The SAGE

The Newsletter of SAGE of South Florida

November 2026

This year we celebrate the nation's 163rd Thanksgiving Day. President Lincoln signed a proclamation on October 3, 1863, designating the last Thursday of November as a day of Thanksgiving. Congress made the fourth Thursday of November an official national holiday in 1941.

This Thanksgiving, while contemplating your gratitude for who you are and what you have, take a moment to consider how SAGE adds to the quality of your life. SAGE of South Florida's mission is to enrich the lives of LGBTQ+ community members by providing opportunities for social interaction, connecting with others, and encouraging the creation of friendships. A Michigan State University study reports that supportive friendships as we age were a stronger predictor of well-being than having strong family connections. So, take advantage of all the activities SAGE offers to stay connected. This Thanksgiving, make time to spend with your old friends and to make new ones.

LUNCHEON MEETUP

Everyone is Welcome!!

Tuesday, November 3, 2026 @ *12:30pm*

4711 North Dixie Highway, Fort Lauderdale, FL 33334

(954) 938-4473

Tequila Sunrise Mexican Grill in Fort Lauderdale is a casual, family-owned eatery serving authentic Mexican cuisine and fresh seafood. The menu features traditional favorites like fajitas, enchiladas, tacos, and sizzling seafood platters made with fresh ingredients and vibrant flavors. The warm, colorful décor and friendly staff create a lively, welcoming atmosphere that keeps locals and visitors coming back.

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.

SAGE BIRTHDAYS FOR THIS MONTH

First Name	Last Name	Birthday	First Name	Last Name	Birthday
ROBERT	TAUBER	NOV-01	ELAN	GARONZIK	NOV-18
JOHN	CAMINITI	NOV-03	ROBERT	ABEL	NOV-21
JOHN	FOXX	NOV-04	CAROL	CLARK	NOV-23
BRENT	PAGNOTTA	NOV-09	LEONARD	SANGINARIO	NOV-23
BRIAN	OCONNOR	NOV-13	JIM	HARCUS	NOV-26
NOEL	SCHAARSCHMIDT	NOV-14	JOHN	BOLTON	NOV-29

5 Year Anniversaries

SCOTT RIEDEL, IRMA REY

10 Year Anniversaries

GEORGE HASANDRAS

15 Year Anniversaries

RICHARD GILMER

New Members

MAURICE BRUET, STEVE FLORIO

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
Lee Lawson
Kathy Macchio
Brent Pagnotta
Patrick S Vida

VOLUNTEERS

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

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 – JOEL TENDLER – HOWARD TERRY – STEVE THAYER – TONY TSAGRIS – ED SLOUGH RAQUEL C WHITE – NORMA WINGO – JOSEPH YATES

SAGE MISSION STATEMENT: SAGE of South Florida (**S**enior **A**ction in a **G**ay **E**nvironment) 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.

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

Website: www.sagewebsite.org

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

Facebook: www.facebook.com/Sage of South Florida Inc

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

Celebrating over 32 years of service to our community SAGE Message Line – 954.634.7219 – www.sagewebsite.org

SAGE NIGHT OUT

Ed Slough

DUE TO THE THANKSGIVING HOLIDAY, THERE WILL NOT BE A "NIGHT OUT" FOR NOVEMBER.

There will be a special Thanksgiving Day Dinner on Thursday, November 26, 2026, at 4:30 PM at Checkers Old Munchen German Restaurant, 2209 East Atlantic Boulevard, Pompano Beach, FL 333062 (954.785.7565). A traditional turkey dinner will be offered for $27.99 per person. Their regular menu will also be available. If you need transportation, just let me know and I will arrange to have you picked up. This has been a very nice holiday for those of us who have attended in past years (when over 50 have attended). You are, of course, encouraged to bring your friends. Please let me know if you plan on attending: wildhybrid@aol.com.

