


In Person & Virtual Classes and Programs May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 9:50 AM Pilates with C	9:00 – 10:00 AM Tai Chi w Annie 1st FL - Auditorium			
9:30 – 11:30 AM Mosaic Tiles with Alexandra 1st FL - Lounge	9:00 – 10:00 AM Tai Chi with Roberto	10:15 – 11:00 AM Zumba with Jose Every 1st Wednesday of the Month	10:00 AM – 1:00 PM *Ceramic Session 1 with Sherman 3rd FL - Ceramics Studio	10:00 – 11:00 AM Tai Chi w Annie 1st FL - Auditorium No Class May 5
10:00 – 11:00 AM Strength & Balance with Rob Hofman 1st FL - Auditorium	10:00 – 10:45 AM Zumba Gold® with Deekee Gaerlan Virtual (Exercise)	10:15 – 11:00 AM Zumba with Jose 1st FL - Auditorium May 3 Class is Virtual	10:00 AM – 10:50 AM Zumba with Fiorella 1st FL - Auditorium No Class May 4	10:00 AM – 1:00 PM *Ceramic Session 1 with Nick 3rd FL - Ceramics Studio
	10:00 – 1:00 PM *Ceramic Session 1 with Sherman 3rd FL - Ceramics Studio	11:00 AM – 12:45 PM Folk Dance with Jaki Soreff No Class May 3	10:00 AM – 11:30 AM Weinberg Art Expression with Candice and Vivien	
10:00 AM – 1:00 PM *Ceramic Session 1 with Nick 3rd FL - Ceramics Studio	10:00 – 11:00 AM Holistic Health Series: Chair Yoga with Julie 1st FL - Auditorium	12:30 – 2:45 PM Open Ballroom Dancing with Jeannie 1st FL - Auditorium No Class May 3	10:00 AM - 11:00 AM Yoga with Anne 14Y - 1st FL Studio	
12:45 – 2:00 PM Dance and Storytelling with Magda 1st FL - Auditorium	11:00 AM – 12:00 PM Yoga for Bone Health with Chintamani Kansas "C"	1:00 – 2:00 PM Knitting Group with Schekira 1st FL - Lounge		11:15 – 12:15 PM Feldenkrais with Margot
1:00 – 2:00 PM Community Conversations with M 1st FL - Lounge	11:30 AM – 12:30 PM Blood Pressure Monitoring with Nurse Ji 2nd FL - Dining Room	1:00 – 2:15 PM (Bi-Weekly) Dance and Storytelling with Magda No Class May 3		
1:30 – 4:30 PM *Ceramic Session 2 with Nick 3rd FL - Ceramics Studio	11:30 AM – 1:00 PM "Ticket" Tuesdays 1st FL - Auditorium	1:00 – 4:00 PM *Open Paint Studio with Brooke 3rd FL - Paint Studio Last Class May 10	1:15 – 2:00 PM Music Therapy with Alan 1st FL -	1:30 – 2:30 PM Expressive Arts with Cory 1st FL - Auditorium
2:00 – 3:00 PM Jazz Line Dance with Bernard 1st FL - Auditorium	12:00 – 1:00 PM Body Smart-Feldenkrais with Andrew Carter	2:00 – 3:00 PM Brain Games with Dana 1st FL - Conference Room No Class May 3	1:15 – 4:00 PM Asian Choir 1st FL - Auditorium	
2:00 – 3:00 PM *Open Swim 14Y Pool	1:00 – 3:00 PM Chinese Dance Group Session 1-2 1st FL - Auditorium	2:00 – 3:00 PM Smart Tablet Q+A with Rebecca 1st FL - Lounge		1:30 – 4:30 PM *Ceramic Session 2 with Nick 3rd FL - Ceramics Studio
3:15 – 4:00 PM Balance 101 with Demetra 1st FL - Auditorium	1:30 – 2:30 PM Grupo de Empoderamiento (Spanish led by Andrea in 1st FL - Conference Room		1:30 – 4:30 PM *Ceramic Session 2 with Sherman 3rd FL - Ceramics Studio	2:00 – 4:00 PM *Jewelry Making with Phyllis 2nd FL - Small Dining Room No Class May 5
4:00 – 5:00 PM Tapping Together with Demetra 1st FL - Auditorium	1:30 – 4:30 PM Ceramic Session 2 with Sherman 3rd FL - Ceramics Studio	3:00 – 5:00 PM Poetry of Swing with Simone 1st FL - Auditorium	2:00 – 3:00 PM Game Time with Andrea 2nd FL - Small Dining Room	2:30 – 3:15 PM Sirovich Senior Theater with Cory 1st FL - Auditorium
5:00 – 6:00 PM Circle Group with Sarie Teichman	1:30 – 2:30 PM *Group Chat: Social Share with Julie & Dana 1st FL - Lounge Starts May 23			3:30 – 4:30 PM Sirovich Vocal Ensemble with Mariano 1st FL - Auditorium
	2:45 – 3:45 PM Memoir Writing Workshop with Rhonda 1st FL - Lounge Last Class May 23			
Center is Closed for Memorial Day Monday, May 29		Meal Information Monday – Friday Breakfast 9:00 AM – 10:00 AM Lunch 12:00 PM – 1:00 PM		KEY * – Classes that require registration Blue Box – Virtual Pink Box – Hybrid

Special Events May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 10:30 – 11:30 AM Social Worker Meet and Greet with Dana 1st FL Lounge	3 1:45 – 4:00 PM May Pantry Outside of Sirovich	4 1:00 – 2:00 PM Townhall and May Birthday Celebration 2nd FL Dining Room	5 10:00 AM – 4:30 PM CelebrateArts Ceramic Art Sale and Performance 1st FL Auditorium
8	9 1:30 – 2:30 PM Health Talk: Mental Health Awareness with Nurse Ji 1st FL Lounge	10 1:00 – 2:00 PM Positive Psychology and Successful Aging with Weill Cornell Medical Center 1st FL Conference Room	11 10:30 – 11:30 AM Physical Movement and Wellbeing with Khadijah Lopez 1st FL Lounge	12 2:00 – 3:30 PM *CelebrateArts: Aging Unbound Performance Field Trip to 14Y, Meet Outside of Sirovich at 1:45 PM
15	16 1:30 – 2:30 PM Elder Abuse Law Presentation with Shaina 1st FL Lounge	17	18	19 1:30 – 3:00 PM CelebrateArts: Meet the Artist Q&A and Reception 1st FL Auditorium
22 3:00 – 4:30 PM Makeovers and Manicures with Glamour Gals Students 1st FL - Lounge	23	24	25 1:00 – 2:00 PM CelebrateArts: DooWop Concert with DooWop Singer Al Handfield 1st FL Auditorium	26 1:30 – 3:00 PM CelebrateArts: Puppetry Show with Loco7 Puppetry Group 1st FL Auditorium
29 Center Closed Memorial Day 	30	31 2:00 – 4:00 PM *CelebrateArts: Closing Festival Field Trip to Manny Cantor Center, Meet Outside of Sirovich at 1:45 PM		

KEY



*- Registration required

Pink Box – Special Events



Blue Box – CelebrateArts Events

For general inquiries, please contact us by email at Sirovich@14streety.org or call 646-395-4534

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