

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mosaic Tiles with Alexandra 9:30 – 11:20 AM Lounge	Tai Chi with Annie 10:00 – 10:50 AM NC 8/6 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 Auditorium	*Ceramic Session 1 with Sherman 10:00 AM – 1:00 PM Ceramics Studio	Zumba with Jose 10:10 – 11:00 AM NC 8/7 Auditorium	Functional Yoga at 14 Street Y 10:00 – 11:00 AM 2nd FL Community Room	
*Open Paint Studio with Sheryl 10:00 AM – 12:00 PM LC 8/5 Paint Studio	Chair Yoga for Bone Health with Rie 11:10 AM – 12:00 PM Auditorium			*Ceramic Session 1 with Nick 10:00 AM – 1:00 PM Ceramics Studio
*Ceramic Session 1 with Nick 10:00 AM – 1:00 PM Ceramics Studio	Theater Desk 11:30 AM – 1:00 PM Dining Room Schedule Subject to Change	Tech Talk with Interns 11:10 AM – 12:00 PM LC 8/15 Dining Room	Zumba with Fiorela 11:10 AM – 12:00 PM Auditorium	Tech Talk with Rebecca 11:00 – 11:50 AM Dining Room
Tech Talk with Interns 11:10 AM – 12:00 PM LC 8/12 Dining Room		Chinese Open Ballroom 12:30 – 2:50 PM NC 8/7 Auditorium		
	Chinese Dance Group 12:10 – 2:10 PM NC 8/6 Auditorium	Knitting and Crochet Group with Schekira 1:00 – 1:50 PM Lounge		
	Reiki and Meditation with Lyndell and Ruth 1:00 – 1:50 PM Lounge	Brain Games with Dana 2:00 PM – 2:50 PM NC 8/7 Lounge		ASC: Expressive Arts with Cory 1:00 – 2:30 PM Auditorium & Hybrid
	*Ceramic Session 2 with Sherman 1:30 – 4:30 PM Ceramics Studio		Asian Choir 1:30 PM – 3:20 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			*Ceramic Session 2 with Sherman 1:30 PM – 4:30 PM Ceramics Studio	
			Game Time with Dana 2:00 – 2:50 PM NC 8/22 & 8/29 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				ASC: Sirovich Senior Theater with Cory 2:30 – 3:15 PM Auditorium & Hybrid
Tapping Together with Demetra 4:00 – 4:50 PM Auditorium				
				Vocal Ensemble 3:15 – 5:00 PM Auditorium

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			1 August Birthday Party 1:00 – 2:00 PM Auditorium NYPD, Precinct 9 Crime Prevention Information Tabling 11:00 AM – 1:00 PM Dining Room	2
5 Karate Exercise Demo with Sensei Masahiko Honma of Karatedo 1:00 – 1:45 PM Auditorium Manicures with GlamourGals 1:00 – 3:00 PM Lounge and Conference Room	6 LiveOnNy Information Tabling 11:00 AM – 1:00 PM Dining Room	7 August Pantry 1:45 – 4:15 PM Auditorium *Registration Required	8 Remembering Together 10:00 – 11:00 AM Conference Room	9
12 Happiness Happens Workshop with Social Worker Sheryl 1:30 – 2:30 PM Conference Room	13 SCRIE/DRIE Clinic hosted by Senator Brian Kavanaugh Office Social Workers 1:30 – 4:00 PM Small Dining Room *Registration Required	14	15	16
19	20	21	22	23 Field Trip: Cooking Demonstration at the Gouveneur Farm Stand 1:15 – 2:15 PM Bus Departs at 12:30 PM *Registration Required
26	27	28	29	30

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

* =Registration Required

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

Website: [14streety.org/Sirovich](https://www.14streety.org/Sirovich) | Follow Us on Facebook: <https://www.facebook.com/Sirovich>