

Program Highlights

NEW! Reflexology Hand Massage, Every Monday (January 22 and 29), 11:30am-12:30pm

Reflexology is an extremely effective form of massage, relating to the "reflex points" on the inside of the hand. It will reduce stress and tension in the individual, improve circulation and cleanse the body of toxins and impurities, as well as, renowned for revitalizing the energy, and is often used as a preventive healthcare.

Don't miss out on getting your Reflexology Hand Massage from Doug Macon.

Please Register in Advance to: Zoraida Ramos, 646-660-8951 ext. 224 and/or zramos@sageusa.org

NEW! Movie Lovers Club, Every 1st and 2nd Tuesday (January 9 and 23), 3:30pm

Are you a movie lover whom enjoys going to the movie theatre? If so, join our Movie Lovers Club and let's go catch the latest movies at AMC Magic Johnson Harlem 9. All you'll need is \$5!

Please Register in Advance to: Zoraida Ramos, 646-660-8951 ext. 224 and/or zramos@sageusa.org

NEW! Meditative Art, Every Wednesday (January 17, 24 and 31), 2-4pm

Meditative Art is applying a meditative state of mind while expressing creativity.

In our Meditative Art Class, facilitated by Rafaela Santos, you'll learn how to use your personal creative gift in a positive way, and this satisfying experience can support a harmonious lifestyle.

Please Register in Advance to: Zoraida Ramos, 646-660-8951 ext. 224 and/or zramos@sageusa.org

NEW! The Crown Jewel Salon, Every Thursday (January 11, 18 and 25), 10:30am-12:30pm

Getting weekly haircuts/hairstyles can get quite expensive but starting in 2018, come get a fabulous new haircut or hairstyle by Professional Hairstylist Ed Wallace, FOR FREE! Don't miss out on this wonderful service.

When you look good, you feel good!

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NEW! School of Natural Self-Care, Every 1st and 3rd Thursday (January 11 and 25), 2pm-3:30pm

We all know that natural is better and healthier!

Join Karen Exilus in making natural products for your everyday self-care needs.

In this class, you will learn how to make lotion, facial masks, fragrances, soap, etc.

Please Register in Advance to: Zoraida Ramos, 646-660-8951 ext. 224 and/or zramos@sageusa.org

NEW! Self-Defense, Every Friday (January 12, 19 and 26), 11:30am-12:30pm

The world we live in can be quite dangerous. Therefore, it is important to learn techniques on how to physically protect yourself from villains. Our Self-Defense Class, facilitated by Elba "Cookie" Melendez, will teach you awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques that enable someone to successfully escape, resist, and survive violent attacks.

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Fabulous "Game Night" Friday, Every 4th Friday (July 28), 6-10pm

Don't miss out on our popular monthly social get-together that celebrates the "fab" in us all with special programming and refreshments. This month join us for an evening of fun board games and special prizes.

Light refreshments will be served. **Games begin at 5pm!**



Lunch at SAGE Center Harlem - January 2018

Enjoy a nutritious, delicious meal between 12-1:30pm weekdays, first come, first served.

Vegetarian entrée italicized.

1	2	3	4	5
SAGE CLOSED	SAGE CENTER HARLEM CLOSED	SAGE CENTER HARLEM CLOSED	SAGE CENTER HARLEM CLOSED	SAGE CENTER HARLEM CLOSED
8	9	10	11	12 (Lunch)
SAGE CENTER HARLEM CLOSED	SAGE CENTER HARLEM CLOSED	SAGE CENTER HARLEM MEAL PROGRAM UNAVAILABLE	SAGE CENTER HARLEM MEAL PROGRAM UNAVAILABLE	SAGE CENTER HARLEM MEAL PROGRAM UNAVAILABLE
15	16	17	18	19
SAGE CLOSED	Coconut Curried Fish Cucumber Tomato Salad <i>Black Bean Burgers</i>	Chicken Parmesan Garden Salad <i>Tofu Parmigiana</i>	Swedish Meatballs Steamed Spinach <i>Tofu Stuffed Peppers</i>	Hawaiian Chicken Mixed Green Salad <i>Veggie Lasagna</i>
22	23	24	25	26
Baked Chicken Asian Cabbage <i>Veggie Burger</i>	Beef and Pork Meatloaf Arugula Salad <i>Orzo Stuffed Peppers</i>	Lemon Salmon Romaine/Kale/Feta Salad <i>Black Bean Burger</i>	Baked Ziti/Meatballs Cucumber Tomato Salad <i>Baked Mac & Cheese</i>	Oven Fried Chicken Bok Choy/Garlic <i>Lemongrass Curry</i>
29	30	31	A voluntary contribution of \$2 suggested for 60+. Guests under 60 charged \$5. Meal program is partially funded by the NYC Department for the Aging and the MAC AIDS Fund.	
Beef Lasagna Broccoli/Red Peppers <i>Tofu Parmigiana</i>	Breaded Chicken Cutlet Kale/Tomato <i>Vegetable Ratatouille</i>	Pork Spare Ribs Roasted Broccoli <i>Veggie Stuffed Cabbage</i>		

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