

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 10/7 Auditorium	Karaoke 10:00 – 10:50 AM Class Start Time: 11:00 – 11:50 AM on 10/1 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
*Painting with Sheryl 10:00 AM – 12:00 PM Starts 10/12 – 11/2, Class is Full Register for Waitlist Art 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	*Artful Morning - Instructional Painting Class with Olivia 10:00 AM – 12:00 PM Class is Full, Register for Waitlist Art Studio 
*Ceramic Session 1 with Laura and Olivia 10:00 AM – 1:00 PM Ceramics Studio	Theater Desk 11:30 AM – 1:00 PM Front Office Schedule Subject to Change		Zumba with Fiorela 11:00 – 11:50 AM Class Start Time: 9:50 AM on 10/1 with Jose Auditorium	Tech Talk with Rebecca 11:00 – 11:50 AM NC 10/30 Dining Room
Sing Your Story with Singnasium 1:00 – 1:50 PM LC 11/2 Auditorium 	Spanish Empowerment Group with Andrea 1:30 – 2:30 PM Conference Room	Chinese Open Ballroom Dance 1:00 – 2:50 PM NC 10/7 Auditorium	Asian Choir 1:30 PM – 3:20 PM Auditorium	Jewelry Making with Phyllis 1:00 – 3:00 PM Lounge
*Beginners Ceramic Session with Laura 1:30 PM – 4:30 PM Ceramics Studio	Chinese Dance Group 1:30 – 3:20 PM LC 10/20 Auditorium		*Ceramic Session 2 with Sherman and Bianca 1:30 PM – 4:30 PM Ceramics Studio	*ASC: Expressive Arts with Cory 1:15 – 2:00 PM Auditorium
*Mind-Body Wellness Group with Julie LMSW 1:15 – 2:15 PM Starts 10/19 – 12/7 Lounge 	*Ceramic Session 2 with Sherman and Bianca 1:30 – 4:30 PM Ceramics Studio			*Figurative Sculpture with Bianca 1:30 – 4:30 PM Ceramics Studio
Open Swim 2:00 – 3:00 PM 14th Street Y		Brain Games with Dana 2:00 – 2:50 PM NC 10/7 Lounge	Game Time with Andrea 2:00 – 2:50 PM Small Dining Room	*ASC: Sirovich Senior Theater with Cory 2:00 – 3:00 PM Auditorium
Jazz Line Dance with Bernard 2:00 – 2:50 PM Auditorium				
Balance 101 with Demetra 3:10 – 4:00 PM NC 10/12 Auditorium & Hybrid	Creative Dance with Keeping People Connected 3:30 – 4:20 PM LC 11/10 Auditorium 			Vocal Ensemble with Mariano 3:30 – 5:00 PM Auditorium
Tapping Together: Intergenerational Tap Dance Class with Demetra 4:00 – 4:50 PM NC 10/12 Auditorium	*Solving the Problem – Playwriting & Visual Theatre Workshop with Concrete Temple Theatre 4:30 – 5:30 PM Class Time Subject To Change on 11/17 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

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Autumn Moon Festival with Asian Choral Group 1:30 PM Auditorium City Hall Rally: Council Member Julie Menin — Census Changes Meet Fiorela in the Lobby to take public transportation at 9:00 AM	2
5 Senior Companion Program Info Table with Henry Street Settlement 11:00 AM–12:00 PM Dining Room Crime Prevention for Recurring Crimes Presentation with Precinct 9 1:00–2:00 PM Lounge	6 *Registration Opens for Farmers Market Trip 10:00 AM Register with the Front Desk Staff	7 Flu Shots with Mount Sinai Beth Israel Hospital 10:00 AM–2:00 PM October Pantry 1:45–3:30 PM Auditorium	8 October Birthday Party with DJ Sarie 1:00–2:00 PM Auditorium	9
12	13 Join Collaborative Art-making with M 1:30–2:30 PM Art Studio	14 *Farmers Market Trip and Health Bucks 1:15 PM Union Square Farmers Market Registration Required	15 *Support Educational Alliance Contestants: Talent Is Timeless Final 10:00 AM–12:00 PM United Palace Bus pickup at Sirovich at 9:00 AM; no return pickup to Sirovich	16
19	20	21	22	23 Breakfast and Ballots: Learn About the 5 Ballot Proposals with M 9:00–10:00 AM Small Dining Room
26	27	28 Nutrition Workshop: Top 10 Foods for Health with Tamar 1:00–2:00 PM Lounge	29 Film Screening: The Rocky Horror Picture Show 1:15–2:50 PM Lounge	30 Halloween Party & Costume Contest 1:30 PM Auditorium

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