

# SIROVICH CENTER FOR BALANCED LIVING PROGRAMS

## SEPTEMBER 2026

| MONDAY                                                                                                                                                                                                                                                                                                                                | TUESDAY                                                                                                      | WEDNESDAY                                                                             | THURSDAY                                                                                               | FRIDAY                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| <b>Mosaic Tiles with Alexandra</b><br>9:30 – 11:20 AM   <b>NC 9/7, 9/21</b>   Lounge                                                                                                                                                                                                                                                  | <b>Tai Chi with Annie</b><br>10:00 – 10:50 AM   Auditorium                                                   | <b>Zumba with Jose</b><br>10:30 – 11:20 AM   <b>NC 9/2</b>   Auditorium               | <b>Karaoke</b><br>10:00 – 10:50 AM   Auditorium                                                        | <b>Tai Chi with Annie</b><br>10:00 – 10:50 AM   <b>NC 9/11</b>   Auditorium                         |
| <b>Strength &amp; Balance with Rob</b><br>10:00 – 10:50 AM   <b>NC 9/7, 9/21</b>   Auditorium                                                                                                                                                                                                                                         | <b>*Ceramic Session 1 with Sherman and Bianca</b><br>10:00 AM – 1:00 PM   Ceramics Studio                    |                                                                                       | <b>Functional Yoga at 14th Street Y</b><br>10:00 – 11:00 AM   14th Street Y                            | <b>*Ceramic Session 1 with Laura</b><br>10:00 AM – 1:00 PM   <b>NC 9/11</b>   Ceramics Studio       |
| <b>*Ceramic Session 1 with Laura and Olivia</b><br>10:00 AM – 1:00 PM     <b>NC 9/7, 9/21</b>   Ceramics Studio                                                                                                                                                                                                                       | <b>Chair Yoga for Bone Health with Rie</b><br>11:10 AM – 12:00 PM   Auditorium                               |                                                                                       | <b>*Ceramic Session 1 with Sherman and Bianca</b><br>10:00 AM – 1:00 PM   Ceramics Studio              | <b>*Painting with Olivia</b><br>10:00 AM – 12:00 PM   <b>NC 9/11</b>   Art Studio                   |
| <b>Sing Your Story with Singnasium</b><br>1:00 – 1:50 PM   <b>Runs 9/28 – 11/2</b>   Auditorium                                                                                                                                                                                                                                       | <b>Theater Desk</b><br>11:30 AM – 1:00 PM   Front Office<br><i>Schedule Subject to Change</i>                |                                                                                       | <b>Zumba with Fiorela</b><br>11:00 – 11:50 AM   Auditorium                                             | <b>Tech Talk with Rebecca</b><br>11:00 – 11:50 AM   <b>NC 9/4, 9/11</b>   Dining Room               |
| <b>*Beginners Ceramic Session with Laura</b><br>1:30 PM – 4:30 PM   <b>NC 9/7, 9/21</b>   Ceramics Studio                                                                                                                                                                                                                             | <b>Spanish Empowerment Group with Andrea</b><br>1:30 – 2:30 PM   Conference Room                             | <b>Chinese Open Ballroom</b><br>1:00 – 2:50 PM   <b>NC 9/2, 9/30</b>   Auditorium     | <b>WISE Healthy Aging and Wellness Program with Tiffany</b><br>1:00 – 2:00 PM   <b>LC 9/3</b>   Lounge | <b>Jewelry Making with Phyllis</b><br>1:00 – 3:00 PM   <b>NC 9/11</b>   Lounge                      |
| <b>Open Swim</b><br>2:00 – 3:00 PM   <b>NC 9/7, 9/21</b>   14th Street Y                                                                                                                                                                                                                                                              | <b>Chinese Dance Group</b><br>1:30 – 3:20 PM   Auditorium                                                    | <b>Brain Games with Dana</b><br>2:00 – 2:50 PM   <b>Meeting only on 9/30</b>   Lounge | <b>Asian Choir</b><br>1:30 PM – 3:20 PM   Auditorium                                                   | <b>*ASC: Expressive Arts with Cory</b><br>1:15 – 2:00 PM   <b>NC 9/4, 9/11</b>   Auditorium         |
| <b>Jazz Line Dance with Bernard</b><br>2:00 – 2:50 PM   <b>NC 9/7, 9/21</b>   Auditorium                                                                                                                                                                                                                                              | <b>*Ceramic Session 2 with Sherman and Bianca</b><br>1:30 – 4:30 PM   Ceramics Studio                        |                                                                                       | <b>*Ceramic Session 2 with Sherman and Bianca</b><br>1:30 PM – 4:30 PM   Ceramics Studio               | <b>*Figurative Sculpture with Bianca</b><br>1:30 – 4:30 PM   <b>NC 9/11</b>   Ceramics Studio       |
| <b>Balance 101 with Demetra</b><br>3:10 – 4:00 PM   <b>NC 9/7, 9/21</b>   Auditorium & Hybrid                                                                                                                                                                                                                                         | <b>Creative Dance with Keeping People Connected</b><br>3:30 – 4:20 PM   <b>Runs 9/15 – 11/3</b>   Auditorium |                                                                                       | <b>Game Time with Andrea</b><br>2:00 – 2:50 PM   Small Dining Room                                     | <b>*ASC: Sirovich Senior Theater with Cory</b><br>2:00 – 3:00 PM   <b>NC 9/4, 9/11</b>   Auditorium |
| <b>Tapping Together: Intergenerational Tap Dance Class with Demetra</b><br>4:00 – 4:50 PM   <b>NC 9/7, 9/21</b>   Auditorium                                                                                                                                                                                                          |                                                                                                              |                                                                                       |                                                                                                        | <b>Vocal Ensemble with Mariano</b><br>3:30 – 5:00 PM   <b>NC 9/11</b>   Auditorium                  |
| <p><b>Address:</b> 331 East 12th Street, New York, NY 10003</p> <p><b>Hours of Operation:</b> Monday – Friday, 9:00 AM – 5:00 PM</p> <p><b>Program Key:</b> LC = Last Class of the Term, NC = No Class, * = Registration Required / Class Full</p> <p><b>Classes at the 14th Street Y:</b> Please bring your photo ID to sign in.</p> |                                                                                                              |                                                                                       |                                                                                                        |                                                                                                     |



