

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   <b>NC 10/15</b>   Auditorium		<b>*Ceramic Session 1 with Sherman &amp; Bianca</b> 10:00 AM – 1:00 PM   <b>Starts 10/17</b>   Ceramics Studio	<b>Tai Chi with Annie</b> 10:00 – 10:50 AM   <b>NC 10/11</b>   Auditorium
<b>Strength &amp; Balance with Rob</b> 10:00 – 10:50 AM   Auditorium	<b>*Ceramic Session 1 with Sherman &amp; Bianca</b> 10:00 AM – 1:00 PM   <b>Starts 10/15</b>   Ceramics Studio	<b>Zumba with Jose</b> 10:10 – 11:00 AM   <b>NC 10/2</b>   Auditorium	<b>Functional Yoga at 14 Street Y</b> 10:00 – 11:00 AM   2nd FL Community Room	
<b>*Ceramic Session 1 with Sherman</b> 10:00 AM – 1:00 PM   <b>Starts 10/14</b>   Ceramics Studio	<b>Chair Yoga for Bone Health with Rie</b> 11:10 AM – 12:00 PM   Auditorium		<b>Voter Registration Tabling</b> 11:00 – 1:00 PM   <b>LC 10/24</b>   Lobby	<b>*Ceramic Session 1 with Sherman &amp; Bianca</b> 10:00 AM – 1:00 PM   Starts October 10/18   Ceramics Studio
<b>Act Out! with Drama Therapy Intern Andrea</b> 10:00 – 11:30 AM   <b>Starts 10/14</b>   Small Dining Room	<b>Theater Desk</b> 11:30 AM – 1:00 PM   Dining Room <i>Schedule Subject to Change</i>		<b>Zumba with Fiorela</b> 11:10 AM – 12:00 PM   Auditorium	<b>Tech Talk with Rebecca</b> 11:00 – 11:50 AM   <b>NC 10/11 AND 10/18</b>   Dining Room
<b>Painting with Art Therapy Interns</b> 10:00 AM – 12:00 PM   <b>Starts 10/14</b>   Art Studio		<b>Chinese Open Ballroom</b> 1:00 – 2:50 PM   <b>NC 10/2</b>   Auditorium		
<b>Dance and Storytelling with Magda</b> 11:10 AM – 12:30 PM   <b>Starts 10/21</b>   Auditorium	<b>Reiki and Meditation with Lyndell and Ruth</b> 1:00 – 1:50 PM   Lounge	<b>Knitting and Crochet Group with Schekira</b> 1:00 – 1:50 PM   Lounge		
<b>Acrylic and Watercolor for Relaxation with Art Therapy Intern Sophia</b> 1:00 PM – 2:00 PM   <b>Starts 10/14</b>   Art Studio	<b>Chinese Dance Group</b> 1:30 – 3:20 PM   Auditorium	<b>Brain Games with Dana</b> 2:00 PM – 2:50 PM   <b>NC 10/2</b>   Lounge		<b>ASC: Improv Ensemble with Robert Galinsky</b> 1:15 – 2:10 PM   Auditorium
<b>Rewriting the Narrative with Drama Therapy Intern Andrea</b> 1:00 PM – 2:00 PM   <b>Starts 10/14</b>   Lounge	<b>*Ceramic Session 2 with Sherman &amp; Bianca</b> 1:30 – 4:30 PM   <b>Starts 10/15</b>   Ceramics Studio		<b>Asian Choir</b> 1:30 PM – 3:20 PM   Auditorium	<b>Fall Prevention and Balance through Music and Movement</b> 1:00 – 2:00 PM   Lounge
<b>*Beginner Class with Sherman</b> 1:30 PM – 4:30 PM   <b>Starts 10/14</b>   Ceramics Studio	<b>Tell Us Your Story: A Creative Writing Workshop with Rhonda</b> 2:00 – 3:00 PM   <b>10/8 -10/29</b>   Lounge		<b>*Ceramic Session 2 with Sherman &amp; Bianca</b> 1:30 PM – 4:30 PM   <b>Starts 10/17</b>   Ceramics Studio	<b>*Ceramic Session 2 with Sherman &amp; Bianca</b> 1:30 – 4:30 PM   Ceramics Studio
<b>Jazz Line Dance with Bernard</b> 2:00 – 2:50 PM   Auditorium	<b>If the Walls Could Talk Visual Theater Workshop with Concrete Temple Theatre</b> 4:00 – 5:30 PM   Auditorium		<b>Game Time with Dana</b> 2:00 – 2:50 PM   <b>NC 10/31</b>   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 & Hybrid				<b>ASC: Golden Giggles with Robert Galinsky</b> 2:15 – 3:00 PM   Auditorium
<b>Tapping Together with Demetra</b> 4:00 – 4:50 PM   Auditorium				<b>Vocal Ensemble</b> 3:15 – 5:00 PM   Auditorium

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	<b>1</b> <b>Decorate With Us</b> 10:00 – 11:00 AM   Lobby	<b>2</b> <b>October Pantry</b> 1:45 – 4:15 PM   Auditorium	<b>3</b> <b>Center Closed for Rosh Hashanah</b>	<b>4</b> <b>Center Closed for Rosh Hashanah</b>
<b>7</b> Remembering Together: A Space for Grief, Loss, and Remembrance with Social Work Staff 10:00 – 10:50 AM   Peacock Room (Project Ore Floor)  Heart & Lung Wellness with NYP/Columbia Medical Researchers 1:00 – 1:50 PM   Lounge	<b>8</b> <b>First Chinese Presbyterian: A Guiding Light for Home Care in NYC Tabling</b> 11:00 AM – 1:00 PM   Dining Room	<b>9</b> *Flu Shots with Mount Sinai Beth Israel 10:00 AM – 1:00 PM   Lounge  Council Members Carlina Rivera Mobile Hours 12:00 – 1:00 PM   Dining Room	<b>10</b> <b>Talent is Timeless Final Showcase</b> 10:00 AM   United Palace Transportation Available, Bus Departs @9:30 AM *Register with Theatre Desk	<b>11</b>
<b>14</b> <b>Nutrition Workshop: How to Get More Fiber in Your Diet with Nutritionist Tamar</b> 1:00 – 2:00 PM   Lounge	<b>15</b> <b>New York Public Library, Ottendorfer Tabling</b> 11:00 AM – 12:00 PM   Dining Room	<b>16</b> <b>Greenmarket Farmers Market Walking Tour</b> 1:00 PM   Meet outside Sirovich at 12:50 PM *Registration required	<b>17</b> <b>Townhall Meeting with Staff</b> 1:30 – 2:30 PM   Auditorium	<b>18</b>
<b>21</b>	<b>22</b>	<b>23</b> <b>Breakfast and Ballots</b> 9:00 – 10:00 AM   Small Dining Room	<b>24</b> <b>October Birthday Party</b> 1:00 – 2:00 PM   Auditorium	<b>25</b> <b>Greenmarket Farmers Market Walking Tour</b> 1:00 PM   Meet outside Sirovich at 12:50 PM *Registration required
<b>28</b> <b>Haunted History of East Village: Walking Tour with Dana &amp; M</b> 10:00 AM – 11:00 AM   Meet in Lobby @ 9:50 AM *Weather permitting	<b>29</b>	<b>30</b>	<b>31</b> <b>Halloween Party</b> 1:30 PM – 3:30 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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\* =Registration Required