

SIROVICH CENTER FOR BALANCED LIVING PROGRAMS

JUNE 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 6/23 Auditorium	Zumba with Jose 10:30 – 11:20 AM NC 6/3 Auditorium	Zumba with Fiorela 9:50 – 10:30 AM Auditorium	Tai Chi with Annie 10:00 – 10:50 AM NC 6/19 Auditorium
Strength & Balance with Rob 10:00 – 10:50 AM Auditorium	*Ceramic Session 1 with Sherman and Bianca 10:00 AM – 1:00 PM LC 6/23 Ceramics Studio		*Ceramic Session 1 with Sherman and Bianca 10:00 AM – 1:00 PM LC 6/25 Ceramics Studio	*Ceramic Session 1 with Laura 10:00 AM – 1:00 PM NC 6/19, LC 6/26 Ceramics Studio
*Ceramic Session 1 with Laura and Olivia 10:00 AM – 1:00 PM LC 6/22 Ceramics Studio	Chair Yoga for Bone Health with Rie 11:10 AM – 12:00 PM NC 6/23 Auditorium		Functional Yoga at 14th Street Y 10:00 – 11:00 AM 14th Street Y	*Painting with Olivia 10:00 AM – 12:00 PM NC 6/19 Art Studio
Improv Ensemble with Robert Galinsky 11:00 AM – 12:00 PM LC 6/1 Auditorium	Theater Desk 11:30 AM – 1:00 PM Front Office <i>Schedule Subject to Change</i>			
Latin Social Dance with Ximena 12:45 PM – 1:45 PM LC 6/29 Auditorium				
*Beginners Ceramic Session with Laura 1:30 PM – 4:30 PM LC 6/22 Ceramics Studio	Spanish Empowerment Group with Andrea 1:30 – 2:30 PM NC 6/9 Conference Room		Asian Choir 1:30 PM – 3:20 PM Auditorium	Jewelry Making with Phyllis 1:00 – 3:00 PM NC 6/19 Lounge
Jazz Line Dance with Bernard 2:00 – 2:50 PM Auditorium	Chinese Dance Group 1:30 – 3:20 PM NC 6/23 Auditorium	Chinese Open Ballroom 1:00 – 2:50 PM NC 6/3 Auditorium	*Ceramic Session 2 with Sherman and Bianca 1:30 PM – 4:30 PM LC 6/25 Ceramics Studio	*ASC: Expressive Arts with Cory 1:15 – 2:00 PM NC 6/19 Auditorium
Balance 101 with Demetra 3:10 – 4:00 PM Auditorium & Hybrid	*Ceramic Session 2 with Sherman and Bianca 1:30 – 4:30 PM LC 6/23 Ceramics Studio	Brain Games with Dana 2:00 – 2:50 PM NC 6/3 Lounge	Game Time with Andrea 2:00 – 2:50 PM Small Dining Room	*Figurative Sculpture with Bianca 1:30 – 4:30 PM NC 6/19, LC 6/26 Ceramics Studio
Tapping Together: Intergenerational Tap Dance Class with Demetra 4:00 – 4:50 PM Auditorium	Puppetry Intensive: Urban Legends with Concrete Temple Theatre 4:00 – 5:30 PM <i>Meeting in the Small Dining Room Mon. 6/8, LC 6/9</i> Auditorium	Puppet Performance and Workshop by Loco7 Dance Puppet Theatre Company 3:30 – 5:30 PM LC 6/17, Meeting in Small Dining Room on 6/3 Auditorium		*ASC: Sirovich Senior Theater with Cory 2:00 – 3:00 PM NC 6/19 Auditorium
		Puppetry Intensive: Urban Legends with Concrete Temple Theatre 4:00 – 5:30 PM LC 6/3 Lounge		Vocal Ensemble with Mariano 3:30 – 5:00 PM NC 6/19 Auditorium

Address: 331 East 12th Street, New York, NY 10003

Hours of Operation: Monday – Friday, 9:00 AM – 5:00 PM

Program 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	2	3 Field Trip to Brooklyn Botanical Garden, Registration Open Ticket Price: \$20 10:00 AM Front Desk June Pantry 1:45 – 3:30 PM Auditorium	4 May Birthday Party with DJ Sarie 1:00 – 2:00 PM Auditorium	5
8	9	10 Nutrition Workshop: Make Better Beverage Choices with Instructor Jessica 1:00 – 2:00 PM Lounge	11 Wills, Trusts & Nursing Home Asset Protection Seminar with Khalsa Law Firm 1:00 – 2:00 PM Lounge	12 Talent is Timeless Local Round Performance 1:30 PM Auditorium
15 New Public Library Tabling 11:00 AM – 12:00 PM Dining Room	16	17 Tour the LGBTQIA+ History of East Village with Staff 10:00 – 11:00 AM Meet in the lobby @9:50 AM	18 Film Screening: Do the Right Thing 1:00 PM Auditorium Keeping People Connected: <i>UNTITLED GIRL</i> <i>NARRATIVE</i> Performance 7:00 PM Auditorium	19 Center Closed for Juneteenth Keeping People Connected: <i>UNTITLED GIRL NARRATIVE</i> Performance 7:00 PM Auditorium Sunday, June 21 KPC Performance 7:00 PM Auditorium
22	23 *Field Trip: Brooklyn Botanical Garden Ticket Price: \$20 Registration is required for transportation, meet in the lobby at 10:30AM, return at 2:30PM	24	25	26
29 Latin Dance Performance 1:15 – PM Auditorium	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