

The SAGE

The Newsletter of SAGE of South Florida

September 2026

SAGE MEMBERSHIP NEWS

IMPROVEMENTS TO THE MEMBERSHIP RENEWAL PROCESS

SAGE membership renewals are due annually during the month in which the member celebrates his or her SAGE anniversary. Currently, renewal reminder letters are sent via the United States Postal Service. Beginning this month, renewal letters are now being sent by email only.

This email will include a link, which will allow members to pay their membership dues online using a debit or credit card. As the USPS level of service continues to decline, this improved email renewal process eliminates the possibility of paperwork being "lost in the mail." Members will now be instantly notified of their membership status and their next renewal date.

The small number of current members who do not have access to email can expect to receive a telephone reminder on their renewal date from SAGE's Treasurer and Membership Secretary, Paul McNamara.

UPDATE ON LIFETIME MEMBERSHIPS

The SAGE of South Florida Board of Directors recently made a decision to no longer accept any **new** applications for Lifetime Membership. This decision applies to new members only, and existing Lifetime Members are not affected.

LUNCHEON MEETUP

Everyone is Welcome!!

Tuesday, September 1, 2026 @ 12:30pm

1924 E Atlantic Ave, Pompano Beach, FL 33069

(954) 783-2109

Located in Pompano Beach, Lester's Diner is a beloved South Florida restaurant known for its welcoming atmosphere, generous portions, and classic American comfort food. Serving breakfast, lunch, and dinner, the diner has earned a loyal following by offering fresh, homemade favorites and friendly service. Whether stopping in for a hearty breakfast or a traditional diner meal, guests can always count on a warm welcome and a satisfying dining experience.



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

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

SAGE BIRTHDAYS FOR THIS MONTH

First Name	Last Name	Birthday	First Name	Last Name	Birthday
GINO	BRANDIMARTE	SEPT-01	RAYMOND	STEPNOWSKI	SEPT-16
DAVID	GRIPP	SEPT-01	CLAYTON	RANEY	SEPT-18
BOB	ADAMS	SEPT-02	SUE	CHARRON	SEPT-19
ERWIN	AUPPERLE	SEPT-02	THOMAS W	MCGRAW	SEPT-20
JERRY	ZYGMUNT	SEPT-02	RAQUEL C	WHITE	SEPT-20
BONNIE	BERG	SEPT-04	BILL	HEVERT	SEPT-22
ROGER	OSHEA	SEPT-04	MARTY	WEINSTEIN	SEPT-23
TERRY	WILLIAMS	SEPT-04	MARC	FLANAGAN	SEPT-24
HAROLD	ATCHISON	SEPT-05	STEVE	FLEISCHMAN	SEPT-25
IRMA	REY	SEPT-07	DEB	MCNERNEY	SEPT-25
JERRY	WALKER	SEPT-07	RODNEY	HARRISON	SEPT-26
BETTY	GAMBINO	SEPT-13	MICHAEL	VITA	SEPT-29
AKIVA	TURNER	SEPT-13	NORMA	WINGO	SEPT-30
KENNETH	MOORE	SEPT-15			

5 Year Anniversaries

DAN CHADBURN, TOM NICHOLS

15 Year Anniversaries

FRANK PIASECKI

10 Year Anniversaries

RAY J LEGALL, STEVE THAYER

New Members

JOHN EMBLER, LARRY LAIKEN, OWEN MARR, ROBERT VIZCON

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
 Jorge C, Herrera
 Marilyn Lamkay
 Lee Lawson

