

SIROVICH CENTER FOR BALANCED LIVING PROGRAMS

AUGUST 2026

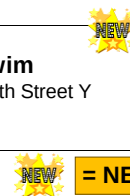
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mosaic Tiles with Alexandra 9:30 – 11:20 AM Lounge	Tai Chi with Annie 10:00 – 10:50 AM Auditorium	Zumba with Jose 10:30 – 11:20 AM NC 8/5 Auditorium	Karaoke 10:00 – 10:50 AM Auditorium	Tai Chi with Annie 10:00 – 10:50 AM Auditorium
Strength & Balance with Rob 10:00 – 10:50 AM Auditorium	*Ceramic Session 1 with Sherman and Bianca 10:00 AM – 1:00 PM 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 Ceramics Studio
*Ceramic Session 1 with Laura and Olivia 10:00 AM – 1:00 PM 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 Ceramics Studio	*Painting with Olivia 10:00 AM – 12:00 PM Art Studio
*Painting Art Therapy Group with Sheryl 10:00 AM - 12:00 PM LC 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 Class Start Time: 9:50 AM on 8/27 Auditorium	Tech Talk with Rebecca 11:00 – 11:50 AM NC 8/7, 8/14 Dining Room
*Beginners Ceramic Session with Laura 1:30 PM – 4:30 PM Ceramics Studio	Spanish Empowerment Group with Andrea 1:30 – 2:30 PM NC 8/11, 8/18 Conference Room	Chinese Open Ballroom 1:00 – 2:50 PM NC 8/5 Auditorium	WISE Healthy Aging and Wellness Program with Tiffany 1:00 – 2:00 PM LC 9/3 Lounge	Jewelry Making with Phyllis 1:00 – 3:00 PM 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 8/5 Lounge	Asian Choir 1:30 PM – 3:20 PM Auditorium	*ASC: Expressive Arts with Cory 1:15 – 2:00 PM NC 8/7 Auditorium
Balance 101 with Demetra 3:10 – 4:00 PM Auditorium & Hybrid	*Ceramic Session 2 with Sherman and Bianca 1:30 – 4:30 PM Ceramics Studio		*Ceramic Session 2 with Sherman and Bianca 1:30 PM – 4:30 PM Ceramics Studio	*Figurative Sculpture with Bianca 1:30 – 4:30 PM Ceramics Studio
Tapping Together: Intergenerational Tap Dance Class with Demetra 4:00 – 4:50 PM Auditorium			Game Time with Andrea 2:00 – 2:50 PM NC 8/13, 8/20 Small Dining Room	*ASC: Sirovich Senior Theater with Cory 2:00 – 3:00 PM NC 8/7 Auditorium
			Open Adult/Sirovich Swim 4:30 – 5:30 PM LC 8/27 14th Street Y Pool	Vocal Ensemble with Mariano 3:30 – 5:00 PM 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

SIROVICH SPECIAL EVENTS CALENDAR AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Talent is Timeless Competition Regional Round Performance ft. Weinberg 2:30 PM Manny Cantor Center, 197 East Broadway, 6th Floor Community Room	5 August Pantry 1:45 – 3:30 PM Auditorium	6 Talent is Timeless Competition Regional Round at Lenox Hill Neighborhood House Center ft. Sirovich 1:00 PM Bus arrives 10:30 AM, Drop off at Sirovich Center at 3:00 PM August Birthday Party with DJ Sarie 1:00 – 2:00 PM Auditorium	7
10	11	12 Nutrition Workshop: Top 10 Foods for Health with Tamar 1:00 PM Lounge	13	
17	18 Film Screening: American Graffiti 1:00 – 2:50 PM Lounge	19	20	21
24	25	26	27	28
31				

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