

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Mosaic Tiles with Alexandra 9:30 – 11:30 AM Lounge | Tai Chi with Annie 10:00 – 11:00 AM Auditorium | | *Ceramic Session 1 with Sherman 10:00 AM – 1:00 PM Ceramics Studio | Tai Chi with Annie 10:00 – 11:00 AM NC 11/17 Auditorium |
| Strength & Balance with Rob 10:00 – 11:00 AM Auditorium | *Ceramic Session 1 with Sherman 10:00 – 1:00 PM Ceramics Studio | Zumba with Jose 10:15 – 11:00 AM NC 11/1 Auditorium | Functional Yoga with Lakshmi 10:00 – 11:00 AM 14Y Studio | |
| All You Can Paint with Anastasia 10:00 AM – 12:00 PM Paint Studio | Chair Yoga for Bone Health with Chintamani 11:00 – 11:50 AM Auditorium | | Zumba with Fiorela 11:00 – 11:50 AM Auditorium | Wellness Wisdom with Nancy and Elizabeth 11:00 – 11:45 AM Dining Room |
| *Ceramic Session 1 with Nick 10:00 AM – 1:00 PM Ceramics Studio | Theater Desk 11:30 AM – 1:00 PM Dining Room | | | *Ceramic Session 1 with Nick 10:00 AM – 1:00 PM Ceramics Studio |
| Life, Art, and History with Anastasia and Sheryl 1:00 – 2:00 PM Paint Studio | Chinese Dance Group 1:00 – 3:00 PM Starts 11/14 Auditorium | Knitting/Crochet Group with Schekira 1:00 – 2:00 PM NC 11/1 Lounge | Mindfulness Practices for Wellbeing with Julie 1:00 – 2:00 PM Starts, 11/30 Lounge | Tech Talk with Rebecca 11:00 AM – 12:00 PM NC 11/3 Dining Room |
| Seniors Advocating Safer Streets (SASS) 1:00 – 2:00 PM NC 11/6 & 11/20 Lounge | Grupo de Empoderamiento with Andrea 1:30 – 2:30 PM Lounge | Open Ballroom 1:00 – 3:00 PM NC 11/1 Auditorium | Creative Writing Workshop with Rhonda 1:00 – 2:00 PM LC 11/2 Lounge | ASC: Expressive Arts with Cory 1:30 – 2:30 PM Auditorium & Hybrid |
| *Ceramic Session 2 with Nick 1:30 – 4:30 PM Ceramics Studio | *Ceramic Session 2 with Sherman 1:30 – 4:30 PM Ceramics Studio | | Asian Choir 1:30 – 3:30 PM Auditorium | *Ceramic Session 2 with Nick 1:30 – 4:30 PM Ceramics Studio |
| Jazz Line Dance with Bernard 2:00 – 2:50 PM Auditorium | *Open Paint Studio with Nancy 2:00 – 4:00 PM Paint Studio | Brain Games with Dana 2:00 – 3:00 PM NC 11/1 Lounge | *Ceramic Session 2 with Sherman 1:30 – 4:30 PM Ceramics Studio | *Jewelry Making with Phyllis 2:00 – 4:00 PM Small Dining Room |
| *Open Swim 2:00 – 3:00 PM 14Y Pool | | | Game Time with Andrea 2:00 – 3:00 PM Small Dining Room | ASC: Sirovich Senior Theater with Cory 2:30 – 3:15 PM Auditorium & Hybrid |
| *SAIL with Demetra 3:15 – 4:00 PM Auditorium | | *SAIL with Deekee 3:30 – 4:15 PM Auditorium Every 1st Wednesday Dining RM | | Generations in Harmony 3:30 – 5:00 PM Auditorium |
| Tapping Together with Demetra 4:00 – 5:00 PM Auditorium | Visual Theater & Playwriting with Concrete Temple Theatre 4:00 – 5:30 PM NC 11/28 Auditorium | | | |
| Circle Group with Sarie Teichman 5:00 – 6:00 PM Class Full Virtual | | | | |

MENU KEY

* = Classes that require registration

LC = LAST CLASS

NC = NO CLASS

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| | | 1 November Pantry 1:00 – 4:00 PM Auditorium | 2 Townhall and November Birthday 1:00 – 2:00 PM Auditorium | 3 |
| 6 | 7 Center Closed for Election Day | 8 OMNY Information Presentation with the MTA 1:30 – 2:30 PM Auditorium | 9 Remembering Together 10:00 – 11:00 AM Lounge | 10 |
| 13 Lifelong Skills Informational Session 11:00 AM – 12:00 PM Dining Room Communications and Strategies with Sheryl 1:00 – 2:00 PM Lounge | 14 Diabetes Awareness with Rebecca 11:15 AM – 12:00 PM Dining Room | 15 | 16 | 17 *Thanksgiving Luncheon 1st Seating 11:30 AM 2nd Seating 12:45 PM Dining Room |
| 20 | 21 | 22 | 23 Center for Closed Thanksgiving | 24 Center for Closed Thanksgiving |
| 27 | 28 | 29 | 30 | |

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