VOLUNTEERS

Jean Arthurton
 Richard Calvin
 Frank Cavanaugh
 Jefy Gaines
 Betty Gambino

Lifetime Members

BOB ADAMS – JIM AMON – CHRISTOPHER BATES – BILL BASIST – ROBERT J BOZEK – RICHARD CALVIN – ALLEN CHURCHMAN – 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, September 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. 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 September will be at **Zukerello's Italian Restaurant, 3017 E Commercial Blvd, Fort Lauderdale, FL 33308 (954.77-4282), on Wednesday, September 9th at 5PM**. In addition to Zukerello's regular 'Early Bird Menu', they are offering a special: For \$29.95, any entrée on the menu (except lamb chops), plus soup or salad, any fountain drink, and ice cream for dessert. Zukerello's has always been a very popular destination. The quality of the food is excellent, the portions are generous, and the discounted prices are really good – which makes this a good choice for the "Early Birds". This event was inspired by Chicago Patrick. Please notify me if you would like to attend this dinner so I can give the restaurant a heads-up: wildhybrid.aol.com.

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.

Celebrating over 32 years of service to our community

NOTES FROM THE MEN'S DROP-IN

Jefy Gaines



September, the end of Summer, and Fall is upon us. Oh come on, it's still like Summer in South Florida. It's an endless Summer! And astrologically, the Sun in September is mostly in Virgo, the 6th Sign, a Mutable Earth Sign, which means an end, 'the last rose of Summer,' a new beginning, changes, and the unexpected. We're talking serious, meticulous cleanliness and order. Ruled by Mercury, a messenger—loyal, analytical, kind, hard-working, and practical. Sounds good to me! Symbolized by a Maiden, a Virgin, and purity. The month ends in a Virgo/Libra Cusp, "The Cusp of Beauty," a blend of Virgo's analytical, practical nature with Libra's charming, elegant, easy-going qualities. Libra brings fairness and justice.

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

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.

Join us every Wednesday at 1PM, in person at the Pride Center, Room 206, or on Zoom.

Zoom meeting ID: 275 139 4844,
Passcode: 076609

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**

SAGE Message Line - 954.634.7219 - www.sagewebsite.org

SAGE Lunch & Learn *at the Skolnick Center*



SAGE Dinner Meetup *at* Courtyard Café



SAGE Luncheon Meetup *at* Madness Buffet

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

Use the QR Code to access our Website:



Lunch & Learn

Saturday, September 5, 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, September 4, 2026

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

MENU

A picnic lunch from Publix, fried chicken,
potato salad, coleslaw and more!

SAGE/PRIME GENTLEMEN MONTHLY MOVIE



Jimpa is Sophie Hyde's highly unorthodox family portrait that pays tribute to her dad, who fought for gay rights but died before the filmmaker's trans child could appreciate his pioneering personality.

Jimpa is a film about progress, not going back. Inspired by lessons of living with an activist gay father and a non-binary child, the semi-autobiographical drama captures and celebrates the ripple effects of the Sexual Revolution across three generations.

In this family, Grandpa Jim or "Jimpa" as he prefers to be called had two kids before coming out in the early '70s. Jim and his wife challenged convention by staying together. Hannah insists that the very thing that makes her family unique is how amicably everyone deals with life's curve balls. "They chose kindness over conflict," Hannah explains. These family members seem exceptionally comfortable in one another's presence, demonstrating the kind of mature, tactful communication meant to respect the feelings of all involved. But that doesn't mean they always see eye to eye. Disputes are not only normal but necessary a notion that always-provoking Jimpa takes impish delight in testing.

FRIDAY, SEPTEMBER 11th, 2026

2:30PM at the PRIDE CENTER

FREE POPCORN and SODA

SOCIAL SQUAD

Michael Gagne



As we head into **September**, the **SAGE of South Florida calendar** continues to give us plenty of opportunities to get together, enjoy great food, and spend time with friends. One of the things that makes our gatherings so special is the opportunity to welcome new faces while reconnecting with friends we may not have seen in a while.

We're excited to continue our new monthly gathering on the **first Thursday of each month at 5:00 PM at Courtyard Cafe**, located at 2211 Wilton Drive in Wilton Manors. Courtyard Cafe is a long-time favorite known for its welcoming atmosphere, generous portions, and a menu filled with something for just about everyone. Their BOGO special on lunch and dinner platters makes this an especially great opportunity to enjoy a delicious meal at a terrific value. Bring a friend on **September 3 at 5:00pm and meet someone new**.

