

SIROVICH CENTER FOR BALANCED LIVING PROGRAMS

JULY 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 Auditorium	Zumba with Jose 10:30 – 11:20 AM NC 7/2 Auditorium	*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM Starts 7/24 Ceramics Studio	Tai Chi with Annie 10:00 – 10:50 AM NC 7/4 Auditorium
Strength & Balance with Rob 10:00 – 10:50 AM Auditorium	*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM Starts 7/21 Ceramics Studio		Functional Yoga at 14 Street Y 10:00 – 11:00 AM 14 Street Y	*Ceramic Session 1 with Deb 10:00 AM – 1:00 PM Starts 7/25 Ceramics Studio
*Ceramic Session 1 with Deb 10:00 AM – 1:00 PM Starts 7/21 Ceramics Studio	Chair Yoga for Bone Health with Rie 11:10 AM – 12:00 PM Auditorium		Zumba with Fiorela 11:10 AM – 12:00 PM Auditorium	Tech Talk with Rebecca 11:00 – 11:50 AM NC 7/4 Dining Room
*Open Paint Studio 10:00 AM – 12:00 PM Starts 7/14 Art Studio	Theater Desk 11:30 AM – 1:00 PM Front Office <i>Schedule Subject to Change</i>			Jewelry Making with Phyllis 1:00 – 3:50 PM NC 7/4 Lounge
*Advanced Ceramic Handbuilding Class with Bianca 1:30 PM – 4:30 PM Starts 7/21 Ceramics Studio	Reiki and Meditation with Lyndell 1:00 – 1:50 PM Lounge	Chinese Open Ballroom 1:00 – 2:50 PM NC 7/2 Auditorium	Asian Choir 1:30 PM – 3:20 PM Auditorium	*Ceramic Session 2 with Deb 1:30 – 4:30 PM Starts 7/25 Ceramics Studio
Jazz Line Dance with Bernard 2:00 – 2:50 PM Auditorium	Spanish Empowerment Group with Andrea 1:30 – 2:30 PM Meeting Only 7/22 and 7/29 Conference Room	Knitting and Crochet Group with Schekira 1:00 – 1:50 PM NC 7/2, 7/9 Lounge	*Ceramic Session 2 with Sherman & Bianca 1:30 PM – 4:30 PM Starts 7/24 Ceramics Studio	ASC: Expressive Arts with Cory 1:15 – 2:00 PM NC 7/4 Auditorium
Balance 101 with Demetra 3:10 – 4:00 PM Auditorium & Hybrid	Chinese Dance Group 1:30 – 3:20 PM Auditorium	Brain Games with Dana 2:00 PM – 2:50 PM NC 7/2, 7/30 Lounge	Game Time with Andrea 2:00 – 2:50 PM NC 7/3, 7/10 Small Dining Room	ASC: Sirovich Senior Theater with Cory 2:00 – 3:00 PM NC 7/4 Auditorium
Tapping Together with Demetra 4:00 – 4:50 PM Auditorium	*Ceramic Session 2 with Sherman & Bianca 1:30 – 4:30 PM Starts 7/22 Ceramics Studio			Vocal Ensemble 3:15 – 5:00 PM NC 7/4 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/Class is Full

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 *July Pantry 1:45 – 4:15 PM Auditorium	3 July Birthday Party 1:00 – 2:00 PM Auditorium	4 Center is Closed for Independence Day
7 Remembering Together: A Space for Grief, Loss, and Remembrance with Social Work Staff 10:00 – 11:00 AM Peacock Room Watercolor + Wellness with Social Worker Sheryl 1:00 – 2:00 PM Lounge	8	9 Decorate with Us: I Love New York! 10:00 – 10:50 AM Conference Room Nutrition Workshop: Healthy Summer Tips for Older Adults with Nutritionist Tamar 1:00 – 1:50 PM Lounge	10	11
14	15	16	17 Nutrition Workshop: Learn How to Use MyPlate with Registered Dietician Student Doug 1:00 – 1:50 PM Lounge	18
21	22	23 *Field Trip to the Paley Museum Transportation Provided, Bus leaves @1:30 PM, and returns @3:30 PM	24	25
28 Health Talk: <i>In Our Own Voice</i> with National Alliance on Mental Illness NYC 1:00 PM Lounge	29	30	31	

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>

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