

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Mosaic Tiles with Alexandra</b> 9:30 – 11:20 AM   Lounge	<b>Tai Chi with Annie</b> 10:00 – 10:50 AM   Auditorium		<b>*Ceramic Session 1 with Sherman</b> 10:00 AM – 1:00 PM   Ceramics Studio	<b>Tai Chi with Annie</b> 10:00 – 10:50 AM   Auditorium
<b>Strength &amp; Balance with Rob</b> 10:00 – 10:50 AM   Auditorium	<b>*Ceramic Session 1 with Sherman</b> 10:00 AM – 1:00 PM   Ceramics Studio	<b>Zumba with Jose</b> 10:10 – 11:00 AM   <b>NC 2/7</b>   Auditorium	<b>Functional Yoga at 14streetY</b> 10:00 – 11:00 AM   14Y Studio	<b>Open Technology Lab</b> 10:00 – 10:50 AM   <b>Starts 2/9</b>   Lounge
<b>Open Technology Lab</b> 10:00 – 10:50 AM   <b>Starts 2/12</b>   Small Dining Room	<b>Chair Yoga for Bone Health with Chintamani</b> 11:00 – 11:50 AM   Auditorium			<b>*Ceramic Session 1 with Nick</b> 10:00 AM – 1:00 PM   Ceramics Studio
<b>All You Can Paint with Anastasia</b> 10:00 – 11:50 AM   Paint Studio	<b>Theater Desk</b> 11:30 AM – 1:00 PM   Dining Room <b>Schedule Subject to Change</b>	<b>Conversations about Wellness Initiative for Senior Education (WISE) with Daniel and Amilka</b> 10:30 – 11:30 AM   <b>LC 2/28</b>   Lounge	<b>Zumba with Fiorela</b> 11:00 – 11:50 AM   Auditorium	<b>Tech Talk with Rebecca</b> 11:00 AM – 11:50 AM   <b>Meet only 2/23</b>   Dining Room
<b>*Ceramic Session 1 with Nick</b> 10:00 AM – 1:00 PM   Ceramics Studio	<b>Blood Pressure Monitoring with Nurse Liz</b> 11:30 AM – 12:30 PM   Dining Room <b>Schedule Subject to Change</b>	<b>Knitting and Crochet Group with Schekira</b> 1:00 – 1:50 PM   Lounge	<b>Blood Pressure Monitoring with Nurse Liz</b> 11:30 AM – 12:30 PM   Dining Room <b>Schedule Subject to Change</b>	<b>The Peaks &amp; Valleys Group with Social Work Intern Sami</b> 1:00 – 2:00 PM   Lounge
<b>Life, Art, and History with Anastasia and Sheryl</b> 1:00 – 1:50 PM   Paint Studio	<b>Chinese Dance Group</b> 1:30 – 3:20 PM   Auditorium	<b>Chinese Open Ballroom</b> 1:00 – 3:00 PM   <b>NC 2/7</b>   Auditorium	<b>Mindfulness Practices for Wellbeing with Julie</b> 1:00 – 2:00 PM   <b>LC 2/8</b>   Lounge	<b>ASC: Expressive Arts with Cory</b> 1:00 – 2:30 PM   <b>NC 2/23</b>   Auditorium & Hybrid
<b>Seniors Advocating Safer Streets</b> 1:00 – 1:50 pm   <i>Only on the Last Monday of the Month</i>   Auditorium	<b>*Ceramic Session 2 with Sherman</b> 1:30 – 4:30 PM   Ceramics Studio		<b>Tell Us Your Story - Creative Writing Workshop with Rhonda</b> 1:00 – 2:00 PM   <b>Class Starts 2/29</b>   Lounge	<b>*Ceramic Session 2 with Nick</b> 1:30 – 4:30 PM   Ceramics Studio
<b>*Ceramic Session 2 with Nick</b> 1:30 – 4:30 PM   Ceramics Studio	<b>*Open Paint Studio</b> 1:30 – 4:30 PM   <b>Resumes 2/13</b>   Paint Studio	<b>Brain Games with Dana</b> 2:00 PM – 2:50 PM   <b>NC 2/7</b>   Lounge	<b>Asian Choir</b> 1:30 PM – 3:20 PM   Auditorium	<b>*Open Paint Studio</b> 1:30 – 4:30 PM   <b>Resumes 2/16</b>   Paint Studio
<b>Jazz Line Dance with Bernard</b> 2:00 – 2:50 PM   Auditorium			<b>*Ceramic Session 2 with Sherman</b> 1:30 PM – 4:30 PM   Ceramics Studio	
<b>*Open Swim at 14StreetY</b> 2:00 – 3:00 PM   14Y Pool			<b>Game Time with Dana</b> 2:00 – 2:50 PM   Small Dining Room	<b>*Jewelry Making with Phyllis</b> 2:00 – 3:50 PM   Lounge
<b>Balance 101 with Demetra</b> 3:10 – 4:00 PM   Auditorium	<b>Visual Theater &amp; Playwriting with Concrete Temple Theatre</b> 4:00 – 5:30 PM   <b>NC 2/20</b>   Auditorium			<b>ASC: Sirovich Senior Theater with Cory</b> 2:30 – 3:15 PM   <b>NC 2/23</b>   Auditorium & Hybrid
<b>Tapping Together with Demetra</b> 4:00 – 4:50 PM   Auditorium				
<b>Circle Group with Sarie Teichman</b> 5:00 – 6:00 PM   <b>Class Full</b>   Virtual				<b>Generations in Harmony</b> 3:15 – 5:00 PM   Auditorium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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5	6 <b>Manicures w/ Glamour Gals</b> 10:00 AM – 12:00 PM   Lounge	7 <b>February Pantry</b> 1:45 – 4:00 PM   Auditorium	8	9 <b>Brain Dance with Julie</b> 11:00 – 11:50 AM   Auditorium
12 <b>Happy Validation Day! Workshop with Sheryl</b> 1:00 – 2:00 PM   Lounge	13 Hearing Health Discussion with YES Hearing Time TBD   Lounge  Health Workshop: Deep Breathing for Stress Management with Nurse Liz 1:00 – 2:00 PM   Lounge	14	15 Nourishing Hearts: A Nutrition Workshop for Cardiovascular Health with Nutritionist Rebecca   11:15 AM – 12:00 PM   Small Dining Room  Health Workshop: Deep Breathing for Stress Management (Spanish Led) with Nurse Liz   Lounge   1:00 – 2:00 PM	16
19 Center Closed for President's Day	20 Hearing Screening with YES Hearing 9:00 AM – 3:00 PM   Mobile Van Outside of Sirovich	21	22 Lunar New Year Performance 1:30 – 3:00 PM   Auditorium	23 Just (Jazz) Friends Performance 1:30 PM   Auditorium
26 Let's Talk About: Love, Sex, and Romance with Social Work Intern Sami 1:00 – 2:00 PM   Lounge	27	28	29 February Birthday Party 1:00 – 2:00 PM   Auditorium	

For general inquiries, please contact us by email at [Sirovich@14streety.org](mailto:Sirovich@14streety.org) or call 646-395-4534  
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