

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 4/15 Auditorium	Zumba with Fiorela 9:50 – 10:30 AM Auditorium	Tai Chi with Annie 10:00 – 10:50 AM Auditorium
Strength & Balance with Rob 10:00 – 10:50 AM Auditorium	*Ceramic Session 1 with Bianca and Olivia 10:00 AM – 1:00 PM Starts 4/21 Ceramics Studio		*Ceramic Session 1 with Bianca and Olivia 10:00 AM – 1:00 PM Starts 4/23 Ceramics Studio	*Ceramic Session 1 with Laura 10:00 AM – 1:00 PM Starts 4/24 Ceramics Studio
*Ceramic Session 1 with Bianca and Laura 10:00 AM – 1:00 PM Starts 4/20 Ceramics Studio	Chair Yoga for Bone Health with Rie 11:10 AM – 12:00 PM Auditorium		Functional Yoga at 14th 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 LC 4/6 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 NC 5/1 Dining Room
Improv Ensemble with Robert Galinsky 11:00 AM – 12:00 PM Auditorium 		Chinese Open Ballroom 1:00 – 2:50 PM NC 4/15 Auditorium		AhHa!Broadway Workshop with Heather & Michael  11:30 AM – 12:45 PM Class Dates: 4/10, 4/17, 4/24, 5/1, 5/8 Auditorium
Latin Social Dance with Ximena 12:45 PM – 1:45 PM Auditorium 	Spanish Empowerment Group with Andrea 1:30 – 2:30 PM Conference Room		Asian Choir 1:30 PM – 3:20 PM Auditorium	Jewelry Making with Phyllis 1:00 – 3:00 PM Lounge
*Playback Theatre with Drama Therapy Intern Maggie 1:00 – 2:00 PM LC 4/13 Lounge	Chinese Dance Group 1:30 – 3:20 PM Auditorium		*Ceramic Session 2 with Bianca and Olivia 1:30 PM – 4:30 PM Starts 4/23 Ceramics Studio	*ASC: Expressive Arts with Cory 1:15 – 2:00 PM Auditorium
*Beginners Ceramic Session with Laura 1:30 PM – 4:30 PM Starts 4/20 Ceramics Studio	*Ceramic Session 2 with Bianca and Olivia 1:30 – 4:30 PM Starts 4/21 Ceramics Studio			*Figurative Sculpture with Bianca 1:30 – 4:30 PM Starts 4/24 Ceramics Studio
Jazz Line Dance with Bernard 2:00 – 2:50 PM Auditorium		Brain Games with Dana 2:00 – 2:50 PM NC 4/15 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 NC 4/1, Located in the Small Dining Room 4/15 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				

Address: 331 East 12th Street, New York, NY 10003 Hours of Operation: Monday – Friday, 9 AM – 5 PM

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.



= NEW CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Nutrition Workshop: Introduction to Food Groups with Jelisa 1:00 – 2:00 PM Conference Room	2	3
6 Remembering Together with Social Work Staff 10:00 – 11:00 AM Peacock Room	7	8 Nutrition Workshop: Make 1/2 Your Plate Fruits & Veggies with Jelisa 1:00 – 2:00 PM Conference Room	9 April Birthday Party 1:00 – 2:00 PM Auditorium	10
13 Voter Help Desk: Special Election Info Table 11:00 AM – 12:00 PM Lobby	14	15 April Pantry 1:45 – 3:30 PM Auditorium	16	17 Voter Help Desk: Special Election Info Table 11:00 AM – 12:00 PM Lobby
20	21	22 Nutrition Workshop: Make 1/2 Your Grains Whole Grains with Jelisa 1:00 – 2:00 PM Conference Room	23	24
27	28	29 Nutrition Workshop: Vary Your Protein Routine with Jelisa 1:00 – 2:00 PM Conference Room	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