

# SIROVICH CENTER FOR BALANCED LIVING PROGRAMS

## FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Mosaic Tiles with Alexandra</b> 9:30 – 11:20 AM   <b>NC 2/16</b>   Lounge	<b>Tai Chi with Annie</b> 10:00 – 10:50 AM   <b>NC 2/3, 2/17</b>   Auditorium	<b>Zumba with Jose</b> 10:30 – 11:20 AM   <b>NC 2/4</b>   Auditorium	<b>Zumba with Jose</b> 9:50 – 10:30 AM   Auditorium	<b>Tai Chi with Annie</b> 10:00 – 10:50 AM   <b>NC 2/13, 2/20</b>   Auditorium
<b>Strength &amp; Balance with Rob</b> 10:00 – 10:50 AM   <b>NC 2/16</b> Auditorium	<b>*Ceramic Session 1 with Sherman &amp; Bianca</b> 10:00 AM – 1:00 PM   Ceramics Studio		<b>*Ceramic Session 1 with Sherman &amp; Bianca</b> 10:00 AM – 1:00 PM   Ceramics Studio	<b>*Ceramic Session 1 with Laura</b> 10:00 AM – 1:00 PM   Ceramics Studio
<b>*Ceramic Session 1 with Bianca and Laura</b> 10:00 AM – 1:00 PM   <b>NC 2/16</b> Ceramics Studio	<b>Chair Yoga for Bone Health with Rie</b> 11:10 AM – 12:00 PM   <b>NC 2/3</b>   Auditorium		<b>Functional Yoga at 14 Street Y</b> 10:00 – 11:00 AM   14 Street Y	<b>Tech Talk with Rebecca</b> 11:00 – 11:50 AM   <b>NC 2/27</b>   Dining Room
<b>*Painting</b> 10:00 AM - 12:00 PM   <b>NC 2/16</b>   Art Studio *Class Full				
<b>*Playback Theatre with Drama Therapy Intern Maggie</b> 1:00 – 2:00 PM   <b>NC 2/16</b>   Lounge	<b>Write Your Story with Rhonda</b> 1:00 – 2:00 PM   <b>LC 2/24</b>   Lounge	<b>Chinese Open Ballroom</b> 1:00 – 2:50 PM   <b>NC 2/4</b>   Auditorium		<b>Jewelry Making with Phyllis</b> 1:00 – 3:00 PM   Lounge
	<b>Theater Desk</b> 11:30 AM – 1:00 PM   Front Office <i>Schedule Subject to Change</i>		<b>Asian Choir</b> 1:30 PM – 3:20 PM   Auditorium	<b>*ASC: Expressive Arts with Cory</b> 1:15 – 2:00 PM   Auditorium
<b>*Beginners Ceramic Session with Laura</b> 1:30 PM – 4:30 PM   <b>NC 2/16</b>   Ceramics Studio	<b>Spanish Empowerment Group with Andrea</b> 1:30 – 2:30 PM   Conference Room		<b>*Ceramic Session 2 with Sherman</b> 1:30 PM – 4:30 PM   Ceramics Studio	<b>*Figurative Sculpture with Bianca</b> 1:30 – 4:30 PM   Ceramics Studio
<b>Jazz Line Dance with Bernard</b> 2:00 – 2:50 PM   <b>NC 2/16</b>   Auditorium	<b>Chinese Dance Group</b> 1:30 – 3:20 PM   <b>NC 2/3</b>   Auditorium	<b>Brain Games with Dana</b> 2:00 PM – 2:50 PM   <b>NC 2/4</b>   Lounge	<b>Game Time with Andrea</b> 2:00 – 2:50 PM   <b>NC 2/19</b>   Small Dining Room	<b>*ASC: Sirovich Senior Theater with Cory</b> 2:00 – 3:00 PM   Auditorium
<b>Balance 101 with Demetra</b> 3:10 – 4:00 PM   <b>NC 2/16</b>   Auditorium & Hybrid	<b>*Ceramic Session 2 with Sherman &amp; Bianca</b> 1:30 – 4:30 PM   Ceramics Studio			<b>Vocal Ensemble with Mariano</b> 3:15 – 5:00 PM   Auditorium
<b>Tapping Together: Intergenerational Tap Dance Class with Demetra</b> 4:00 – 4:50 PM   <b>NC 2/16</b>   Auditorium	<b>*Writing &amp; Directing for the Stage with Concrete Temple Theatre Group</b> 4:00 – 5:30 PM   <i>No In person Class, Meeting Virtually 2/3</i>   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
2	3 No Auditorium Classes  Field Trip to Museum of the American Indian at 10 AM at the Front Desk	4 February Pantry 1:45 – 3:30 PM   Auditorium	5	6
9 Decorate with Us: Cards from the Community Heart 10:00 – 11:00 AM Conference Room	10	11	12 February Birthday Party 1:00 – 2:00 PM   Auditorium	13
16 Center Closed for President's Day	17	18 Black History in East Village: A Walking Tour with Staff 10:00 – 11:15 AM Meet in the lobby at 9:55 AM	19	20 Field Trip to Museum of the American Indian   Ticket Price: \$3 1:00 – 3:30 PM Meet in the lobby at 12:55 PM return 3:30 PM *Registration Required
23 Film Screening: <i>Brother Future</i> 1:00 PM   Lounge	24	25 Crime Prevention Talk with Officer Natanya 1:00 – 2:00 PM   Lounge	26 Lunar New Year Performance 1:30 PM   Auditorium	27

For general inquiries, please contact us by email at [Sirovich@14street.org](mailto:Sirovich@14street.org) or call 646-395-4534

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Website: [14street.org/Sirovich](http://14street.org/Sirovich) | Follow Us on Facebook: <https://www.facebook.com/Sirovich>