

In Person & Virtual Classes and Programs September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 9:50 AM Pilates with C				9:15 AM – 10:00 AM Wellness Wisdom: Navigating Holistic Health with Nancy and Elizabeth 1ST FL Lounge <i>Starts September 29</i>
9:30 – 11:30 AM Mosaic Tiles with Alexandra 1ST FL Lounge	10:00 – 11:00 AM Tai Chi with Annie 1ST FL Auditorium		10:00 AM – 1:00 PM *Ceramic Session 1 with Sherman 3RD FL Ceramics Studio <i>Last Class September 21</i>	10:00 – 11:00 AM Tai Chi with Annie 1ST FL Auditorium <i>No Class September 8</i>
	10:00 – 1:00 PM *Ceramic Session 1 with Sherman 3RD FL Ceramics Studio <i>Last Class September 19</i>	10:15 – 11:00 AM Zumba with Jose 1ST FL Auditorium <i>No Class September 6</i>		10:00 AM – 1:00 PM *Ceramic Session 1 with Nick 3RD FL Ceramics Studio <i>Last Class September 22</i>
10:00 – 11:00 AM Walking Group with Dana and Andrea Meet Outside of Sirovich <i>Starts September 11</i>			10:00 – 11:00 AM Functional Yoga with Lakshmi 14Y 1ST FL Studio	11:00 AM – 12:00 PM Tablet Q&A with Rebecca 1ST FL Lounge <i>Starts September 8</i>
10:00 AM – 1:00 PM *Ceramic Session 1 with Nick 3RD FL Ceramics Studio <i>Last Class September 18</i>	11:00 – 11:50 AM Holistic Health Series: Chair Yoga with Julie 1ST FL Auditorium		11:00 – 11:50 AM Zumba with Fiorela 1ST FL Auditorium	11:15 AM – 12:00 PM Songwriting with Stephen 1ST FL Auditorium <i>No Class September 8</i>
1:00 – 2:00 PM Seniors Advocating Safer Streets (SASS) 1st FL Lounge <i>Meeting September 11</i>		1:00 – 2:00 PM Knitting Group with Schekira 1ST FL Lounge		
1:30 – 4:30 PM *Ceramic Session 2 with Nick 3RD FL Ceramics Studio <i>Last Class September 18</i>	11:30 AM – 1:00 PM Theater Desk 2ND FL Dining Room	1:00 – 3:00 PM Open Ballroom Dancing with Jeannie 1ST FL Auditorium <i>No Class September 6</i>		
				1:30 – 2:30 PM Expressive Arts with Cory 1ST FL Auditorium <i>No Class September 8</i>
2:00 – 2:50 PM Jazz Line Dance with Bernard 1ST FL Auditorium	1:00 – 3:00 PM Chinese Dance Group Session 1-2 1ST FL Auditorium	2:00 – 3:00 PM Brain Games with Dana 1ST FL Lounge <i>No Class September 6</i>	1:30 – 3:30 PM Asian Choir 1ST FL Auditorium	1:30 – 4:30 PM *Ceramic Session 2 with Nick 3RD FL Ceramics Studio <i>Last Class September 22</i>
2:00 – 3:00 PM Open Swim 14Y Pool <i>Starts September 11</i>	1:30 – 2:30 PM Grupo de Empoderamiento (Spanish led) with Andrea 1ST FL Lounge			2:00 – 4:00 PM *Jewelry Making with Phyllis 2ND FL Small Dining Room
3:15 – 4:00 PM Balance 101 with Demetra 1ST FL Auditorium <i>Starts September 11</i>	1:30 – 3:30 PM *Open Paint Studio with Nancy 3rd FL Paint Studio <i>No Class September 5</i>		1:30 – 4:30 PM *Ceramic Session 2 with Sherman 3RD FL Ceramics Studio <i>Last Class September 21</i>	2:30 – 3:15 PM Sirovich Senior Theater with Cory 1ST FL Auditorium <i>No Class September 8</i>
4:00 – 5:00 PM Tapping Together with Demetra 1ST FL Auditorium <i>Starts September 11</i>			2:00 – 3:00 PM Game Time with Andrea 2ND FL Small Dining Room	3:30 – 5:00 PM Generations in Harmony 1ST FL Auditorium <i>Starts September 22</i>
5:00 – 6:00 PM Circle Group with Sarie Teichman	1:30 – 4:30 PM Ceramic Session 2 with Sherman 3RD FL Ceramics Studio <i>Last Class September 18</i>			
Center Closed September 4 – Labor Day September 25 – Yom Kippur		Meal Information Monday – Friday Breakfast 9:00 AM – 10:00 AM Lunch 12:00 PM – 1:00 PM		KEY – Classes that require registration Pink Box – Hybrid

Special Events September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
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4 Center Closed for Labor Day	5 10:30 AM – 11:30 AM Social Worker Meet and Greet with Dana 1ST FL Lounge	6 1:45 – 4:00 PM September Pantry 1st FL Auditorium	7 1:00 – 2:00 PM Townhall and September Birthday Celebration 2ND FL Dining Rooms	8 10:00 AM – 4:00 PM Art Sale 1ST FL Auditorium AND Saturday, August 9 10:00 AM – 4:00 PM Auditorium
11 3:00 – 4:30 PM Community Art with Sheryl and Cory Meet Outside of Sirovich	12	13	14 10:00 – 11:00 AM Remembering Together 1ST FL Lounge	15
18 1:00 – 2:00 PM Stress Management + Safety Planning with Sheryl Jaffe 1ST FL Lounge	19 1:30 – 3:00 PM Autumn Moon Festival 1ST FL Auditorium	20	21 1:30 – 3:00 PM Brain Health Dance Social: Dance, Science, Creativity and Community 14th Street Y	22 9:15 – 10:00 AM Fall Prevention Presentation and Screening with Nancy and Elizabeth 1ST FL Lounge
25 Center Closed for Yom Kippur	26	27	28 1:30 – 2:30 PM Screening of Documentary “Chamber Music – Sound in the Room” 1ST FL Auditorium	29



KEY
 – Registration required
 Pink Box – Special Events
 Center Closed

For general inquiries, please contact us by email at Sirovich@14streety.org or call 646-395-4534
 Address: 331 East 12th Street, New York NY 10003
 Website: 14streety.org/Sirovich

