

SIROVICH CENTER FOR BALANCED LIVING PROGRAMS

NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mosaic Tiles with Alexandra 9:30 – 11:20 AM Lounge	Tai Chi with Substitute Roberto 10:00 – 10:50 AM NC 11/4 Auditorium	Zumba with Jose 10:30 – 11:20 AM NC 11/5 Auditorium	Zumba with Jose 9:50 – 10:30 AM NC 11/27 Auditorium	
Strength & Balance with Rob 10:00 – 10:50 AM Auditorium	*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM NC 11/4 Studio		*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM NC 11/27 Ceramics Studio	*Ceramic Session 1 with Sherman 10:00 AM – 1:00 PM NC 11/28 Ceramics Studio
*Ceramic Session 1 with Bianca 10:00 AM – 1:00 PM Ceramics Studio	Chair Yoga for Bone Health with Rie 11:10 AM – 12:00 PM NC 11/4 Auditorium		Functional Yoga at 14 Street Y 10:00 – 11:00 AM NC 11/27 14 Street Y	Tech Talk with Rebecca 11:00 – 11:50 AM NC 11/14, 11/21, 11/28 Dining Room
*Painting 10:00 AM - 12:00 PM Art Studio *Registration Required to attend				
*Playback Theatre with Drama Therapy Intern Maggie 1:00 – 2:00 PM Lounge	Theater Desk 11:30 AM – 1:00 PM NC 11/4 Front Office <i>Schedule Subject to Change</i>	Chinese Open Ballroom 1:00 – 2:50 PM NC 11/5 Auditorium		Jewelry Making with Phyllis 1:00 – 3:00 PM NC 11/28 Lounge
*Beginners Ceramic Session with Deb 1:30 PM – 4:30 PM Ceramics Studio	Spanish Empowerment Group with Andrea 1:30 – 2:30 PM NC 11/4 Conference Room		Asian Choir 1:30 PM – 3:20 PM NC 11/27 Auditorium	*ASC: Expressive Arts with AhHa! Broadway 1:15 – 2:00 PM LC 11/14 Auditorium
Jazz Line Dance with Bernard 2:00 – 2:50 PM Auditorium	Chinese Dance Group 1:30 – 3:20 PM NC 11/4 Auditorium		*Ceramic Session 2 with Sherman 1:30 PM – 4:30 PM NC 11/27 Ceramics Studio	*Figurative Sculpture with Bianca 1:30 – 4:30 PM NC 11/28 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 1:30 – 4:30 PM NC 11/4 Ceramics Studio	Brain Games with Dana 2:00 PM – 2:50 PM NC 11/5 Lounge	Game Time with Andrea 2:00 – 2:50 PM NC 11/27 Small Dining Room	*ASC: Sirovich Senior Theater with AhHa! Broadway 2:00 – 3:00 PM LC 11/14 Auditorium
Balance 101 with Demetra 3:10 – 4:00 PM NC 11/10, 11/17, 11/24 Auditorium & Hybrid	*Writing & Directing for the Stage with Concrete Temple Theatre Group 4:00 – 5:30 PM NC 11/4 Auditorium			Vocal Ensemble with Mariano 3:15 – 5:00 PM NC 11/28 Auditorium
Tapping Together: Intergenerational Tap Dance Class with Substitute Cory 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 | Classes at the 14 Street Y Please bring your photo ID to sign at the 14 Street Y

SIROVICH SPECIAL EVENTS CALENDAR

NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breakfast & Ballots 9:00 – 10:00 AM Dining Room Registration Open for FIT Museum Trip 10:00 AM Front Desk	4 Center Closed for Election Day	5 Thanksgiving Luncheon Tickets On Sale 10:00 AM Front Desk Suggested Donation \$5 for Members and \$10 Required for Members' Aides *Pantry 1:45 – 3:30 PM Auditorium	6 November Birthday Party 1:00 – 2:00 PM Auditorium	7
10	11 Nutrition Presentation: Eating Healthy for Older Adults with Doug 1:00 – 2:00 PM Lounge Tech Help with Andrew 2:00 – 3:00 PM Conference Room	12	13 *Field Trip: 'Dress, Dreams, and Desire: Fashion and Psychoanalysis' Exhibit at the Museum at FIT Ticket Price: \$5 1:30 – 3:30 PM Bus Departs: 1:30 PM Bus Returns: 3:30 PM *Registration Required	14 AhHa! Broadway 1940s Radio Hour 1:30 PM Auditorium
17 Scam Prevention Presentation with Bank of America 4:00 PM Lounge	18 New York Public Library Visit 11:00 AM – 12:00 PM Dining Room	19 "Understanding Medicare" Workshop by Vanguard of Medicare 1:30 – 2:30 PM Lounge	20	21 Thanksgiving Luncheon 1st Seating: 11:30 AM – 12:30 PM 2nd Seating: 12:45 PM – 1:45 PM Tickets on sale Wednesday, November 6
24	25	26	27 Center Closed for Thanksgiving	28 Center Closed for Thanksgiving

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