

SIROVICH CENTER FOR BALANCED LIVING PROGRAMS

MARCH 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 Ceramics Studio	Tai Chi with Annie 10:00 – 10:50 AM Auditorium
Strength & Balance with Rob 10:00 – 10:50 AM NC 3/18 Auditorium	*Ceramic Session 1 with Sherman 10:00 AM – 1:00 PM Ceramics Studio	Zumba with Jose 10:10 – 11:00 AM NC 3/6 Auditorium	Functional Yoga at 14streetY 10:00 – 11:00 AM 14Y Studio	Open Technology Lab 10:00 – 10:50 AM Conference Room
Open Technology Lab 10:00 – 10:50 AM Conference Room	Chair Yoga for Bone Health with Chintamani 11:00 – 11:50 AM Auditorium			*Ceramic Session 1 with Nick 10:00 AM – 1:00 PM Ceramics Studio
All You Can Paint with Anastasia 10:00 – 11:50 AM Paint Studio	Theater Desk 11:30 AM – 1:00 PM Dining Room Schedule Subject to Change	Conversations about Wellness Initiative for Senior Education (WISE) with Daniel 10:30 – 11:30 AM LC 3/6 Lounge	Zumba with Fiorela 11:00 – 11:50 AM Auditorium	Tech Talk with Rebecca 11:00 AM – 11:50 AM NC 3/22 Dining Room
*Ceramic Session 1 with Nick 10:00 AM – 1:00 PM Ceramics Studio	Blood Pressure Monitoring with Nurse Liz 11:30 AM – 12:30 PM Dining Room Schedule Subject to Change	Knitting and Crochet Group with Schekira 1:00 – 1:50 PM NC 3/13 Lounge	Blood Pressure Monitoring with Nurse Liz 11:30 AM – 12:30 PM Dining Room Schedule Subject to Change	The Peaks & Valleys Group with Social Work Intern Sami 1:00 – 2:00 PM Lounge
Life, Art, and History with Anastasia and Sheryl 1:00 – 1:50 PM Paint Studio	Chinese Dance Group 1:30 – 3:20 PM Auditorium	Chinese Open Ballroom 1:00 – 2:50 PM NC 3/6 Auditorium	Tell Us Your Story - Creative Writing Workshop with Rhonda 1:00 – 2:00 PM Lounge	ASC: Expressive Arts with Cory 1:00 – 2:30 PM Auditorium & Hybrid
Seniors Advocating Safer Streets 1:00 – 1:50 pm Only on the Last Monday of the Month Auditorium	*Ceramic Session 2 with Sherman 1:30 – 4:30 PM Ceramics Studio			*Ceramic Session 2 with Nick 1:30 – 4:30 PM Ceramics Studio
*Ceramic Session 2 with Nick 1:30 – 4:30 PM Ceramics Studio	*Open Paint Studio 1:30 – 4:30 PM Paint Studio	Brain Games with Dana 2:00 PM – 2:50 PM NC 3/6 Lounge	Asian Choir 1:30 PM – 3:20 PM Auditorium	*Open Paint Studio 1:30 – 4:30 PM Paint Studio
Jazz Line Dance with Bernard 2:00 – 2:50 PM Auditorium			*Ceramic Session 2 with Sherman 1:30 PM – 4:30 PM Ceramics Studio	
*Open Swim at 14StreetY 2:00 – 3:00 PM 14Y Pool	Technology Q and A with Bonnie 2:00 – 3:00 PM Lounge		Game Time with Dana 2:00 – 2:50 PM NC 3/28 Small Dining Room	*Jewelry Making with Phyllis 2:00 – 3:50 PM Small Dining Room
Balance 101 with Demetra 3:10 – 4:00 PM Auditorium & Hybrid	Visual Theater & Playwriting with Concrete Temple Theatre 4:00 – 5:30 PM Make-up Class 3/21 4:00 – 5:30 PM, 3/22 5:00 – 6:00 PM Auditorium		Loco7 Theatre's Shadow Puppet and Storytelling with Federico Restrepo 3:30 – 5:00 PM Starts 3/28 Auditorium	ASC: Sirovich Senior Theater with Cory 2:30 – 3:15 PM Auditorium & Hybrid
Tapping Together with Demetra 4:00 – 4:50 PM Auditorium				
Circle Group with Sarie Teichman 5:00 – 6:00 PM Class Full Virtual				Generations in Harmony 3:15 – 5:00 PM Auditorium

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4	5 Informational Session with New York Public Library 11:00 – 11:50 AM	6 March Pantry 1:45 – 4:00 PM Auditorium	7 March Birthday Party 1:00 – 2:00 PM Auditorium	8
11 Acupuncture for Rejuvenation and Relaxation 9:30 AM – 12:30 PM 14Y Room 201 Music for Memory with Yael Acher "KAT" Modiano 1:00 – 1:50 PM Auditorium Normalizing Neurodiversity with M and Sheryl 2:00 – 3:00 PM Lounge	12 Film Screening: "Keys, Bags, Names, Words" and Panel Screening 3:00 – 5:00 PM Small Dining Room	13 Healthy Brain Aging vs. Atypical Aging Talk with Dr. Samantha Lang and Rebecca Slant 1:00 – 2:00 PM Lounge Juggling with Alice 1:30 – 2:30 PM 14Y Fitness Studio	14 Remembering Together 10:00 – 11:00 AM Lounge Intergenerational Brain Dance with Julie 10:00 – 10:50 AM Auditorium Health Workshop: Cognitive Cuisine, Explore How Nutrition Supports Brain Health with Nurse Liz 1:00 – 2:00 PM Conference Room	15 Brain Health Dance Social with Magda (Cantonese Translation) 2:00 – 3:00 PM Transportation to Weinberg Center Meet outside of Sirovich
18 Medicare Entitlements 101 with Understand Medicare Now 1:00 – 2:00 PM Lounge	19 City Council District 2 Participatory Budgeting Informational Session 1:00 – 2:00 PM Lounge	20	21	22
25 Lets Talk About: Gambling with Social Work Intern Sami 1:00 – 2:00 PM Lounge	26	27	28 Townhall with Advisory Council 1:30 – 2:30 PM Small Dining Room	29

For general inquiries, please contact us by email at Sirovich@14streety.org or call 646-395-4534
Hours of Operation: Monday – Friday | 9 AM – 5 PM Address: 331 East 12th Street, New York NY 10003
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