

SANTA PAWS!

Thank you to all who brought their furry friends to SAGE for our Santa Paws event. Thanks also go to Ron "Santa" Baldwin!



Happy 2025. We want you to know that SAGE will be here for you -- as much as we are able. Our Center remains open. Potlucks will continue in Syracuse, Oswego, Utica, and Watertown. Ongoing groups like Writers and Fiber Arts will continue, and exercise classes are coming back.

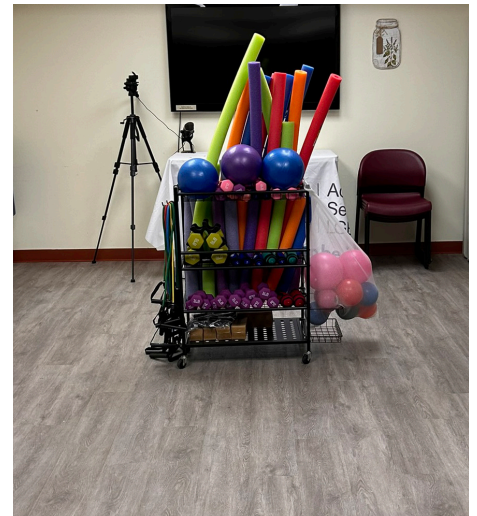
Our Neighborhood Advisor Program, which is funded by Onondaga County, will be operating at full capacity. Call Mananfor free and confidential assistance in finding resources from a variety of areas, including health care, legal advice, transportation, housing, nutrition, exercise, social programs and caregiver information. She can also help you fill out applications and provide information about your eligibility for benefits that might help.

However, SAGE has suffered a loss of funding that will make it difficult to operate at our full levels. Our ambassador program is on hold while we search for funding to keep critical outreach to BIPOC, Trans, and Rural communities in place. Some programs will come back soon, and some may be suspended for a time.

We are working on replacing lost funding with new sources of income, including grants, sponsorships, donations, and events. How can you help? If you are able to give, do that. If you can volunteer, come and help. If you know of a business we should reach out to, let us know. We'll be offering fundraising events throughout the year-- spread the word about them.

We thank all of the generous donors who supported us in 2024 -- that is what got us through the year. Those who have volunteered and participated in any way -- we couldn't do it without you either! Here's to hoping for good things in 2025.

FITNESS CLASSES ARE BACK!



We've got new flooring, we've got the equipment. All we need is you. Falls Prevention Fitness Classes come back this month, once a week, led by Barb Genton. The first class will be Friday January 17, and classes will continue on Fridays after that.

Fitness classes at SAGE are for anyone interested. The exercises can be done in a chair, or with moderate activity-- or they can be more active. If you're new Barb can start you slowly. If you're experienced, she can challenge you.

The Fitness Class is designed to build strength and improve balance -- both are important in reducing your risk for falls. Want more info? Contact Leslie at 315-478-1923 or llamb@sageupstate.org.

THIS MONTH AT SAGE

Bear-A-Cuse/SAGE Movie Matinee

Theater Thursday: Red One

Raffle -- at all potlucks:
win gift cards for gourmet meal packages!

Find more info on page 3.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JANUARY 2025</h1>			1	2 6 pm Dinner Out 10 am Walking Group	3	4 2 pm Utica Potluck
5	6 6 pm Men's Grp	7	8 5:30 Writers 7:00 Knitting & Fiber Arts	9 9:30 Breakfast Out 10 am Walking	10	11 1:00 pm Bear-A-Cuse/SAGE Movie Matinee 7:00 Gender Blend
12 3 pm Syracuse Potluck: New Year, New You	13 6 pm Men's Grp	14	15 5:30 Writers 7:00 Knitting & Fiber Arts	16 10 am Walking 12:30 Lunch Out 4:00 pm, Theater Thursday: <i>Red One</i>	17 Falls Prevention Fitness, 11 am 7 Men's Night Out	18 2 pm Watertown Potluck
19 2:00 pm Oswego Potluck	20 6 pm Men's Grp	21 6 pm Game Night	22 5:30 Writers 7:00 Knitting & Fiber Arts	23 10 am Walking Group	24 Falls Prevention Fitness, 11 am 6:00 Mahjongg	25
26	27 6 pm Men's Grp	28	29 5:30 Writers 7:00 Knitting & Fiber Arts	30 10 am Walking Group	31 Falls Prevention Fitness, 11 am	

