul McNamara



This month's selection for discussion is **"Tramps Like Us"** by Joe Westmoreland.



The novel is a modern-day Huckleberry Finn. It's an all-American story about the search for home, for a better life, and feeling like a refugee in one's own country. It's about creating a family from a group of misfits. It tells what it was like to come of age in the era between gay liberation and the beginning of the AIDS crisis.

Abused by his father and stifled by a closeted life as a teenager in Kansas City, Joe, the wide-eyed narrator of *Tramps Like Us*, graduates from high school in 1974 and hits the road hitchhiking. But it isn't until he reunites with Ali, his hometown's other queer outcast, that Joe finds a partner in crime. When the two of them finally wash up in New Orleans, they discover a hedonistic paradise of sex, drugs, and music—a world that only expands when they move to San Francisco in 1979.

Told with openhearted frankness, the book is an exuberantly soulful adventure of self-discovery and belonging, set across a consequential American decade. In New Orleans and San Francisco, and on the roads in between, Joe and Ali find communities of misfits to call their own. The days and nights blur, a blend of LSD and heroin, new wave and disco, orgies and friends, and the thrilling spontaneity of youth—all of which is threatened the moment Joe, Ali, and seemingly everyone around them are diagnosed with HIV. But miraculously, the stories survive.

Tramps Like Us will be discussed at the next meeting of the Book Discussion Group, to be held on **Saturday, August 22 from 11:00am to Noon, at the Stonewall Library, 1300 E Sunrise Blvd, Fort Lauderdale**, and simultaneously on Zoom. (Meeting ID: 275139 4844 and Pass Code: 076609)

SEPTEMBER MEETING:

The selection for the September 26, discussion is:

"The Soul Beneath the Skin: The Unseen Hearts and Habits of Gay Men"
by David Nimmons



SAGE Health Tips

Richard Calvin, BSN, Certified Rehabilitation RN (retired)



FOOD IS MEDICINE--*Trusted Advice for a Healthier Life*

Today we have the science to prove it. Yes, Popeye was right—SPINACH is a good source of fiber, impacting your metabolism, diabetes risk, immune system, and cancer risk. It also protects your heart, vision, and bones.

Luckily, our food supply provides us with all the nutrients we need. For many, as we age, our bodies become less efficient in processing foods, and thus the need for some nutrients increases, requiring increased intake and supplementation. Getting nutritious food and medically tailored meals may be out of reach for some; thus, healthcare providers can prescribe “produce vouchers” to help purchase fruits and vegetables. Eating enough of a variety of foods to get the full range of nutrients keeps our bodies functioning at their best.

Nourishing your body begins, of course, with eating— a process of breaking down foods into smaller bits and moving them through your digestive tract (also known as your gut). Eating a variety of plant foods— particularly fruits, vegetables, beans, whole grains, nuts, and seeds—helps your microbiome (good gut microorganisms) thrive. These foods supply plenty of fiber—a main fuel for those beneficial microbes. Eating a wide range of plant foods helps ensure a diversity of gut microbes, too. The food we eat also plays an important role in the process of inflammation, one of the ways the body heals itself in response to infection or injury. However, inflammation can also have a dangerous side if the immune system is turned up too high or stays activated beyond when needed. Chronic inflammation can be caused by many factors, and some of them are related to our lifestyles. In fact, plants are key to anti-inflammatory eating, because they’re a major source of antioxidant compounds that can help prevent or delay the damage inflammation causes. To put it all together: following an anti-inflammatory diet means eating an abundance of whole, minimally processed plants and plant-based foods and minimizing your intake of red meat and processed foods. It’s a delicious food prescription!

Proven examples of how it works: PRUNES will set you free—nature’s answer to constipation; WHAT YOU EAT affects the health of your gut and your brain—research is examining the gut- brain connections to Parkinson’s and Alzheimer’s, and brain fog affecting concentration, focus, and memory, as a result of undereating or malnutrition; the Mediterranean, MIND, and DASH diets lower the risk of cognitive decline, heart disease, and stroke; new research shows the eating HIGH-FAT CHEESE OR CREAM in moderation is associated with a lower risk of dementia and cardiovascular disease; reducing sodium lowers blood volume and thus blood pressure.

Consensus is growing that your diet should play a larger role in our overall approach to health by targeting the root causes of diseases to prevent them before they arise. **Food is Medicine.**

References & Resources: Clinic Health Essentials: *Salt Raises Your Blood Pressure?* Harvard Health Publishing: *A Guide to the DASH Diet*; and *Tips to Leverage Neuroplasticity to Maintain Cognitive Fitness As You Age*; and *Food Is Medicine*; NutritionFacts.org: *Prunes: Nature’s Answer to Constipation*; NYTimes: *A Study Linked to Cheese to Lower Dementia Risk*; and *Does the Mind Diet Prevent Dementia*; NPR Health Tips: *Expert Takeaways on Gut Health and Brain Function*; *Can Certain Nutrient Deficiencies Cause Brain Fog?*

SAGE cares because YOU care about your health.

Please always seek advice from your physician/nurse practitioner/physician assistant.

Friendly Visitor Program



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 Mario Negron at (929) 458-2145 or Franklin Monjarrez at (786) 604-0082.

SAGE of South Florida

An Evening with Exquisite Parmigiana at:



721 N Federal Hwy, Fort Lauderdale, FL 33304

Parking garage in the back. Bring your parking stub for free validation.

Monday, August 17, 2026

Cocktails & Conversation at 5:00pm - 5:30pm Dinner

Entrée: (Choice of One) with Salad:

- 1) Risotto Primavera
- 2) Eggplant Parmigiana
- 3) Veal Parmigiana
- 4) Chicken Parmigiana

Dessert: Scoop of Gelato

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

PRICING: \$19 @ Members & \$25 @ Non-members

(A portion of Member Cost subsidized by SAGE of South Florida)

Reservations Close 1pm Saturday, August 15, 2026

No Reservations Will Be Accepted after this date & Time

Cucina Moderna, Monday, August 17, 2026

_____ Member @ \$19 _____ Non-Member @ \$25 Phone # _____

Name: _____ Entrée Choice _____

Name: _____ Entrée Choice _____

Mail Payment to: **SAGE at PO Box 70516, Oakland Park, FL 33307**

To reserve by Credit Card Call the **SAGE Message Line at 954-634-7219** (Please leave your name and phone number)

This is a SAGE of South Florida Sponsored Event

A horizontal bar with a rainbow gradient, transitioning from red on the left to purple on the right.