

SIROVICH CENTER FOR BALANCED LIVING PROGRAMS

JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mosaic Tiles with Alexandra 9:30 – 11:20 AM NC 1/19 Lounge	Tai Chi with Annie 10:00 – 10:50 AM NC 1/20 Auditorium	Zumba with Jose 10:30 – 11:20 AM NC 1/7 Auditorium	Zumba with Jose 9:50 – 10:30 AM Auditorium	Tai Chi with Annie 10:00 – 10:50 AM NC 1/2 Auditorium
Strength & Balance with Rob 10:00 – 10:50 AM NC 1/19, 1/26 Auditorium	*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM Class Starts, 1/13 Ceramics Studio		*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM Class Starts, 1/15 Ceramics Studio	*Ceramic Session 1 with Laura 10:00 AM – 1:00 PM Class Starts, 1/16 Ceramics Studio
*Ceramic Session 1 with Bianca and Laura 10:00 AM – 1:00 PM Class Starts, 1/12, NC 1/19 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 14 Street Y	Tech Talk with Rebecca 11:00 – 11:50 AM NC 1/16, 1/30 Dining Room
*Painting 10:00 AM - 12:00 PM Class Starts, 1/26 Art Studio *Class Full				
*Playback Theatre with Drama Therapy Intern Maggie 1:00 – 2:00 PM Class Starts, 1/26 Lounge	Theater Desk 11:30 AM – 1:00 PM Front Office Schedule Subject to Change	Chinese Open Ballroom 1:00 – 2:50 PM NC 1/7 Auditorium		
*Beginners Ceramic Session with Laura 1:30 PM – 4:30 PM Class Starts, 1/12, NC 1/19 Ceramics Studio	Spanish Empowerment Group with Andrea 1:30 – 2:30 PM Conference Room		Asian Choir 1:30 PM – 3:20 PM Auditorium	*ASC: Expressive Arts with Cory 1:15 – 2:00 PM Auditorium
Jazz Line Dance with Bernard 2:00 – 2:50 PM NC 1/19 Auditorium	Chinese Dance Group 1:30 – 3:20 PM NC 1/20 Auditorium		*Ceramic Session 2 with Sherman 1:30 PM – 4:30 PM Class Starts 1/15 Ceramics Studio	*Figurative Sculpture with Bianca 1:30 – 4:30 PM Class Starts 1/16 Ceramics Studio
	*Ceramic Session 2 with Sherman & Bianca 1:30 – 4:30 PM Class Starts, 1/13 Ceramics Studio	Brain Games with Dana 2:00 PM – 2:50 PM NC 1/7 Lounge	Game Time with Andrea 2:00 – 2:50 PM Small Dining Room	*ASC: Sirovich Senior Theater with Cory 2:00 – 3:00 PM Auditorium
Balance 101 with Demetra 3:10 – 4:00 PM NC 1/19 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 1/2 Auditorium
Tapping Together: Intergenerational Tap Dance Class with Demetra 4:00 – 4:50 PM NC 1/19 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**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Center Closed for New Year's Day	2
5 Remembering Together: A Space for Grief, Loss, and Remembrance 10:00 – 11:00 AM Small Dining Room	6	7 January Pantry 1:45 – 3:30 PM Auditorium	8 January Birthday Party 1:00 – 2:00 PM Auditorium	9
12 Decorate With Us: New Year's Resolutions 10:00 – 11:00 AM Small Dining Room	13	14 Advisory Council Quarterly Town Hall 1:15 – 2:00 PM Dining Room	15	16
19 Center Closed for Martin Luther King Jr. Day	20 Film Screening, In Honor of MLK Jr. Day: <i>All the Way</i> 1:00 – 3:00 PM Auditorium	21	22	23
26	27 Nutrition Workshop: Spice Up Your Health, Flavorful Ways to Cut Back on Salt with Dietitian Doug 1:00 – 2:00 PM Lounge	28	29	30

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