Join your SAGE and Prime Gentlemen friends for this month's Early Bird Dinner. This month's event will be at Seaside Grill and Tiki Bar, 1406 North Ocean Boulevard, Pompano Beach, FL 333062 (954.783.3193), on Wednesday, November 11th, at 5 PM. This dinner group meets on the 2nd Wednesday of each month. We go to different restaurants that offer thrifty early bird specials or other low-cost selections and specials. The idea is to enjoy a night out with a group of friends without spending a whole lot. This event is targeting members of SAGE and Prime Gentlemen and their friends—which means you need not be a member of either group to join us for a dinner out. Everyone is welcome! Please notify me if you would like to attend this dinner so I can give the restaurant a heads-up: wildhybrid.ol.com.

I hope you can join us on Wednesday.

NOTES FROM THE MEN'S DROP-IN

Jefy Gaines

Happy Holidays to all! We're gliding into "The Season", beginning with Thanksgiving. I am very thankful for our incredibly supportive and active community. To quote Ed Slough, "You don't have to be alone on any holiday," with so many activities and so many of our supportive organizations.

November starts with a Scorpio Sun, the 8th house, a water sign, co-ruled by Mars and Pluto, very powerful, transformative, with hidden mysteries and connections. Let go and enjoy. The latter part of the month is super because it's the cusp into Sagittarius, known as the "Cusp of Revolution", which says it all – a boldness, a readiness to act. A blend of Scorpio's intensity and power with Sagittarius's optimism and charm, creating a passionate, daring, visionary experience. It's a "most wonderful time of the year" with friends, family, a time to make new friends, to seek new horizons, and create new memories to reflect on.

So, what are you doing Wednesdays from 1:00 PM to 2:00 PM? Come on, sit in on the Men's Drop-In. It's an hour sponsored by SAGE of South Florida and Fort Lauderdale Prime Gentlemen. No membership or registration is required. Every Wednesday in person at the Pride Center, Room 206, or on Zoom.

Fasten your seat belts and let's have some fun! People start to trickle in at 12:45 PM for some schmoozing and crosstalk, then at 1:00 PM we have announcements of upcoming events, followed by an opportunity for everyone to share (or not) about what's going on: movies, dinners, health, family, feelings. We close at 2:00 PM with kibitzing and jokes. Sometimes comical, and sometimes not. Moaning is permitted. We always have good-spirited fun. All are welcome.

In Person at the Pride Center, Room 206
Zoom meeting ID: 275 139 4844;
Passcode: 076609

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 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 Lunch Meet-Up *at* Las Vegas Cuban Restaurant

SAGE Night Out *at* Courtyard Café

SAGE/Prime Gentlemen Monthly Movie

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, November 7, 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, November 6, 2026

EMAIL to: SAGEsofl@gmail.com OR by calling: (954) 634-7219

There will be a presentation by
Certified Financial Planner **James Senior.**

A delicious Thanksgiving-themed lunch will be served!

SAGE/PRIME GENTLEMEN MONTHLY MOVIE

The city is as romantic as the country in the transformative gay drama **Drunken Noodles**, and a brief encounter can be just as meaningful and profound as a sustained relationship. This movie is a rich and often thrilling trip into writer/director Lucio Castro's personal understanding of how queer romance, sexual pleasure, and mind-expanding art can only flourish when we have enough room and receptivity to feel that everything inside us is either naturally or instinctively related.

Adnan's story is remarkable not only because he finds sex and art to be mutually expansive means of connecting with others. Rather, what really stands out in Drunken Noodles is Castro's knack for cultivating a shared gracefulness and air of possibility to unite scenes of pastoral beauty – leafy trees, unpaved roads, and a private brook, too – with enchanting urban settings where strangers can find and seduce each other anywhere, including city streets, art galleries, playgrounds, and apartments.