**= NEW CLASSES**

# SIROVICH SPECIAL EVENTS CALENDAR SEPTEMBER 2026

| MONDAY                             | TUESDAY                                                                                                                                                         | WEDNESDAY                                                                 | THURSDAY                                                                                                                                                                                                                                                                                                                  | FRIDAY                                                                                                                                                                                                   |
|------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                    | 1<br>*Registration Opens for Farmers Market Trip and October Flu Shots<br>10:00 AM   <i>Register with the Front Desk Staff</i>                                  | 2<br>September Pantry<br>1:45 – 3:30 PM   Auditorium                      | 3                                                                                                                                                                                                                                                                                                                         | 4                                                                                                                                                                                                        |
| 7<br>Center Closed for Labor Day   | 8<br>*New York Cares: 9/11 Day of Service<br>9:45 – 1:00 PM   <i>Bus pickup at Sirovich at 11:30 AM; no return pickup to Sirovich.</i><br>Registration Required | 9                                                                         | 10<br>*Support Sirovich Contestants: Talent is Timeless Borough Competition<br>10:00 AM – 12:30 PM   Alice Tully Hall, Lincoln Center, <i>Bus pickup at Sirovich 9:30 AM, Bus pickup at Lincoln Center at 1:00 PM</i>   Registration Required<br><br>Rosh Hashanah Information Table & Treats<br>10:00 – 11:00 AM   Lobby | 11<br>Center Closed for Rosh Hashanah                                                                                                                                                                    |
| 14                                 | 15                                                                                                                                                              | 16                                                                        | 17                                                                                                                                                                                                                                                                                                                        | 18<br>*Farmers Market Trip and Health Bucks<br>1:15 PM   Union Square Farmers Market<br>Registration Required                                                                                            |
| 21<br>Center Closed for Yom Kippur | 22<br>Finding Connection: Recovery, Community & 14Y Selah<br>1:00 – 1:50 PM   Lounge                                                                            | 23                                                                        | 24<br>September Birthday Party with DJ Sarie<br>1:00 – 2:00 PM   Auditorium                                                                                                                                                                                                                                               | 25<br>*Hispanic Heritage Month Field Trip to The Hispanic Society Museum and Library<br>1:30 – 3:30 PM   <i>Bus pickup at Sirovich 1:30 PM, Bus Pickup at Museum at 3:30 PM</i><br>Registration Required |
| 28                                 | 29                                                                                                                                                              | 30<br>The Zakaa Rollers Sketch Comedy Show<br>1:30 – 2:30 PM   Auditorium |                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                          |

For general inquiries, please contact us by email at [Sirovich@14streety.org](mailto: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