Falls Prevention Fitness Classes return: Fridays at 11 am at SAGE and on Zoom (see sageupstate.org for Zoom link), starting January 17.	Men's Night Out: Social for SAGE guys, 3rd Friday, 7 pm
Game Night-- play games in the center with your SAGE friends	Oswego Potluck, this month 1/19, meets at Trinity Methodist; 45 E Utica St. Bring a dish to pass if you are able.
Bear-A-Cuse/SAGE Movie Matinee-- see p 3 for details	Second Sunday Potluck in Syracuse. Program: New Year, New You. Bring a dish to pass if you are able.
Gender Blend: 2nd Saturday, social/support for Trans/Nonbinary communities. In person and on Zoom (details at sageupstate.org). For info contact Johna: 315-478-1923 or jmelius@sageupstate.org .	Utica Potluck 1st Sat. 2- 4 pm at Utica Unitarian, 10 Higby Rd. Bring a dish to pass if you are able.
Knitting& Fiber Arts: Wednesdays at 7 pm. Learn, or work with others on knitting, crocheting, and other fiber arts.	Walking Group Thursdays in Syracuse: The group meets at the benches by Panera at Destiny on Thursdays at 10 am
Mahjongg in the Center, 4th Friday, 6 pm come and play-- if you don't know how, we can teach you.	Watertown Potluck: 3rd Saturday at 2 pm, All Souls Unitarian Universalist Church. Bring a dish to pass if you are able.
Meals OUT -- Dinner on the 1st Thursday, Breakfast on the 2nd Thursday, and Lunch on the 3rd Thursday, See details on p. 3	Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only-- link at sageupstate.org

SECOND SUNDAY POTLUCK IN SYRACUSE: NEW YEAR, NEW YOU



Do you keep meaning to schedule your annual check-up? Is it time to declutter and minimize some of your belongings? A new year is the perfect time to get motivated to finally do some of those things you've been meaning to do all year. Consider resolutions like exercising, eating healthier, volunteering, challenging your brain, visiting an old pastime, and spending more time with family. What are your resolutions? Do you make resolutions every year? Have you ever kept a resolution all year long? We hope to see you Sunday January 12 for our first potluck of 2025. Come socialize with friends, share your resolutions, play some games and eat. Join the fun by playing *New Years Would You Rather*, *What's on Your Phone*, *New Years Trivia* and *Find the Guest Bingo*. You will have a chance to win fun prizes for some of the games! We're also having a raffle-- see page 3.

BEAR-A-CUSE/SAGE MOVIE MATINEE



SATURDAY JAN. 11, 1PM

Join Les Wright in the SAGE Upstate Center on January 11, 1 pm, for a collaborative event-- the Bear-A-Cuse/SAGE Movie Matinee. The shows feature Bears, but everyone is welcome! Popcorn provided. More info about the shows:

Where the Bears Are, Season One, two episodes. It's a comedy mystery web-series that follows the exploits of three gay bear roommates living together in Los Angeles, as they attempt to solve the murder of a party guest that turned up dead in their bathtub.

Bear City is a feature film that follows a close group of friends in New York's gay bear community experiencing humorous situations, heartfelt romantic escapades, and a diverse array of personalities preparing for a big weekend party.

MEET YOUR SAGE FRIENDS FOR A MEAL

To RSVP, contact Ron or Leslie at 315-478-1923 or llamb@sageupstate.org.

1st Thursday Dinner: 1/2

6 pm, Plaza Grande, 2212 W Genesee St, Syracuse, NY 13219

2nd Thursday Breakfast: 1/9

9:30 am, Market Diner, 2100 Park St, Syracuse, NY 13208

3rd Thursday Lunch: 1/16 12:30 pm,

Olive Garden, 3147 Erie Blvd, Syracuse, NY 13214

OUTSIDE OF SYRACUSE

Open to LGBTQ+ folks and Allies in these towns and beyond.

Watertown:

Potluck on the 3rd Saturday, 2 pm (1/18)
All Souls Unitarian Universalist,
1330 Gotham St.

Oswego:

Potluck on 3rd Sunday at 2 pm (1/19)
Trinity Methodist, 45 E. Utica

Utica:

Potluck on the first Saturday (1/4), 2 pm
Utica Unitarian, 10 Higby Rd.

THEATER THURSDAY: RED ONE



Thursday 1-16, one showing: 4 pm

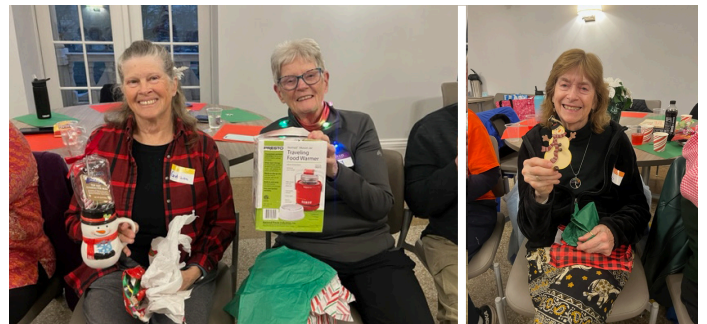
There's still time for one more Holiday Movie, right? In this one, Santa Claus is kidnapped and the North Pole's Head of Security must work with a notorious hacker in a globe-trotting, action-packed mission to save Christmas. Popcorn provided.

January Raffle AT ALL POTLUCKS

Get your tickets at Oswego, Syracuse, Utica and Watertown Potlucks to win a \$100 gift card for Home Chef Meal Delivery (homechef.com) AND a \$25 gift card from gourmetgiftbaskets.com. Winner will be announced at the end of the month. Tickets: one for \$1, six for \$5.



HOLIDAY POTLUCK IN SYRACUSE





431 E. Fayette St. Suite 050
Syracuse, NY 13202

Address service requested

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**I want to
keep
SAGE
STRONG!**

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Exp: CVV _____

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Please accept my one
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Can we recognize your
gift in SAGE publications?
 Yes No