Drunken Noodles both is and isn't a romantic drama since it's more about how Adnan's desires are fulfilled without necessarily serving a greater purpose or resolution. He finds a subtly profound pleasure in longing, as well as in fleeting moments of connection with people and places that only ostensibly seem defined by oppositional relationships. Here, Castro looks past those superficial differences and celebrates the everyday pleasures of making connections that can be felt without necessarily being fully understood.

FRIDAY, November 20th, 2026

1:30PM *at the* PRIDE CENTER

FREE POPCORN *and* SODA

SOCIAL SCENE

LUNCHEON MEET-UP
Tuesday, November 3rd, 2026 – 12:30pm
TEQUILA SUNRISE MEXICAN GRILL
4711 North Dixie Highway
Fort Lauderdale, FL 33334
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!

DINNER MEET-UP
Thursday, November 5th, 2026 – 5:00pm
COURTYARD CAFÉ
2468 N Wilton Drive
Wilton Manors, FL 33305
BOGO special on lunch and dinner platters!
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/PRIME GENTLEMEN MONTHLY MOVIE
Friday, November 20th, 2026 – 2:30pm
THE PRIDE CENTER at EQUALITY PARK
2040 N Dixie Hwy Wilton Manors, FL 33305 Free popcorn and soda.
See Page 5 of this Newsletter for more information.

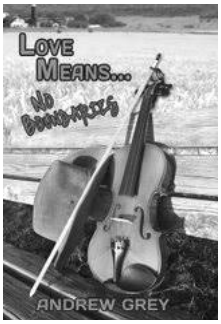
TEA DANCE
Sunday, November 8th, 2026 – 3:00pm
THE PRESERVE at PALM AIRE
3701 West McNab Boulevard
Pompano Beach, FL 33069
Call (954) 634-2819 for reservations. This is a FREE event!
See Page 8 of this Newsletter for more information.

TOWER CLUB
FORT LAUDERDALE

SAVE THE DATE!
Holiday Party
Friday, December 18th, 2026 – 1:00pm
The Tower Club
100 SE 3rd Avenue, 28th Floor
Fort Lauderdale, FL 33394
More information in next month's Newsletter.

SAGE/PRIME GENTLEMEN BOOK DISCUSSION GROUP

Paul McNamara



This month's selection for discussion is ***Love Means... No Boundaries*** by **Andrew Grey.**

Joey Sutherland has found a home with Geoff Laughton and his partner, Eli, living and working at the farm that has become a refuge after a motorcycle accident left him with a scarred face and a lot of insecurities. When Geoff's aunt Mari convinces them to take in a musician from the National Youth Symphony, Joey is reluctantly roped into picking him up, already anticipating the disgust he'll see on the man's face.

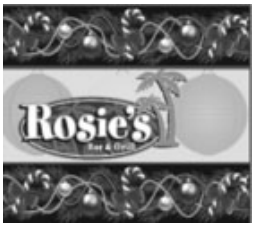
But Robert Edward Jameson surprises him: He's outgoing and friendly; he's willing to try just about anything around the farm; and he's blind, which goes a long way toward easing Joey's nerves. Joey and Robbie become inseparable and discover the beginnings of love. But summer is coming to an end, and Robbie will return to his home in Mississippi, where his family and servants see to everything he could want or need. Joey can only hope Robbie will take a chance on love and escape the boundaries that have shaped his sightless life.

Love Means ... No Boundaries is a tender and sweet love story that embodies all the elements of a good romance and excellent storytelling—the combination of which provides for a rich reading experience.

Love Means ... No Boundaries will be discussed at the next meeting of the Book Discussion Group, to be held on **Saturday, November 28, from 11:00 AM to noon, at the Stonewall Library, 1300 E Sunrise Blvd, Fort Lauderdale**, and simultaneously on Zoom. (Meeting ID: 275139 4844 and Pass code: 076609)

DECEMBER MEETING:

In lieu of a discussion meeting, the group will gather for the Annual Holiday Luncheon **at Rosie's Bar & Grill on Sunday, December 13 at 11:AM.**



Richard Calvin passed away on October 1, 2026, at 80 years of age. Richard was a wonderful friend and valued member of our SAGE family. He will be greatly missed.

