

## SIROVICH CENTER FOR BALANCED LIVING PROGRAMS APRIL 2024

				/ (I T(IE EOE I
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mosaic Tiles with Alexandra 9:30 – 11:20 AM   Lounge	<b>Tai Chi with Annie</b> 10:00 – 10:50 AM   <i>NC 4/2</i>   Auditorium		*Ceramic Session 1 with Sherman 10:00 AM – 1:00 PM   Starts 4/18   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 AM – 1:00 PM   Starts 4/16   Ceramics Studio	Zumba with Jose 10:10 - 11:00 AM   NC 4/3   Auditorium	Functional Yoga at 14StreetY 10:00 – 11:00 AM   2nd FL Community Room	Open Technology Lab 10:00 – 10:50 AM   Small Dining Room
Open Technology Lab 10:00 – 10:50 AM   NC 4/1   Small Dining Room	Chair Yoga for Bone Health with Chintamani 11:10 AM – 12:00 PM   NC 4/2   Auditorium			*Ceramic Session 1 with Nick 10:00 AM – 1:00 PM   Starts 4/19   Ceramics Studio
All You Can Paint with Anastasia 10:00 – 11:50 AM   <i>LC 4/15</i>   Paint Studio	Theater Desk 11:30 AM – 1:00 PM   Dining Room Schedule Subject to Change		Zumba with Fiorela 11:10 AM – 12:00 PM   Auditorium	Tech Talk with Rebecca 11:00 AM – 11:50 AM   Dining Room
*Ceramic Session 1 with Nick 10:00 AM – 1:00 PM   Starts 4/15   Ceramics Studio		Knitting and Crochet Group with Schekira 1:00 – 1:50 PM   Lounge		Improvisational and Performance Class with Sucasa Artist Robert 11:10 AM – 12:30 PM   NC 4/5   Auditorium
Improvisational and Performance Class with Sucasa Artist Robert 11:10 AM – 12:30 PM   Auditorium	Chinese Dance Group 12:10 – 2:10 PM   NC 4/2   Auditorium			The Peaks & Valleys Group with Social Work Intern Sami 1:00 – 2:00 PM   NC 4/5 and LC 4/26   Lounge
Life, Art, and History with Anastasia and Sheryl 1:00 – 1:50 PM   <i>LC 4/15</i>   Paint Studio		Chinese Open Ballroom 1:00 – 2:50 PM   NC 4/3   Auditorium	Tell Us Your Story - Creative Writing Workshop with Rhonda 1:00 - 2:00 PM   LC 4/4   Lounge	ASC: Expressive Arts with Cory 1:00 – 2:30 PM   Auditorium & Hybrid
*Ceramic Session 2 with Nick 1:30 – 4:30 PM   Starts 4/15   Ceramics Studio	*Ceramic Session 2 with Sherman 1:30 – 4:30 PM   Starts 4/16   Ceramics Studio	*Open Paint Studio 1:30 – 4:30 PM   Paint Studio	Asian Choir 1:30 PM – 3:20 PM   Auditorium	*Ceramic Session 2 with Nick 1:30 – 4:30 PM   <i>Starts 4/19</i>   Ceramics Studio
Jazz Line Dance with Bernard 2:00 – 2:50 PM   Auditorium	*Open Paint Studio 1:30 – 4:30 PM   Paint Studio	Brain Games with Dana 2:00 PM – 2:50 PM   NC 4/3   Lounge	*Ceramic Session 2 with Sherman 1:30 PM – 4:30 PM   Starts 4/18   Ceramics Studio	
*Open Swim at 14StreetY 2:00 – 3:00 PM   14Y Pool		Walking Group with Social Work Intern Sami 2:00 – 2:50 PM   <i>LC 4/24</i>   Meet outside of Sirovich	Game Time with Dana 2:00 – 2:50 PM   Small Dining Room	*Jewelry Making with Phyllis 2:00 – 3:50 PM   Small Dining Room
Balance 101 with Demetra 3:10 – 4:00 PM   Audtiorium & Hybrid			Loco7 Theatre's Shadow Puppet and Storytelling with Federico Restrepo 3:30 – 5:00 PM   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
MENU KEY- LC - LAST CLASS OF THE TE	DM NC- NO CLASS	Address: 221 Fact 12th Street I	New York NV 10003 Hours of Operation: Mond	ov Friday 0 AM F DM



## SIROVICH SPECIAL EVENTS CALENDAR APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 April Pantry 1:45 – 4:00 PM   Auditorium	4 April Birthday Party 1:00 – 2:00 PM   Audtiorium	5 Cognition and Swallowing Screenings with NYU Graduate Speech Pathologist Student Clinicians 9:00 – 10:30 AM   Small
8	9	10	11	12
Prevention, Protection, and Power: Asserting & Advocating For Yourself with Social Worker Sheryl 2:00 – 3:00 PM   Lounge	*Field Trip: NY Botanical Garden   10:00 AM – 3:30 PM   Meet inside of Auditorium at 9:30am		Remembering Together 10:00 – 11:00 AM   Lounge	
15	16	17	18 Third Street Music School Performance 1:00 – 1:45 PM   Auditorium	19
22	23	24	25	26
29 International Dance Day with Pacemakers Senior Dance Group 1:00 – 1:50 PM   Auditorium	30			
	<b></b>	centeet us by email at Sireviah @14	- ((	

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 Website: 14streety.org/Sirovich





