

SIROVICH CENTER FOR BALANCED LIVING PROGRAMS

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mosaic Tiles with Alexandra 9:30 – 11:20 AM Lounge	Tai Chi with Annie 10:00 – 10:50 AM Auditorium		*Ceramic Session 1 with Sherman 10:00 AM – 1:00 PM <i>Starts 1/18</i> Ceramics Studio	Tai Chi with Annie 10:00 – 10:50 AM Auditorium
Strength & Balance with Rob 10:00 – 10:50 AM Auditorium	*Ceramic Session 1 with Sherman 10:00 – 1:00 PM <i>Starts 1/16</i> Ceramics Studio	Zumba with Jose 10:15 – 11:05 AM <i>NC 1/3</i> Auditorium	Functional Yoga at 14streetY 10:00 – 11:00 AM 14Y Studio	
All You Can Paint with Anastasia 10:00 AM – 11:50 PM <i>Resumes 1/22</i> Paint Studio	Chair Yoga for Bone Health with Chintamani 11:00 – 11:50 AM Auditorium		Zumba with Fiorela 11:00 – 11:50 AM Auditorium	*Ceramic Session 1 with Nick 10:00 AM – 1:00 PM <i>Starts 1/19</i> Ceramics Studio
*Ceramic Session 1 with Nick 10:00 AM – 1:00 PM <i>Starts 1/22</i> Ceramics Studio	Theater Desk 11:30 AM – 1:00 PM <i>Resumes 1/9</i> Dining Room	Conversations about Wellness Initiative for Senior Education (WISE) with Daniel and Amilka 10:30 – 11:30 AM <i>Starts 1/17</i> Lounge	Blood Pressure Monitoring with Nurse Liz 11:30 AM – 12:30 PM Dining Room <i>Schedule Subject to Change</i>	Tech Talk with Rebecca 11:00 AM – 11:50 PM Dining Room
Life, Art, and History with Anastasia and Sheryl 1:00 – 1:50 PM <i>Resumes 1/22</i> Paint Studio	Blood Pressure Monitoring with Nurse Liz 11:30 AM – 12:30 PM Dining Room <i>Schedule Subject to Change</i>	Knitting and Crochet Group with Schekira 1:00 – 1:50 PM <i>NC 1/10</i> Lounge	Mindfulness Practices for Wellbeing with Julie 1:00 – 2:00 PM Lounge	The Peaks & Valleys Group with Social Work Intern Sami 1:00 – 2:00 PM <i>Pre-Screening 1/12 and 1/19, Starts 2/2</i> Lounge
	Chinese Dance Group 1:30 – 3:20 PM Auditorium	Open Ballroom 1:00 – 2:50 PM <i>NC 1/3</i> Auditorium		ASC: Expressive Arts with Cory 1:30 – 2:20 PM Auditorium & Hybrid
*Ceramic Session 2 with Nick 1:30 – 4:30 PM <i>Starts 1/22</i> Ceramics Studio	*Ceramic Session 2 with Sherman 1:30 – 4:30 PM <i>Starts 1/16</i> Ceramics Studio		Asian Choir 1:30 – 3:20 PM Auditorium	*Ceramic Session 2 with Nick 1:30 – 4:30 PM <i>Starts 1/19</i> Ceramics Studio
Jazz Line Dance with Bernard 2:00 – 2:50 PM Auditorium	*Open Paint Studio 1:30 – 4:30 PM <i>Starts 1/16</i> Paint Studio	Brain Games with Dana 2:00 – 2:50 PM <i>NC 1/3, 1/10</i> Lounge	*Ceramic Session 2 with Sherman 1:30 – 4:30 PM <i>Starts 1/18</i> Ceramics Studio	*Open Paint Studio 1:30 – 4:30 PM <i>Starts 1/19</i> Paint Studio
*Open Swim at 14StreetY 2:00 – 3:00 PM 14Y Pool				*Jewelry Making with Phyllis 2:00 – 3:50 PM <i>Resumes 1/19</i> Small Dining Room
Balance 101 with Demetra 3:10 – 4:00 PM Auditorium			Game Time with Dana 2:00 – 2:50 PM Small Dining Room	ASC: Sirovich Senior Theater with Cory 2:30 – 3:15 PM Auditorium & Hybrid
Tapping Together with Demetra 4:00 – 4:50 PM Auditorium	Visual Theater & Playwriting with Concrete Temple Theatre 4:00 – 5:30 PM <i>NC 1/2</i> Auditorium			Generations in Harmony 3:30 – 5:00 PM Auditorium
Circle Group with Sarie Teichman 5:00 – 6:00 PM <i>Class Full</i> Virtual				

MENU KEY
 * = Classes that require registration
 LC = LAST CLASS
 NC = NO CLASS

Address: 331 East 12th Street, New York NY 10003
 Hours of Operation: Monday – Friday 9 AM – 5 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Center Closed for New Year Day	2	3 January Pantry 1:45 – 4:00 PM Auditorium	4 January Birthday Party 1:00 – 2:00 PM Auditorium	5
8 Goal Setting Workshop with Sheryl 1:00 – 2:00 PM Lounge	9	10 *NY Botanical Garden Trip: Holiday Train Show \$20 per person Coach Bus leaves at 10 AM Leaves Garden at 2:30 PM	11 Remebering Together 10:00 – 11:00 AM Lounge	12
15 Center Closed for Martin Luther King Jr. Day	16	17	18	19
22 NY Connects Benefits Presentation with Center for Independence of the Disabled NY (CIDNY) 1:00 – 2:00 PM Lounge	23 Health Workshop: Q&A with Nurse Liz 1:30 – 2:30 PM Small Dining Room *New York Jewish Film Festival 2024 Trip \$10 per person Meet in the Lounge at 12:45 PM	24	25	26 Brain Dance with Julie 11:00 – 11:50 AM Auditorium
29 Let's Talk About: Dry January with Social Work Intern Sami 1:00 – 2:00 PM Lounge	30	31		

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