



Connecting and celebrating through intergenerational meals

SAGE Table is an initiative launched in 2017 to fight isolation in the LGBTQ+ community through the power of intergenerational connections.

SAGE Table events bring together people of all ages at hundreds of tables across the world to share a meal and conversation. The transformative relationships formed around a SAGE Table can alleviate social isolation and its consequences. We'd love for you to be a part of the thousands of new connections that happen through SAGE Table.

SAGE Tables can happen anytime and in any place! More than ever, our community needs to come together to connect with and support one another. We're fighting back against loneliness one SAGE Table at a time. Join us.

Set the table.

Now, more than ever, we need to come together to combat isolation and support our community. Learn how to host a SAGE Table today!

Your community awaits.

Host a meal and a conversation with your LGBTQ+ friends and allies of all ages in our national friend-raiser: SAGE Table.

Through community building that begins at the SAGE Table, we'll tackle the problem of loneliness that affects so many in the LGBTQ+ community—especially our elders.

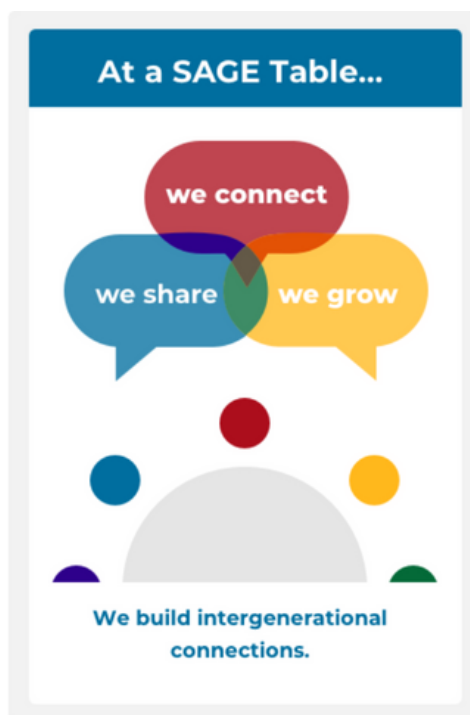
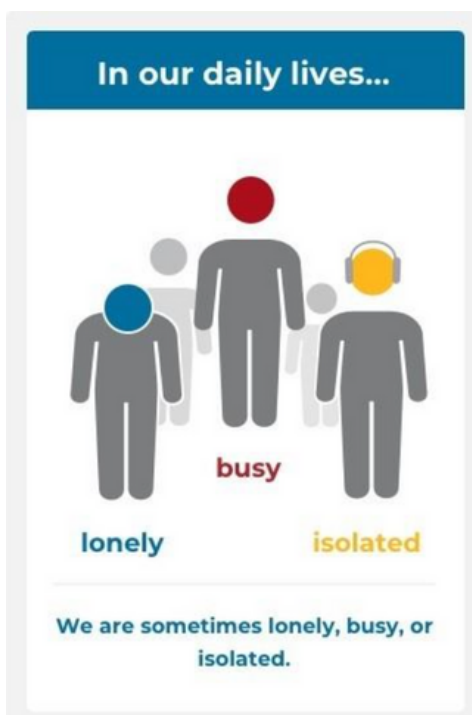
SAGE Table is an opportunity to build intergenerational connections that can sustain us all as we age.



You can be a SAGE Table host

Be a community catalyst. Last year, dozens of individuals hosted intergenerational SAGE Table events to bring people in their community together. Your event can be what you make it. If you'd like information, contact us here.

*Build connections between generations
with SAGE Table*



What does a SAGE Table look like?

A SAGE Table looks beautiful because it's created with a diversity of smiling faces—older and younger—showing up to talk and share and learn from each other.

Each SAGE Table should have four main elements:

- A smattering of generations
- Food to share
- Meaningful conversation
- A plan for sustaining the intergenerational connections we make

A SAGE Table doesn't have to be dinner—it can be a lunch or breakfast or even a snack.

You can have a SAGE Table anywhere—at your home, the lunchroom at your office, a local restaurant, a place of worship, a picnic table in a park or any place where you can relax and facilitate conversation between younger and older LGBTQ+ people and allies.

How can I participate?

Host a meal. Once you register to host, we'll send you the SAGE Table Planning and Conversation Guide and connect you to other tools to help you plan.

If you're not sure that you're ready to host, consider co-hosting with a local organization or business.



When is SAGE Table?

SAGE Tables happen all the time, but we encourage folks to grow their community by hosting during one or more of the following cycles:

May – June: Older Americans Month and Pride Season
November – December: Thanksgiving and the Winter Holidays

What's expected of me as a SAGE Table host?

- Register as a host, then check out our guides and tools. They will help make sense out of hosting.
- Bring together people of different ages who are part of, or allied with, the LGBTQ+ community.
- Offer guests some food and facilitate the conversation using the guide we'll provide.
- Commit to asking people to check in and share their contact information with each other so that connections can keep happening.
- Take a photo of your event and, if everyone is comfortable, share it so that everyone can see our community of many generations.

Because SAGE Table is a friend-raiser—not a fund-raiser—you won't ask your guests for money. Instead, as you close your event, you will ask them to follow up by meeting again with someone from a different generation whom they met at your event, hosting their own SAGE Table, or planning to participate in other opportunities we will provide to take action and make a difference.

Is SAGE Table a fund-raiser?

No. The goal of SAGE Table isn't to raise money—it's to build connections.

We're not asking you to open your wallets for LGBTQ+ elders, we're asking you to open your hearts. For some of us, that's a harder thing to do, but it's what our community needs.

What do we talk about at a SAGE Table?

We encourage SAGE Table hosts to moderate the event conversation (or invite someone else to do so) using the conversation prompts in the guide. We've learned over past years that using prompts has a dramatically positive effect on how people experience the event.

SAGE Table is really about listening and learning from each other in a relaxed, fun way.

Why is SAGE Table important?

Loneliness and social isolation threaten everyone as we age —but they're more likely to be problems for LGBTQ+ older adults.

Older people who are LGBTQ+ are:

- 2x as likely to be single and live alone
- 4x less likely to have children to care for them

Older LGBTQ+ people have additional barriers that reinforce isolation:

- 2 in 5 feel disconnected from the younger LGBTQ+ community
- 9 in 10 expect healthcare providers to discriminate against them

Through SAGE Table, we can reach out—person by person, community by community—to connect with one another. Together, we can build our own, real-life social network to support our LGBTQ+ elders.

Why SAGE Table: Learning Our Histories

Hosting a SAGE Table affords you the opportunity to learn about LGBTQ+ history in a profound way: through the people who lived it. It also allows you to better understand your own role in creating our history and our future.

Explore Our SAGE Table Resources

- [Why SAGE Table: LGBT & Intergenerational](#)
- [Why SAGE Table: Learning Our Histories](#)
- [SAGE Table Across the Country](#)
- [From Connections to Community: Data-informed lessons on an intergenerational gathering](#)

