

SIROVICH CENTER FOR BALANCED LIVING PROGRAMS

AUGUST 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 8/6 Auditorium	*Ceramic Session 1 with Sherman & Bianca 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 Auditorium	*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM 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 Ceramics Studio
*Ceramic Session 1 with Deb 10:00 AM – 1:00 PM 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 8/8, 8/15 Dining Room
*Open Paint Studio 10:00 AM – 12:00 PM LC 8/4 Art Studio	Theater Desk 11:30 AM – 1:00 PM Front Office Schedule Subject to Change			Jewelry Making with Phyllis 1:00 – 3:50 PM NC 8/1 Lounge
*Advanced Ceramic Handbuilding Class with Bianca 1:30 PM – 4:30 PM Ceramics Studio	Reiki and Meditation with Lyndell 1:00 – 1:50 PM Lounge	Chinese Open Ballroom 1:00 – 2:50 PM NC 8/6 Auditorium	Asian Choir 1:30 PM – 3:20 PM Auditorium	*Ceramic Session 2 with Deb 1:30 – 4:30 PM Ceramics Studio
Jazz Line Dance with Bernard 2:00 – 2:50 PM Auditorium	Spanish Empowerment Group with Andrea 1:30 – 2:30 PM NC 8/26 Conference Room	Knitting and Crochet Group with Schekira 1:00 – 1:50 PM Lounge	*Ceramic Session 2 with Sherman & Bianca 1:30 PM – 4:30 PM Ceramics Studio	ASC: Expressive Arts with Cory 1:15 – 2:00 PM NC 8/22, 8/29 Auditorium
Balance 101 with Demetra 3:10 – 4:00 PM NC 8/4 Auditorium & Hybrid	Chinese Dance Group 1:30 – 3:20 PM Auditorium	Brain Games with Dana 2:00 PM – 2:50 PM NC 8/6 Lounge	Game Time with Andrea 2:00 – 2:50 PM NC 8/28 Small Dining Room	ASC: Sirovich Senior Theater with Cory 2:00 – 3:00 PM NC 8/22, 8/29 Auditorium
Tapping Together with Demetra 4:00 – 4:50 PM NC 8/4 Auditorium	*Ceramic Session 2 with Sherman & Bianca 1:30 – 4:30 PM Ceramics Studio			Vocal Ensemble with Mariano 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/Class is Full

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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4 Registration Open for Coney Island Field Trip and Support Sirovich Contestants Field Trip 10:00 AM Front Desk	5	6 *August Pantry 1:45 – 4:15 PM Auditorium	7 A Beginner's Guide: Gen Z Slang with Summer Youth Interns Anaya and Fiona 10:00 – 11:00 AM Conference Room	8
11	12 Decorate with Us: Celebrating Happiness Day 10:00 – 11:00 AM Conference Room	13 Support Weinberg & Co-op Village NORC Contestants 2:15 PM MCC, 197 E Broadway, New York, NY 10002	14 August Birthday Party 1:00 – 2:00 PM Auditorium	15 *Field Trip: Support Sirovich Contestants Bus Leaves @11:00 AM, and Returns @3:30 PM
18	19	20	21 Field Trip to Coney Island 10:00 AM – 2:00 PM Bus Leaves @10:00 AM, and Returns @2:00 PM Nutrition Workshop: Food as Medicine with Registered Dietitian Tamar 1:00 PM Lounge	22
25 Scams & Schemes with Social Worker Sheryl 1:00 – 1:50 PM Lounge	26	27	28 Safety Lecture with NYPD, 9th Precinct 1:00 – 1:50 PM Lounge	29

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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