

SIROVICH CENTER FOR BALANCED LIVING PROGRAMS

DECEMBER 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 12/3 Auditorium	Zumba with Jose 9:50 – 10:30 AM NC 12/25 Auditorium	Tai Chi with Annie 10:00 – 10:50 AM NC 12/5 Auditorium
Strength & Balance with Rob 10:00 – 10:50 AM Auditorium	*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM LC 12/16 Ceramics Studio		*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM LC 12/18 Ceramics Studio	*Ceramic Session 1 with Sherman 10:00 AM – 1:00 PM LC 12/19 Ceramics Studio
*Ceramic Session 1 with Bianca 10:00 AM – 1:00 PM LC 12/15 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 12/25 14 Street Y	Tech Talk with Rebecca 11:00 – 11:50 AM Dining Room
*Painting 10:00 AM - 12:00 PM LC 12/15 Art Studio *Class Full				
*Playback Theatre with Drama Therapy Intern Maggie 1:00 – 2:00 PM LC 12/15 Lounge Class Full	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 12/3 Auditorium		Jewelry Making with Phyllis 1:00 – 3:00 PM NC 12/5 Lounge
*Beginners Ceramic Session with Deb 1:30 PM – 4:30 PM LC 12/15 Ceramics Studio	Spanish Empowerment Group with Andrea 1:30 – 2:30 PM Conference Room		Asian Choir 1:30 PM – 3:20 PM NC 12/25 Auditorium	*ASC: Expressive Arts with Cory 1:15 – 2:00 PM NC 12/26 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 1:30 PM – 4:30 PM LC 12/18 Ceramics Studio	*Figurative Sculpture with Bianca 1:30 – 4:30 PM LC 12/19 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 LC 12/16 Ceramics Studio	Brain Games with Dana 2:00 PM – 2:50 PM NC 12/3 Lounge	Game Time with Andrea 2:00 – 2:50 PM NC 12/25 Small Dining Room	*ASC: Sirovich Senior Theater with Cory 2:00 – 3:00 PM NC 12/26 Auditorium
Balance 101 with Demetra 3:10 – 4:00 PM <i>Virtual Meeting Only December 1 and In Person Meeting Starting December 8</i> Auditorium & Hybrid	*Writing & Directing for the Stage with Concrete Temple Theatre Group 4:00 – 5:30 PM Auditorium			Vocal Ensemble with Mariano 3:15 – 5:00 PM NC 12/26 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

DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Registration open for MET Museum Field Trip 10:00 AM Front Desk	3 Holiday Luncheon Tickets On Sale 10:00 AM Front Desk Suggested Donation \$5 for Member December Pantry 1:45 – 3:30 PM Auditorium	4 December Birthday Party 1:00 – 2:00 PM Auditorium	5 Ceramic Holiday Sale 10:00 AM – 5:00 PM Auditorium AND Saturday, December 6 10:00 AM – 5:00 PM Auditorium
8	9	10	11	12 *Farmers Market Trip 1:00 PM Union Square Farmers Market Registration Required
15	16 Nutrition Workshop: Immunity and Holiday Eating with Dietician Doug 1:00 – 1:50 PM Lounge	17 Decorate Snowflakes With Us 10:10 – 11:00 AM Conference Room	18 *Field Trip: MET Museum 11:30 AM – 3:30 PM Ticket \$5 Bus Leaves @11:30 AM Bus Returns @3:30 PM Lunch Provided. Registration open on Tuesday, December 2	19 Holiday Luncheon 1st Seating: 11:30 AM – 12:30 PM 2nd Seating: 12:45 PM – 1:45 PM Tickets on sale Wednesday, December 3
22	23	24 Center will close at 3:00 PM	25 Center Closed for Christmas	26
29	30	31 Center will close at 3:00 PM		

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