Our monthly Tuesday luncheon will be held on **September 1 at 12:30 PM at Lester's Diner - Pompano**, located at 1924 E. Atlantic Boulevard in Pompano Beach. Lester's is a classic South Florida diner that is a comfortable and casual place to gather, catch up with friends, and enjoy a leisurely afternoon together.

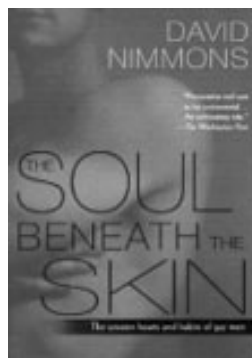
Then, on **Monday, September 21 at 5:00 PM**, September's dinner takes us back to everyone's favorite, **Madness Buffet**, located at 299 S. Pompano Parkway, Pompano Beach, FL 33069. With an incredible selection of seafood, sushi, hibachi, Asian favorites, and desserts, Madness Buffet offers something for every taste and appetite. There's an extra reason to join us this time: **SAGE members can save \$8.00 by RSVPing early**. The SAGE price of \$18 includes tax and tip! So don't wait—reserve your spot and join us for another fun evening of great food, laughter, and friendship.

Finally, we're looking to reestablish our **Opera Lovers** group and would love to hear from anyone who enjoys **opera, ballet, and/or musicals**. Whether you're a long-time fan of the performing arts or simply interested in discovering something new, this group will be a wonderful way to enjoy performances with others who share your interests. The group is open to the entire community, so if you are interested, please contact me at **MGagneSAGE@gmail.com**.

Events like these are what make SAGE of South Florida so special. They remind us that connection matters at every stage of life and that nobody should ever feel alone in this community. As always: **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 build connections with some of the most wonderful people I have ever had the pleasure of knowing. I look forward to seeing many of you at our upcoming events.

SAGE/PRIME GENTLEMEN BOOK DISCUSSION GROUP

Paul McNamara



This month's selection is ***The Soul Beneath the Skin: The Unseen Hearts and Habits of Gay Men*** by David Nimmons.

Among the most acclaimed books on the gay male experience, ***The Soul Beneath the Skin*** explores the wide variety of social and ethical experiments in gay men's lives and their implications both for gay men and society at large.

Published in 2002, this surprising and thought-provoking book begins with the less-than-obvious fact that, in the years since the historic uprising of the Stonewall riots, an enormous number of social science studies have been done on gay men. Dave Nimmons proceeds to synthesize that information to reveal a number of unseen patterns of gay male behavior and some truths about our lives that we feel instinctively but have not named.

For instance, countless studies show that gay men have developed a culture in which public violence is almost nonexistent, which is notable when you consider that violence in this society is almost entirely a male phenomenon. Even in intensely overcrowded gay bars and discos, with alcohol and testosterone saturating the atmosphere, fistfights are virtually unheard of. In the area of volunteerism, study after study shows that gay men volunteer at a much higher level than any other segment of the population (and, very interestingly, our volunteerism is about evenly divided between gay and non-gay causes, as are our charitable contributions). Our patterns of intimacy and friendship are much more diffuse and extended than heterosexual patterns; sexual jealousy and exclusiveness are extremely different, as are our relationships with women and our pursuit of playfulness and sexual bliss.

These social innovations, strikingly similar to the teachings of the great spiritual traditions, suggest a new and profound public ethic, and a stirringly optimistic vision of a social revolution as radical as it is unnoticed.

