

SIROVICH CENTER FOR BALANCED LIVING PROGRAMS

MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mosaic Tiles with Alexandra 9:30 – 11:20 AM Lounge	Tai Chi with Annie 10:00 – 10:50 AM NC 3/31 Auditorium	Zumba with Jose 10:30 – 11:20 AM NC 3/4 Auditorium	Zumba with Jose 9:50 – 10:30 AM Auditorium	Tai Chi with Annie 10:00 – 10:50 AM NC 3/20 Auditorium
Strength & Balance with Rob 10:00 – 10:50 AM Auditorium	*Ceramic Session 1 with Bianca and Olivia 10:00 AM – 1:00 PM LC 3/17 Ceramics Studio		*Ceramic Session 1 with Bianca and Olivia 10:00 AM – 1:00 PM LC 3/19 Ceramics Studio	*Ceramic Session 1 with Laura 10:00 AM – 1:00 PM LC 3/20 Ceramics Studio
*Ceramic Session 1 with Bianca and Laura 10:00 AM – 1:00 PM LC 3/23 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 14th Street Y	*Painting with Olivia 10:00 AM – 12:00 PM Art Studio *Class Full
*Painting with Sheryl 10:00 AM – 12:00 PM Art Studio *Class Full	Theater Desk 11:30 AM – 1:00 PM Front Office Schedule Subject to Change			Tech Talk with Rebecca 11:00 – 11:50 AM Dining Room
Improv Ensemble with Robert Galinsky 11:00 AM – 12:00 PM Starts March 30 Sirovich Auditorium	Spanish Empowerment Group with Andrea 1:30 – 2:30 PM Conference Room	Chinese Open Ballroom 1:00 – 2:50 PM NC 3/4 Auditorium	*Beginner Knitting Class with Maria 1:00 – 3:00 PM Starts March 12 Conference Room	Jewelry Making with Phyllis 1:00 – 3:00 PM Lounge
*Playback Theatre with Drama Therapy Intern Maggie 1:00 – 2:00 PM Lounge	Chinese Dance Group 1:30 – 3:20 PM Auditorium		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 LC 3/23 Ceramics Studio	*Ceramic Session 2 with Bianca and Olivia 1:30 – 4:30 PM LC 3/17 Ceramics Studio		*Ceramic Session 2 with Bianca and Olivia 1:30 PM – 4:30 PM LC 3/19 Ceramics Studio	*Figurative Sculpture with Bianca 1:30 – 4:30 PM LC 3/20 Ceramics Studio
Jazz Line Dance with Bernard 2:00 – 2:50 PM Auditorium		Brain Games with Dana 2:00 – 2:50 PM NC 3/4, 3/25 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 Auditorium & Hybrid		Puppet Performance and Workshop by Loco7 Dance Puppet Theatre Company 3:30 – 5:30 PM Starts March 18 Auditorium		Vocal Ensemble with Mariano 3:15 – 5:00 PM Auditorium
Tapping Together: Intergenerational Tap Dance Class with Demetra 4:00 – 4:50 PM Auditorium	*Writing & Directing for the Stage with Concrete Temple Theatre Group 4:00 – 5:30 PM Meeting time 4:15 PM on 3/17; LC 3/24 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 14th Street Y: Please bring your photo ID to sign in.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 March Pantry 1:45 – 3:30 PM Auditorium	5 March Birthday Party 1:00 – 2:00 PM Auditorium	6
9	10	11 Medicare Presentation 2026 with Healthfirst 1:00 – 1:50 PM Lounge	12	13
16	17 Brain Health Social: Learn, Connect, Dance 12:30 – 3:30 PM Auditorium	18 Women's History Walking Tour with Staff 10:00 – 11:00 AM Meet in the lobby at 9:55 AM	19	20 Brain Dance with Julie 10:00 – 10:50 AM Auditorium
23	24	25 In Honor of Women's History Month, Film Screening: On the Basis of Sex 1:00 – 3:00 PM Lounge	26	27
30	31 Intergenerational Brain Dance with Julie 10:00 – 10:50 AM Auditorium			

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.facebook.com/Sirovich) | Follow Us on Facebook: <https://www.facebook.com/Sirovich>

* = Registration Required