ADULT CLASSES FALL 2026

Starting in September, with a few exceptions
updated as of 9.2.26

MONDAY

BRIDGE FOR BEGINNERS - NEW
10:00 AM - 12:00 PM (Starting 9/14)

BRIDGE FOR MIXED LEVELS - NEW
12:00 PM - 2:00 PM (Starting 9/14)

MAH JONGG OPEN PLAY
12:00 PM - 2:30 PM (Starting 9/14)

TAPPING TOGETHER
4:00 PM - 5:00 PM (Starting 9/14)
^At Sirovich Center

CANASTA OPEN PLAY
12:00 PM - 2:00 PM (Starting 9/28)

LINE DANCING
6:30 PM - 7:30 PM (Starting 9/28)

PATCHWORK SEWING - NEW
6:30 PM - 8:00 PM (Starting 10/5)

THURSDAY

MAH JONGG OPEN PLAY
12:00 PM - 2:30 PM (Starting 9/17)

MAH JONGG EVENING OPEN PLAY
6:30 PM - 8:30 PM (Starting 9/17)

CORE YOGA FOR STRONG BONES - NEW
1:15 PM - 2:30 PM (Starting 10/1)

TANGO
6:30 PM - 7:30 PM (Starting 10/8)

TUESDAY

MAH JONGG INSTRUCTIONAL - MORNING CLASS
10:45 AM - 12:30 PM
Session 1: Starting 9/22
Session 2: Starting 10/27

MAH JONGG OPEN PLAY
12:00 PM - 2:30 PM (Starting 9/15)

MAH JONGG INSTRUCTIONAL - AFTERNOON CLASS
12:45 PM - 2:30 PM
Session 1: Starting 9/22
Session 2: Starting 10/27

MEMOIR WRITING
6:30 PM - 8:30 PM
Session 1: Starting 9/22
Session 2: Starting 11/10

20'S AND 30'S BOOK GROUP - NEW
7:00 PM - 8:30 PM (Starting 10/20)

SPECIAL EVENTS

SOUND BATH
9/30, 6:30 PM - 8:00 PM

LANDSCAPE PAINTING
10/15, 6:30 PM - 9:00 PM

WELLNESS, MEET AI WITH SHE AI
10/21, 6:00 PM - 8:00 PM

REIMAGINING RETIREMENT
11/9, 6:30 PM - 8:00 PM

WEDNESDAY

CHESS - NEW
10:00 AM - 12:00 PM (Starting 9/16)

ACTING WORKSHOP
6:30 PM - 8:00 PM (Starting 9/30)

CERAMICS - SCULPTURE
6:30 PM - 9:00 PM (Starting 10/7)
^At Sirovich Center

CERAMICS - WHEEL - NEW
6:00 PM - 8:30 PM (Starting 10/7)

FORMS OF POETRY
6:30 PM - 8:30 PM (Starting 10/14)

INTRO TO REIKI AND SOUND HEALING
6:30 PM - 8:00 PM (Starting 10/28)

Register at
14streety.org/AdultClasses

^SIROVICH CENTER FOR BALANCED LIVING
331 East 12th Street

Classes subject to change.
Check the website for regular updates.

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

CLASSES

Acting Workshop: Explore acting exercises, theatre games, and more in this supportive 6-week acting workshop. No acting experience required.

Bridge Class for Beginners: NEW Learn the fundamentals of bridge in this 8-week class series that will get you ready to play games in no time.

Bridge Class for Mixed Levels: NEW Learn different levels of bidding, intermediate defensive strategies, and more in this 8-week class.

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.

Chess: NEW Under the guidance of a National Master, get an inside look into this strategic game that is loved by so many. All levels welcome.

Core Yoga for Strong Bones: NEW Build strength and improve balance in this supportive 6-week exercise series designed for people with osteoporosis or osteopenia, or anyone concerned about bone health.

Ceramics - Sculpture: Get your hands in the clay and explore sculptural ceramics using hand building techniques like pinch, coil, and slab.

Ceramics Wheel: NEW Learn the fundamentals of wheel throwing in an 8-week supportive, hands-on environment.

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.

Intro to Reiki & Sound Healing: Cultivate a deeper connection to your own energy and well-being in this six-week series. Please note that this is not a Reiki Level I certification course.

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

Line Dancing: Get ready to step, slide, and spin your way to fun! Join us for a line dancing series designed to get you moving and grooving. No partner required.

Mah Jongg Instructional Class: Learn the basics in this 5-week series and get ready to join open games.

Mah Jongg Open Play: Play Mah Jongg with people who have similar experience as you. 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.

Patchwork Sewing: NEW This beginner-friendly 8-week class is perfect for those new to patchwork sewing or anyone looking to refresh their sewing skills.

Reimagining Retirement: NEW Join for a discussion filled with reflection and laughter as we explore how to reimagine the next phase of our lives together.

Sound Bath Workshop: Let the healing, soothing tones wash over you as you ground yourself and relax into the moment.

Tango: Learn the fundamentals of Tango in this 10-week series.

Tapping Together: An Intergenerational Tap Dance Class Series: Learn tap, build coordination, and dance with a multigenerational community in this fun, beginner-friendly class.

Wellness, Meet AI with SHE AI: NEW Spend an evening exploring how AI can support the parts of life that often get deprioritized, such as our health, mental wellbeing, routines, and body.

20s and 30s Book Club: NEW Register for 1 session or all 3. October's book will be *Evil Genius* by Clare Oshetsky.