

SIROVICH CENTER FOR BALANCED LIVING PROGRAMS

SEPTEMBER 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 <i>Resumes 9/16</i> Auditorium	*Ceramic Session 1 with Sherman 10:00 AM – 1:00 PM Ceramics Studio	Zumba with Jose 10:10 – 11:00 AM <i>NC 9/4</i> Auditorium	Functional Yoga at 14 Street Y 10:00 – 11:00 AM 2nd FL Community Room	
	Chair Yoga for Bone Health with Rie 11:10 AM – 12:00 PM <i>NC 9/24</i> 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 <i>Schedule Subject to Change</i>		Zumba with Fiorela 11:10 AM – 12:00 PM Auditorium	Tech Talk with Rebecca 11:00 – 11:50 AM Dining Room
		Chinese Open Ballroom 1:00 – 2:50 PM <i>NC 9/4, 9/11</i> Auditorium		
	Reiki and Meditation with Lyndell and Ruth 1:00 – 1:50 PM Lounge	Knitting and Crochet Group with Schekira 1:00 – 1:50 PM <i>NC 9/11</i> Lounge		
	Chinese Dance Group 1:30 – 3:20 PM Auditorium	Brain Games with Dana 2:00 PM – 2:50 PM <i>NC 9/4</i> Lounge		ASC: Improv Ensemble with Robert Galinsky 1:15 – 3:00 PM Auditorium
			Asian Choir 1:30 PM – 3:20 PM Auditorium	
Jazz Line Dance with Bernard 2:00 – 2:50 PM Auditorium	*Ceramic Session 2 with Sherman 1:30 – 4:30 PM Ceramics Studio		*Ceramic Session 2 with Sherman 1:30 PM – 4:30 PM Ceramics Studio	*Ceramic Session 2 with Nick 1:30 – 4:30 PM Ceramics Studio
			Game Time with Dana 2:00 – 2:50 PM Small Dining Room	Jewelry Making with Phyllis 2:00 – 3:50 PM Lounge
Balance 101 with Demetra 3:10 – 4:00 PM Auditorium & Hybrid				ASC: Sirovich Senior Theater with Cory 2:30 – 3:15 PM Auditorium
Tapping Together with Demetra 4:00 – 4:50 PM Auditorium				
				Vocal Ensemble 3:15 – 5:00 PM Auditorium

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2 Center Closed for Labor Day	3	4 NYC Fresh Market Tour with Grow NYC 11:00 AM Meet Outside of Sirovich @10:50 AM *Registration Required September Pantry 1:45 – 4:15 PM Auditorium *Registration Required	5 September Birthday Party 1:00 – 2:00 PM Auditorium	6
9 Music for Memory with Kat 1:00 – 2:00 PM Lounge	10 Talent is Timeless Regional Round Showcase 10:00 AM Alice Tully Hall (Lincoln Center)	11 “A Chance Shadow” Puppetry Performance by Double Image Theatre Lab 1:15 PM Auditorium	12	13 Field Trip: Cooking Demonstration at the Gouverneur Farm Stand 1:15 – 2:15 PM Bus Departs at 12:30 PM *Registration Required
16 Music for Memory with Kat 1:00 – 2:00 PM Lounge	17	18	19	20
23 The MET Cloisters Museum 10:30 AM – 2:30 PM Bus Departs at 10:30 AM *Registration Required <i>(Previously registered members are automatically signed up)</i>	24	25 Fall Prevention Workshop with Occupational Therapy Interns 1:00 – 2:00 PM Conference Room	26 "Autumn Moon Festival" Performance by the Asian Choral Group and Chinese Dance Group 1:30 – 3:00 PM Auditorium	27 Narcan Training with Educational Alliance, Center for Recovery and Wellness 11:00 AM – 12:00 PM Small Dining Room

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

* =Registration Required