# ADULT CLASSES FALL 2026

*updated as of 10.15.26*

## 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)

## 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 9/24)

**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
*Session 1: Starting 9/16*
*Session 2: Starting 10/28*

**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)

**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.

**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.

**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.