

SIROVICH CENTER FOR BALANCED LIVING PROGRAMS

JUNE 2025

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 6/24 Auditorium	Zumba with Jose 10:30 – 11:20 AM NC 6/4 Auditorium	*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM NC 6/19, LC 6/26 Ceramics Studio	Tai Chi with Annie 10:00 – 10:50 AM Meeting Only 6/27 Auditorium
Strength & Balance with Rob 10:00 – 10:50 AM Auditorium	*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM LC 6/24 Ceramics Studio		Functional Yoga at 14 Street Y 10:00 – 11:00 AM NC 6/19 14 Street Y	*Ceramic Session 1 with Deb 10:00 AM – 1:00 PM LC 6/27 Ceramics Studio
*Ceramic Session 1 with Deb 10:00 AM – 1:00 PM LC 6/23 Ceramics Studio	Chair Yoga for Bone Health with Rie 11:10 AM – 12:00 PM NC 6/3, 6/24 Auditorium		Zumba with Fiorela 11:10 AM – 12:00 PM NC 6/19 Auditorium	Tech Talk with Rebecca 11:00 – 11:50 AM NC 6/6, 6/13 Dining Room
	Theater Desk 11:30 AM – 1:00 PM Front Office Schedule Subject to Change			Jewelry Making with Phyllis 1:00 – 3:50 PM Lounge
*Beginner Ceramic Class with Deb and Bianca 1:30 PM – 4:30 PM LC 6/23 Ceramics Studio	Reiki and Meditation with Lyndell 1:00 – 1:50 PM Lounge	Chinese Open Ballroom 1:00 – 2:50 PM NC 6/4 Auditorium	Asian Choir 1:30 PM – 3:20 PM NC 6/19 Auditorium	*Ceramic Session 2 with Deb 1:30 – 4:30 PM LC 6/27 Ceramics Studio
Jazz Line Dance with Bernard 2:00 – 2:50 PM Auditorium	Spanish Empowerment Group with Andrea 1:30 – 2:30 PM Conference Room	Knitting and Crochet Group with Schekira 1:00 – 1:50 PM NC 6/18 Lounge	*Ceramic Session 2 with Sherman & Bianca 1:30 PM – 4:30 PM NC 6/19, LC 6/26 Ceramics Studio	ASC: Expressive Arts with Cory 1:15 – 2:00 PM Auditorium
Balance 101 with Demetra 3:10 – 4:00 PM Auditorium & Hybrid	Chinese Dance Group 1:30 – 3:20 PM NC 6/24 Auditorium	Brain Games with Dana 2:00 PM – 2:50 PM NC 6/4, 6/18 Lounge	Game Time with Andrea 2:00 – 2:50 PM NC 6/19 Small Dining Room	ASC: Sirovich Senior Theater with Cory 2:00 – 3:00 PM Auditorium
Tapping Together with Demetra 4:00 – 4:50 PM Auditorium	*Ceramic Session 2 with Sherman & Bianca 1:30 – 4:30 PM LC 6/24 Ceramics Studio			Vocal Ensemble 3:15 – 5:00 PM Auditorium

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



= NEW CLASSES

MENU KEY: LC = LAST CLASS OF THE TERM, NC= NO CLASS, * =Registration Required

SIROVICH SPECIAL EVENTS CALENDAR JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 Breakfast and Ballots: Prep for the Primaries! 9:00 – 10:00 AM Dining Room Acting and Scenic Workshop with Concrete Temple Theatre LAST CLASS 4:00 – 5:30 PM Auditorium	4 June Pantry 1:45 – 3:30 PM Auditorium	5 Dance and Storytelling Incentive with Magda 10:00 – 10:50 AM Auditorium June Birthday Party 1:00 – 2:00 PM Auditorium Basic Tech Talk led by Teen Teaches Technology 2:00 – 3:30 PM Conference Room	6 Film Screening A Secret Love 1:00 PM Auditorium
9 -Dance and Storytelling Incentive with Magda 11:00 AM – 12:00 PM Auditorium -Nutrition Workshop: Quick Healthy Meals and Snacks with Nutritionist Tamar 1:00 – 2:00 PM Lounge *Field Trip: Leslie-Lohman Museum 1:30 – 3:30 Bus leaves @1PM, Lobby Meetup	10 Decorate with Us: Showing Pride! 10:00 – 11:00 AM Conference Room	11 *Live On NY Advocacy Day at City Hall 10:00 AM – 12:00 PM <i>Transportation is available. Meet in the lobby @10:00AM, Returns @12:00PM</i>	12 Dance and Storytelling Incentive with Magda 10:00 – 10:50 AM Auditorium	13 Talent is Timeless Local Round 1:30 – 4:30 PM Auditorium
16 Dance and Storytelling Performance with Magda 1:00 – 2:00 PM Auditorium	17 	18 Movie Screening: The Cost of Inheritance 1:00 PM Lounge District City Council Candidate Forum 3:30 – 4:30 PM Auditorium	19 Center Closed for Juneteenth	20 Pride Fashion Show 1:00 PM Auditorium
23 Survivorship Circle with Social Worker Sheryl 1:00 – 2:00 PM Lounge	24 No Classes in the Auditorium due to Primary Elections	25 	26 Keeping People Connected Performance 7:30 PM Auditorium	27 Keeping People Connected Pride Event 7:30 PM Auditorium Weekend Shows Saturday, June 28 3:00 PM Auditorium Sunday, June 29 3:00 PM Auditorium

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
 Please see