


# SIROVICH CENTER FOR BALANCED LIVING PROGRAMS

## MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Mosaic Tiles with Alexandra</b> 9:30 – 11:20 AM   <b>NC 5/26</b>   Lounge	<b>Tai Chi with Annie</b> 10:00 – 10:50 AM   Auditorium	<b>Zumba with Jose</b> 10:10 – 11:00 AM   <b>NC 5/7</b>   Auditorium	<b>*Ceramic Session 1 with Sherman &amp; Bianca</b> 10:00 AM – 1:00 PM   Ceramics Studio	<b>Tai Chi with Annie</b> 10:00 – 10:50 AM   Auditorium
<b>Strength &amp; Balance with Rob</b> 10:00 – 10:50 AM   <b>NC 5/26</b>   Auditorium	<b>*Ceramic Session 1 with Sherman &amp; Bianca</b> 10:00 AM – 1:00 PM   Ceramics Studio		<b>Functional Yoga at 14 Street Y</b> 10:00 – 11:00 AM   14 Street Y	<b>*Ceramic Session 1 with Deb</b> 10:00 AM – 1:00 PM   Ceramics Studio
<b>*Ceramic Session 1 with Deb</b> 10:00 AM – 1:00 PM   <b>NC 5/26</b>   Ceramics Studio	<b>Chair Yoga for Bone Health with Rie</b> 11:10 AM – 12:00 PM   Auditorium		<b>Dance and Storytelling with Magda</b> 10:00 – 10:50 AM   <b>NC 5/15, 5/22</b>   Auditorium	<b>Tech Talk with Rebecca</b> 11:00 – 11:50 AM   <b>NC 5/9, 5/16</b>   Dining Room
<b>*Beginner Ceramic Class with Deb and Bianca</b> 1:30 PM – 4:30 PM   <b>NC 5/26</b>   Ceramics Studio	<b>Theater Desk</b> 11:30 AM – 1:00 PM   Front Office <i>Schedule Subject to Change</i>		<b>Zumba with Fiorela</b> 11:10 AM – 12:00 PM   Auditorium	<b>Improv Class with Robert Galinsky</b> 11:10 AM – 12:30 PM   <b>LC 5/30</b>   Auditorium
<b>Jazz Line Dance with Bernard</b> 2:00 – 2:50 PM   <b>NC 5/26</b>   Auditorium	<b>Reiki and Meditation with Lyndell</b> 1:00 – 1:50 PM   Meeting Only 5/6   Lounge	<b>Chinese Open Ballroom</b> 1:00 – 2:50 PM   <b>NC 5/7</b>   Auditorium	<b>Wellness Initiative for Senior Education (WISE)</b> 1:00 – 2:00 PM   <b>LC 5/8</b> Lounge	<b>*Ceramic Session 2 with Deb</b> 1:30 – 4:30 PM   Ceramics Studio
<b>Balance 101 with Demetra</b> 3:10 – 4:00 PM   <b>NC 5/26</b>   Auditorium & Hybrid	<b>Chinese Dance Group</b> 1:30 – 3:20 PM   Auditorium	<b>Knitting and Crochet Group with Schekira</b> 1:00 – 1:50 PM   Lounge	<b>Asian Choir</b> 1:30 PM – 3:20 PM   Auditorium	<b>ASC: Expressive Arts with Cory</b> 1:15 – 2:00 PM   Auditorium
<b>Tapping Together with Demetra</b> 4:00 – 4:50 PM   <b>NC 5/26</b>   Auditorium	<b>*Ceramic Session 2 with Sherman &amp; Bianca</b> 1:30 – 4:30 PM   Ceramics Studio	<b>Brain Games with Dana</b> 2:00 PM – 2:50 PM   <b>NC 5/7, 5/21</b>   Lounge	<b>*Ceramic Session 2 with Sherman &amp; Bianca</b> 1:30 PM – 4:30 PM   Ceramics Studio	<b>ASC: Sirovich Senior Theater with Cory</b> 2:00 – 3:00 PM   Auditorium
	<b>Spanish Empowerment Group with Andrea</b> 1:30 – 2:30 PM   Conference Room	<b>Puppet Dance Theater with Loco7</b> 3:00 – 5:00 PM   Auditorium <b>Class Closed</b>	<b>Game Time with Andrea</b> 2:00 – 2:50 PM   Small Dining Room	<b>Vocal Ensemble</b> 3:15 – 5:00 PM   Auditorium
	<b>Acting and Scenic Workshop with Concrete Temple Theatre</b> 4:00 – 5:30 PM   <i>Meeting only 5/6 and 5/27, 6/3</i>   Auditorium			

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

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



**= NEW CLASSES**

## SIROVICH SPECIAL EVENTS CALENDAR MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 May Birthday Party 1:00 – 2:00 PM   Auditorium	2	3
5 Teaching Artists On Creatvity, Community, & Expression a Panel Discussion 1:30 – 3:30 PM   Manny Cantor Center, 6th Floor Rooftop <i>* Transportation provided. Meet in the lobby @1:00 PM</i>	6 Decorate With Us: Sign Making for Advocacy Day! 10:00 – 11:00 AM   Conference Room	7 May Pantry 1:45 – 4:15 PM   Auditorium  Acting and Scenic Workshop with Concrete Temple Theatre 4:00 – 5:30 PM   Lounge	8	9 Ceramincs & Art Sale 10:00 AM – 4:00 PM   Auditorium  6:00 – 7:30 PM   14th Street Y, Lobby	10 Ceramic & Art Sale 10:00 AM – 4:00 PM   Auditorium
12	13 Ottendorfer New York Public Library Visit 11:00 AM – 1:00 PM   Dining Room  Puppetry Dance Theater Performance 2:00 – 3:00 PM   14 Street Y Theater	14 MCC Community Prom 3:00 – 5:00 PM   Manny Cantor Center, Basketball Court	15 Nutrition Workshop: 10 Health Foods with Nutritionist with Tamar 1:00 – 2:00 PM   Lounge	16 Movie Screening: Minari 1:30 PM   Auditorium	17
19	20	21	22	23 Main Stage Performance 3:00 – 5:30 PM   14th Street Y, Theater	24 Main Stage Performance 3:00 – 5:30 PM   14th Street Y, Theater
26 Center Closed for Memorial Day	27	28 LiveOnNY's Annual Aging Advocacy Day 11:00 AM – 12:00 PM   City Hall Park, Broadway &, Chambers St. <i>* Transportation provided. Meet outside of Sirovich at 10:15 AM</i>	29 Grandcestors: Stories That Shape Us 2:00 – 3:30 PM   MCC <i>* Transportation provided. Meet in the Lobby @1:30PM</i>	30	

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

\* = Registration Required

 =Celebrate Arts Events