

SIROVICH CENTER FOR BALANCED LIVING PROGRAMS

JULY 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 Auditorium	Zumba with Jose 10:30 – 11:20 AM NC 7/8 Auditorium	Karaoke 10:00 – 10:50 AM Auditorium	Tai Chi with Annie 10:00 – 10:50 AM NC 7/3 Auditorium
Strength & Balance with Rob 10:00 – 10:50 AM Auditorium	*Ceramic Session 1 with Sherman and Bianca 10:00 AM – 1:00 PM Starts 7/21 Ceramics Studio		Functional Yoga at 14th Street Y 10:00 – 11:00 AM 14th Street Y	*Ceramic Session 1 with Laura 10:00 AM – 1:00 PM Starts 7/24 Ceramics Studio
*Ceramic Session 1 with Laura and Olivia 10:00 AM – 1:00 PM Starts 7/20 Ceramics Studio	Chair Yoga for Bone Health with Rie 11:10 AM – 12:00 PM Auditorium		*Ceramic Session 1 with Sherman and Bianca 10:00 AM – 1:00 PM Starts 7/23 Ceramics Studio	*Painting with Olivia 10:00 AM – 12:00 PM NC 7/3 Art Studio
*Painting Art Therapy Group with Sheryl 10:00 AM - 12:00 PM Starts 7/13 – 8/10 Art Studio	Theater Desk 11:30 AM – 1:00 PM Front Office <i>Schedule Subject to Change</i>		Zumba with Fiorela 11:00 – 11:50 AM Auditorium	Tech Talk with Rebecca 11:00 – 11:50 AM NC 7/3, 7/17 Dining Room
*Beginners Ceramic Session with Laura 1:30 PM – 4:30 PM Starts 7/20 Ceramics Studio	Spanish Empowerment Group with Andrea 1:30 – 2:30 PM NC 7/7 Conference Room	Chinese Open Ballroom 1:00 – 2:50 PM NC 7/8 Auditorium	WISE Healthy Aging and Wellness Program with Tiffany 1:00 – 2:00 PM Starts 7/23 – 9/3 Lounge	Jewelry Making with Phyllis 1:00 – 3:00 PM NC 7/3 Lounge
Jazz Line Dance with Bernard 2:00 – 2:50 PM Auditorium	Chinese Dance Group 1:30 – 3:20 PM Auditorium	Brain Games with Dana 2:00 – 2:50 PM NC 7/8 Lounge	Asian Choir 1:30 PM – 3:20 PM Auditorium	*ASC: Expressive Arts with Cory 1:15 – 2:00 PM NC 7/3 Auditorium
Balance 101 with Demetra 3:10 – 4:00 PM NC 7/20 Auditorium & Hybrid	*Ceramic Session 2 with Sherman and Bianca 1:30 – 4:30 PM Starts 7/21 Ceramics Studio		*Ceramic Session 2 with Sherman and Bianca 1:30 PM – 4:30 PM Starts 7/23 Ceramics Studio	*Figurative Sculpture with Bianca 1:30 – 4:30 PM Starts 7/24 Ceramics Studio
Tapping Together: Intergenerational Tap Dance Class with Demetra 4:00 – 4:50 PM NC 7/20 Auditorium			Game Time with Andrea 2:00 – 2:50 PM NC 7/2, 7/9 Small Dining Room	*ASC: Sirovich Senior Theater with Cory 2:00 – 3:00 PM NC 7/3 Auditorium
				Vocal Ensemble with Mariano 3:30 – 5:00 PM NC 7/3 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 Field Trip to Brooklyn Botanical Garden, Registration Open Ticket Price: \$22 10:00 AM Front Desk July Birthday Party with DJ Sarie 1:00 – 2:00 PM Auditorium	3 Center Closed in observance of Independence Day
6 Remembering Together: A Space for Grief, Loss, and Remembrance 10:00 – 11:00 AM Peacock Room	7	8 July Pantry 1:45 – 3:30 PM Auditorium	9 Men's Health Seminar with Urologist Dr. Anh Thuy Nguyen 1:00 – 2:00 PM Lounge	10
13	14 Screening FIFA World Cup Semi Final (In Spanish) 3:00 PM Auditorium	15 Screening FIFA World Cup Semi- Final (In Spanish) 3:00 PM Auditorium	16 Film Screening in Honor of Disability Pride Month: Crip Camp 1:00 – 2:40 PM Lounge	17 Field Trip: South Street Seaport Museum Friday, July 17 Bus arrives 10:30 AM, No return transportation to the center Ticket Price: \$22
20	21	22	23	24
27	28	29	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