

# SIROVICH CENTER FOR BALANCED LIVING PROGRAMS

## JULY 2025

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| <b>Mosaic Tiles with Alexandra</b><br>9:30 – 11:20 AM   Lounge  | <b>Tai Chi with Annie</b><br>10:00 – 10:50 AM   Auditorium   | <b>Zumba with Jose</b><br>10:30 – 11:20 AM   <b>NC 7/2</b>   Auditorium                         | <b>*Ceramic Session 1 with Sherman &amp; Bianca</b><br>10:00 AM – 1:00 PM   <b>Starts 7/24</b>   Ceramics Studio | <b>Tai Chi with Annie</b><br>10:00 – 10:50 AM   <b>NC 7/4</b>   Auditorium                      |
| <b>Strength &amp; Balance with Rob</b><br>10:00 – 10:50 AM   Auditorium   | <b>*Ceramic Session 1 with Sherman &amp; Bianca</b><br>10:00 AM – 1:00 PM   <b>Starts 7/21</b>   Ceramics Studio     |   | <b>Functional Yoga at 14 Street Y</b><br>10:00 – 11:00 AM   14 Street Y  | <b>*Ceramic Session 1 with Deb</b><br>10:00 AM – 1:00 PM   <b>Starts 7/25</b>   Ceramics Studio |
| <b>*Ceramic Session 1 with Deb</b><br>10:00 AM – 1:00 PM   <b>Starts 7/21</b>   Ceramics Studio                     | <b>Chair Yoga for Bone Health with Rie</b><br>11:10 AM – 12:00 PM   Auditorium                                       |   | <b>Zumba with Fiorela</b><br>11:10 AM – 12:00 PM   Auditorium  | <b>Tech Talk with Rebecca</b><br>11:00 – 11:50 AM   <b>NC 7/4</b>   Dining Room                 |
| <b>*Open Paint Studio</b><br>10:00 AM – 12:00 PM   <b>Starts 7/14</b>   Art Studio                                  | <b>Theater Desk</b><br>11:30 AM – 1:00 PM   Front Office<br><b>Schedule Subject to Change</b>                        |   |  | <b>Jewelry Making with Phyllis</b><br>1:00 – 3:50 PM   <b>NC 7/4</b>   Lounge                   |
| <b>*Advanced Ceramic Handbuilding Class with Bianca</b><br>1:30 PM – 4:30 PM   <b>Starts 7/21</b>   Ceramics Studio | <b>Reiki and Meditation with Lyndell</b><br>1:00 – 1:50 PM   Lounge  | <b>Chinese Open Ballroom</b><br>1:00 – 2:50 PM   <b>NC 7/2</b>   Auditorium                     | <b>Asian Choir</b><br>1:30 PM – 3:20 PM   Auditorium   | <b>*Ceramic Session 2 with Deb</b><br>1:30 – 4:30 PM   <b>Starts 7/25</b>   Ceramics Studio     |
| <b>Jazz Line Dance with Bernard</b><br>2:00 – 2:50 PM   Auditorium  | <b>Spanish Empowerment Group with Andrea</b><br>1:30 – 2:30 PM   <b>Meeting Only 7/22 and 7/29</b>   Conference Room | <b>Knitting and Crochet Group with Schekira</b><br>1:00 – 1:50 PM   <b>NC 7/2, 7/9</b>   Lounge | <b>*Ceramic Session 2 with Sherman &amp; Bianca</b><br>1:30 PM – 4:30 PM   <b>Starts 7/24</b>   Ceramics Studio  | <b>ASC: Expressive Arts with Cory</b><br>1:15 – 2:00 PM   <b>NC 7/4</b>   Auditorium            |
| <b>Balance 101 with Demetra</b><br>3:10 – 4:00 PM   Auditorium & Hybrid   | <b>Chinese Dance Group</b><br>1:30 – 3:20 PM   Auditorium  | <b>Brain Games with Dana</b><br>2:00 PM – 2:50 PM   <b>NC 7/2, 7/30</b>   Lounge                | <b>Game Time with Andrea</b><br>2:00 – 2:50 PM   <b>NC 7/3, 7/10</b>   Small Dining Room                         | <b>ASC: Sirovich Senior Theater with Cory</b><br>2:00 – 3:00 PM   <b>NC 7/4</b>   Auditorium    |
| <b>Tapping Together with Demetra</b><br>4:00 – 4:50 PM   Auditorium   | <b>*Ceramic Session 2 with Sherman &amp; Bianca</b><br>1:30 – 4:30 PM   <b>Starts 7/22</b>   Ceramics Studio         |   |  | <b>Vocal Ensemble</b><br>3:15 – 5:00 PM   <b>NC 7/4</b>   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<br><b>*July Pantry</b><br>1:45 – 4:15 PM   Auditorium  | 3<br><b>July Birthday Party</b><br>1:00 – 2:00 PM   Auditorium  | 4<br><b>Center is Closed for Independence Day</b> |
| 7<br>Remembering Together: A Space for Grief, Loss, and Remembrance with Social Work Staff<br>10:00 – 11:00 AM   Peacock Room<br><br>Watercolor + Wellness with Social Worker Sheryl<br>1:00 – 2:00 PM   Lounge | 8       | 9<br>Decorate with Us: I Love New York!<br>10:00 – 10:50 AM   Conference Room<br><br>Nutrition Workshop: Healthy Summer Tips for Older Adults with Nutritionist Tamar<br>1:00 – 1:50 PM   Lounge | 10  | 11  |
| 14  | 15      | 16   | 17<br><b>Nutrition Workshop: Learn How to Use MyPlate with Registered Dietician Student Doug</b><br>1:00 – 1:50 PM   Lounge | 18  |
| 21  | 22      | 23<br><b>*Field Trip to the Paley Museum</b><br>Transportation Provided, Bus leaves @1:30 PM, and returns @3:30 PM   | 24  | 25  |
| 28<br><b>Health Talk: <i>In Our Own Voice</i> with National Alliance on Mental Illness NYC</b><br>1:00 PM   Lounge  | 29      | 30   | 31  |   |

For general inquiries, please contact us by email at [Sirovich@14streety.org](mailto: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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