



# ADULT CLASSES SPRING 2026

Starting in April and ending in June, with a few exceptions

## MONDAY

### CANASTA OPEN PLAY

12:30 PM - 2:30 PM

### TAPPING TOGETHER: AN INTERGENERATIONAL TAP DANCE CLASS SERIES

4:00 PM - 5:00 PM

^At Sirovich Center

### LINE DANCING

6:30 PM - 7:30 PM

## TUESDAY

### MAH JONGG INSTRUCTIONAL - MORNING

10:45 AM - 12:30 PM

### MAH JONGG OPEN PLAY

12:00 PM - 2:30 PM

### MAH JONGG INSTRUCTIONAL CLASS + SUPERVISED PLAY - NEW

12:45 PM - 2:30 PM

### ACTING LAB - NEW

6:30 PM - 8:00 PM

### BASKET WEAVING - FLAT RATTAN

6:30 PM - 8:30 PM

### MEMOIR WRITING

6:30 PM - 8:30 PM

\*Starting 5/5

## WEDNESDAY

### BRIDGE CLASS - NEW

10:00 AM - 12:00 PM

### CERAMICS - SCULPTURE

6:30 PM - 9:00 PM

^At Sirovich Center

### FORMS OF POETRY

6:30 PM - 8:30 PM

### REIKI AND ENERGY WORK - NEW

6:30 PM - 8:00 PM

## THURSDAY

### MAH JONGG OPEN PLAY

12:00 PM - 2:15 PM

### CAROLINE'S BOOK TALKS: GLOBAL VOICES

6:30 PM - 8:00 PM

### LATIN DANCE CLASS SERIES

6:30 PM - 7:30 PM

## SPECIAL EVENTS

### LANDSCAPE PAINTING

4/9, 6:30 PM – 9:00 PM

### SOUND BATH

6/3, 6:30 – 8:00 PM

### ^SIROVICH CENTER FOR BALANCED LIVING

331 East 12th Street

Classes subject to change. Check the website for regular updates.



Register at  
[14streety.org/AdultClasses](https://14streety.org/AdultClasses)

Please note that there is a fee for each class. Visit the website to register.

\*Updated as of 3/27/2026

# CLASS DESCRIPTIONS

**Acting Lab: NEW** This supportive 6-week acting workshop will explore well-known techniques and approaches, acting exercises, physical and vocal warmups, theatre games, and more. No acting experience required.

**Basket Weaving - Flat Rattan:** Whether you are interested in creating sculptures or functional household items, basket weaving is a meditative timeless art form.

**Bridge: NEW** Learn the fundamentals of bridge in this 8-week class series that will get you ready to play games in no time.

**Canasta Open Play:** Whether you're a seasoned player or just looking for a casual game, enjoy playing with fellow Canasta enthusiasts. There will be no formal instruction, just open games and great company.

**Caroline's Book Talks: Global Voices:** Led by a librarian, enjoy exciting discussions about a variety of books from around the world, such as *Lemon* by Yeo-sun Kwon and *The Propagandist* by Cecile Desprairies.

**Ceramics - Sculpture:** Join a welcoming, community-centered ceramics 6-week class designed for adults of all experience levels.

**Forms of Poetry:** Unlock new poetic forms and techniques each week in a fun, hands-on workshop that will expand your writing toolbox and inspire fresh creativity.

**Landscape Painting:** Get in touch with your inner artist as you follow certified Bob Ross instructor Wes Day who will provide step-by-step instructions for you in a relaxed environment.

**Latin Dance:** In this energizing 6-week Latin Dance series, you'll learn the fundamentals of salsa, bachata, and merengue. Designed for all levels.

**Line Dancing:** Get ready to step, slide, and spin your way to fun! Join us for a six-part line dancing series designed to get you moving and grooving. No partner required.

**Mah Jongg Instructional Class-Morning:** Learn the basics in this 5-week series and get ready to join open games.

**Mah Jongg Instructional Class Plus Supervised Open Play: NEW** In this 8-week class series, learn the nuts and bolts of Mah Jongg and start playing in open games under the supervision of the instructor.

**Mah Jongg Open Play:** Play Mah Jongg with people who have similar experience as you. Deepen your strategy during the last 3 weeks of this session when play will be supervised by an expert instructor. For players with some knowledge of the game.

**Memoir Writing:** Start writing your story in this supportive 6-week workshop filled with prompts, exercises, and guidance to help you find your voice.

**Reiki and Energy Work: NEW** Explore your own energy flow and field through guided meditation, mindful awareness, and gentle, Reiki-informed practices. No formal Reiki training or certification will be offered.

**Sound Bath Workshop:** Using a wide array of sound instruments, this sound bath celebrates the energy of light and welcomes the expansiveness that summer invites.

**Tapping Together: An Intergenerational Tap Dance Class Series:** Learn tap, build coordination, and dance with a multigenerational community in this fun, beginner-friendly class.