Richard's first Health Tips column appeared in the March 2025 edition of the Newsletter. To honor his memory, we are reprinting some of Richard's most well-received articles. The article below first appeared in the August 2025 edition of The SAGE.

SAGE Health Tips

Richard Calvin, BSN, Certified Rehabilitation RN (retired)

THE WAY TO EAT HEALTHY AS YOU AGE

The latest and greatest (proven) information from numerous experts (including the British Medical Journal, Cleveland Clinic Health Essentials—Nutrition & Fitness, US Department of Agriculture, USFDA, Harvard Health, Mayo Clinic Health Letters, National Institute on Aging, Nature magazine, and Prevention magazine) suggests that one diet came out as the clear winner for better physical and mental health. In a 30-year study of 105,000 men and women and eight different diets, the people who stuck to this diet had the greatest likelihood of good health in their seventies. If your goal is to stay as healthy as possible as you age, the daily recommendation is that you should eat the following:

1. About five servings of vegetables, including extra helpings of green leafy vegetables that can reduce the risk of diabetes. Skip the potatoes and fries.
2. About four servings of fruit, which can protect against heart disease and some cancers.
3. Around five to six servings of whole grains, which can ward off heart disease, diabetes, and colon cancer.
4. A serving of nuts, legumes, or tofu, which adds protein and might help protect against diabetes and heart disease.
5. At least one serving of fish per week, providing fatty acids that are good for the brain and body.
6. Choose healthy unsaturated fats like olive oil instead of saturated fats like butter.

Protein requirements are higher in older adults. Researchers recommend that older adults consume 1–1.2 grams of protein per kilogram of body weight (one kilogram is 2.2 pounds). The Mediterranean or Dietary Approaches to Stop Hypertension (DASH) diets may be useful for reducing the consumption of animal protein. Lean animal proteins include fatty fish—fresh salmon and tuna, hard cheese, feta cheese, chicken, and turkey. Plant proteins include seitan (made from wheat minus the starch), tempeh (made from soybeans), tofu (made from soy milk), edamame, lentils, beans, peanuts, nutritional yeast, chickpeas, almonds, spelt, oats, quinoa, and peas. B-complex, iodine, iron, and zinc vitamin supplements may be necessary. The Mediterranean diet has been proven to have anti-inflammatory properties, resulting in a 24% reduction in cardiovascular disease and a 23% reduction in total mortality.

Healthy snacks include avocado, applesauce (no sugar), eggs, veggie chips, single-serve tuna, unsalted almonds, macadamia nuts, walnuts, air-popped, unsalted, unbuttered popcorn, low-sugar protein bars or drinks, peanut or other nut butter sandwiches on whole-grain bread, fresh fruit or veggies, low-fat cheese, hummus, guacamole, Greek yogurt, protein powder coffee—"proffee"—and fruit or veggie smoothies.

Cautions: Marijuana, which can be eaten, doubles the risk of cardiovascular death. Health data from two hundred million people worldwide showed twice the risk of stroke and cardiovascular disease. Researchers have also found associations between ultra-processed foods and heart disease, type 2 diabetes, dementia, Parkinson's disease, and some types of cancer.

There is no one-size-fits-all diet. Healthy diets can be modified to fit individual medical needs and preferences. Speak with your health care provider about the diet that is best for you.

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

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 Tatiana Galdamez at (786) 885.0101.

FREE
Tea Dance
featuring
Jennifer McClain
EVERYONE WELCOMED!
Light Buffet and Cash Bar
Sunday, November 8 @ 3pm
The Preserve at Palm Aire
3701 W McNab Rd, Pompano Beach, FL 33069
PLEASE RSVP
(954) 634-7219
SAGE
of
South Florida