

SIROVICH CENTER FOR BALANCED LIVING PROGRAMS

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mosaic Tiles with Alexandra 9:30 – 11:20 AM NC 2/16 Lounge	Tai Chi with Annie 10:00 – 10:50 AM NC 2/3, 2/17 Auditorium	Zumba with Jose 10:30 – 11:20 AM NC 2/4 Auditorium	Zumba with Jose 9:50 – 10:30 AM Auditorium	Tai Chi with Annie 10:00 – 10:50 AM NC 2/13, 2/20 Auditorium
Strength & Balance with Rob 10:00 – 10:50 AM NC 2/16 Auditorium	*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM Ceramics Studio		*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM Ceramics Studio	*Ceramic Session 1 with Laura 10:00 AM – 1:00 PM Ceramics Studio
*Ceramic Session 1 with Bianca and Laura 10:00 AM – 1:00 PM NC 2/16 Ceramics Studio	Chair Yoga for Bone Health with Rie 11:10 AM – 12:00 PM NC 2/3 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 2/27 Dining Room
*Painting 10:00 AM - 12:00 PM NC 2/16 Art Studio *Class Full				
*Playback Theatre with Drama Therapy Intern Maggie 1:00 – 2:00 PM NC 2/16 Lounge	Write Your Story with Rhonda 1:00 – 2:00 PM LC 2/24 Lounge	Chinese Open Ballroom 1:00 – 2:50 PM NC 2/4 Auditorium		Jewelry Making with Phyllis 1:00 – 3:00 PM Lounge
	Theater Desk 11:30 AM – 1:00 PM Front Office <i>Schedule Subject to Change</i>		Asian Choir 1:30 PM – 3:20 PM Auditorium	*ASC: Expressive Arts with Cory 1:15 – 2:00 PM Auditorium
*Beginners Ceramic Session with Laura 1:30 PM – 4:30 PM NC 2/16 Ceramics Studio	Spanish Empowerment Group with Andrea 1:30 – 2:30 PM Conference Room		*Ceramic Session 2 with Sherman 1:30 PM – 4:30 PM Ceramics Studio	*Figurative Sculpture with Bianca 1:30 – 4:30 PM Ceramics Studio
Jazz Line Dance with Bernard 2:00 – 2:50 PM NC 2/16 Auditorium	Chinese Dance Group 1:30 – 3:20 PM NC 2/3 Auditorium	Brain Games with Dana 2:00 PM – 2:50 PM NC 2/4 Lounge	Game Time with Andrea 2:00 – 2:50 PM NC 2/19 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 2/16 Auditorium & Hybrid	*Ceramic Session 2 with Sherman & Bianca 1:30 – 4:30 PM Ceramics Studio			Vocal Ensemble with Mariano 3:15 – 5:00 PM Auditorium
Tapping Together: Intergenerational Tap Dance Class with Demetra 4:00 – 4:50 PM NC 2/16 Auditorium	*Writing & Directing for the Stage with Concrete Temple Theatre Group 4:00 – 5:30 PM No In person Class, Meeting Virtually 2/3 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@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