



ADULT CLASSES SPRING 2026

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 OPEN PLAY
12:00 PM - 2:30 PM

**MAH JONGG
INSTRUCTIONAL CLASS +
SUPERVISED PLAY - NEW**
12:45 PM - 2:30 PM

**MAH JONGG 3-WEEK SUPERVISED
PLAY - NEW**
12:45 PM - 2:30 PM
*Starting 5/26

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 - 2:30 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
14street.org/AdultClasses

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

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 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.

Mah Jongg 3-Week Supervised Open Play: NEW Play Mah Jongg with people who have similar experience as you, under the supervision of the 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.