The Soul Beneath the Skin will be discussed at the next meeting of the Book Discussion Group, to be held on **Saturday, September 26, 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)

OCTOBER MEETING:

The selection for the October 24, 2026 discussion is:

Four Squares: A Novel
by Bobby Finger





Benefits of the DASH Diet

According to the Centers for Disease Control and Prevention (CDC), almost half of Americans (48%) have high blood pressure, which causes heart disease, stroke, kidney damage, vision loss, aneurysms, type 2 diabetes, colorectal cancer, cognitive decline, and metabolic syndrome. A major clinical trial in which participants followed the Dietary Approaches to Stop Hypertension (DASH) eating plan produced striking results—significant blood pressure drops.

How the DASH diet lowers blood pressure: 1. Reducing sodium to 2,300 milligrams per day lowers blood volume, reducing pressure on blood vessel walls. 2. Abundant fruits and vegetables rich in potassium and magnesium relax blood vessels. 3. Daily servings of low-fat dairy products supply calcium, which helps maintain healthy blood vessels. 4. Limiting alcohol to no more than two daily drinks for men and one for women prevents raising blood pressure when drinking more.

Foods to eat: A broad range of fruits, vegetables, lean protein, whole grains, nuts, and low-fat dairy products. This top-ranking eating pattern is easy, versatile, and tasty.

Foods to limit: Red meat and processed meat, full-fat dairy products, tropical oils such as coconut and palm oil, sugar-sweetened beverages, and alcohol.

Superfoods: Cruciferous vegetables—cabbage, cauliflower, spinach, collard greens; walnuts and other tree nuts; olive oil; berries—particularly blueberries; salmon; farro; beans; green tea; sweet potatoes; broccoli; eggs; plain Greek yogurt; avocados; tofu; water; oatmeal; coffee; lentils; seeds like flax and pumpkin; citrus fruits; and dark chocolate.

Fruits, vegetables, tea, and coffee have antioxidants and other nutrients that help protect your brain from damage, support memory, improve mood, and support brain development.

Five Foods Containing Protein and Fiber are: 1. Beans and lentils; 2. Tofu, edamame, and soy foods (soy milk); 3. Nuts (almonds, peanuts, walnuts); 4. Seeds (chia, flax); 5. Whole grains (oatmeal, farro, brown rice, quinoa).

Whether you are actively trying to manage high blood pressure or simply looking for an evidence-based framework for healthier eating, DASH offers a clear, well-researched road map. It is adaptable to just about everyone.

References & Resources: *American Heart Association Alcohol Guidelines; AARP Healthy Living: Superfoods to Live Longer; Harvard Health Publishing: A Guide to the DASH Diet; National Heart, Lung, and Blood Institute; National Council on Aging: Best Superfoods for Seniors; New York Times: 5 Foods That Contain Both Protein and Fiber; Trusted Sources: Best Foods for A Healthy Brain and Improved Memory.*

In Memoriam



Longtime SAGE member **Ronald J. Seidle** died August 18, 2026, at the age of 88. Ron was born in Oklahoma on April 2, 1938. He spent his professional life in the field of broadcasting and authored *Air Time*, a survey of the industry published in 1977. His contribution to his profession was recognized when he won an Emmy Award. He was an avid supporter of many charitable and cultural institutions. Ron's husband, Fred A. Vega, predeceased him in 2020, after eighteen years of marriage. Ron will be missed by his SAGE family.

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 Tatiana Galdamez at (786) 885.0101.



SAGE

of
South Florida

SAGE DINNER

at

MADNESS BUFFET

AND RESTAURANT

Madness Buffet offers a wide variety of Asian and American favorites,
made fresh daily. Enjoy sushi, hibachi, seafood, and more in a
clean, spacious, and welcoming atmosphere.
It's the perfect place to gather, enjoy great food,
and spend time with friends!

SEPTEMBER 21 | 5:00PM

SENIOR DINNER PRICE

\$20.99

SAGE MEMBER PRICE

\$18

INCLUDES TAX & TIP!

THAT'S AN

\$8

SAVINGS!



TO RSVP &
MAKE PAYMENT
CALL OR EMAIL:



954-634-7219



SAGEsofl@gmail.com