








SIROVICH CENTER FOR BALANCED LIVING PROGRAMS

OCTOBER 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 10/1 Auditorium	Zumba with Jose  9:50 – 10:30 AM Starts 10/9 Auditorium	Tai Chi with Annie 10:00 – 10:50 AM NC 10/31 Auditorium
Strength & Balance with Rob 10:00 – 10:50 AM Auditorium	*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM Starts 10/14 Studio		*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM Starts 10/16 Ceramics Studio	*Ceramic Session 1 with Deb 10:00 AM – 1:00 PM Starts 10/17 Ceramics Studio
*Ceramic Session 1 with Deb 10:00 AM – 1:00 PM Starts 10/13 Ceramics Studio	Chair Yoga for Bone Health with Rie 11:10 AM – 12:00 PM Auditorium		Functional Yoga at 14 Street Y 10:00 – 11:00 AM NC 10/2 14 Street Y	Tech Talk with Rebecca 11:00 – 11:50 AM Dining Room
*Drama Therapy Group  1:00 – 2:00 PM Starts, 10/27 Conference Room	Theater Desk 11:30 AM – 1:00 PM Front Office <i>Schedule Subject to Change</i>	Chinese Open Ballroom 1:00 – 2:50 PM NC 10/1 Auditorium	Write Your Story with Rhonda  1:00 – 2:00 PM Starts 10/9, LC 10/30 Conference Room	Jewelry Making with Phyllis 1:00 – 3:50 PM Lounge
*Beginners Ceramic Session with Deb 1:30 PM – 4:30 PM Starts 10/13 Ceramics Studio	Spanish Empowerment Group with Andrea 1:30 – 2:30 PM Conference Room		Asian Choir 1:30 PM – 3:20 PM NC 10/2 Auditorium	*ASC: Expressive Arts with AhHa! Broadway  1:15 – 2:00 PM NC 10/31 Auditorium
Jazz Line Dance with Bernard 2:00 – 2:50 PM Auditorium	Chinese Dance Group 1:30 – 3:20 PM Auditorium		*Ceramic Session 2 with Sherman & Bianca 1:30 PM – 4:30 PM Starts 10/16 Ceramics Studio	*Figurative Sculpture with Bianca 1:30 – 4:30 PM Starts 10/17 Ceramics Studio
*Open Swim at 14 Street Y 2:00 – 3:00 PM 14 Street Y Pool Registration Required to attend	*Ceramic Session 2 with Sherman & Bianca 1:30 – 4:30 PM Starts 10/14 Ceramics Studio	Brain Games with Dana 2:00 PM – 2:50 PM NC 10/1 Lounge	Game Time with Andrea 2:00 – 2:50 PM NC 10/2 Small Dining Room	*ASC: Sirovich Senior Theater with AhHa! Broadway  2:00 – 3:00 PM NC 10/31 Auditorium
Balance 101 with Demetra 3:10 – 4:00 PM Auditorium & Hybrid	*Writing & Directing for the Stage with Concrete Temple Theatre Group  4:00 – 5:30 PM Starts 10/14 Auditorium			Vocal Ensemble with Mariano 3:15 – 5:00 PM Auditorium
Tapping Together: Intergenerational Tap Dance Class with Demetra 4:00 – 4:50 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 Full				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 *October Pantry 1:45 – 3:30 PM Auditorium	2 Center Closed for Yom Kippur	3 *Farmers Market Trip 1:00 PM Union Square Farmers Market Registration Full Your Social Security: How It Works and Doesn't: A Presentation with Silver Brigade 1:30 – 2:30 PM Lounge
6 Registration Opens for Field Trips to Prospect Park Zoo and National Museum of the American Indian 10:00 AM Front Desk MTA Accessibility Presentation 1:00 – 1:50 PM Auditorium	7 Decorate Pumpkins With Us for Fall 10:00 – 10:50 AM Conference Room	8	9 Autumn Moon Festival 1:30 PM Auditorium	10
13 Tech Help with Andrew 2:00 – 2:50 PM Lounge	14 *Field Trip: Prospect Park Zoo Ticket Price: \$12 11:00 AM – 2:00 PM Bus Leaves @11:00 AM Bus Returns @2:00 PM	15 *Farmers Market Trip 1:00 PM Union Square Farmers Market Registration Full	16 *Flu Shots with Beth Israel/Mount Sinai 10:00 AM – 1:00 PM Lounge Supporting Sirovich Contestants at Talent is Timeless Grand Finale 10:00 AM United Palace, 4140 Broadway, New York, NY 10033 No Transportation Provided	17
20 Tech Help with Andrew 2:00 – 2:50 PM Lounge	21	22 *Field Trip: National Museum of the American Indian Ticket Price: \$5 9:30 AM – 2:00 PM Bus Leaves @9:30 AM Bus Returns @2:00 PM	23 October Birthday Party 1:00 – 2:00 PM Auditorium	24
27	28	29	30 Manicures with GlamourGals 1:00 – 2:30 PM Lounge	31 Halloween Party and *Costume Contest 1:30 – 3:30 PM Auditorium Registration Required for Costume Contest

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