

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		*Ceramic Session 1 with Sherman 10:00 AM – 1:00 PM <i>Starting 7/25</i> Ceramics Studio	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 10:00 AM – 1:00 PM <i>Starting 7/23</i> Ceramics Studio	Zumba with Jose 10:10 – 11:00 AM <i>NC 7/3</i> Auditorium	Functional Yoga at 14 Street Y 10:00 – 11:00 AM 2nd FL Community Room	
*Open Paint Studio with Sheryl 10:00 AM – 12:00 PM <i>Only Meeting, 7/1, 7/22, 7/29, 8/5</i> Paint Studio	Chair Yoga for Bone Health with Rie 11:10 AM – 12:00 PM Auditorium			*Ceramic Session 1 with Nick 10:00 AM – 1:00 PM <i>Starting 7/26</i> Ceramics Studio
*Ceramic Session 1 with Nick 10:00 AM – 1:00 PM <i>Starting 7/22</i> Ceramics Studio	Theater Desk 11:30 AM – 1:00 PM Dining Room <i>Schedule Subject to Change</i>	Tech Talk with Interns 11:10 AM – 12:00 PM <i>Starting 7/10</i> Dining Room	Zumba with Fiorela 11:10 AM – 12:00 PM Auditorium	Tech Talk with Rebecca 11:00 – 11:50 AM <i>Meeting Only 7/26</i> Dining Room
Tech Talk with Interns 11:10 AM – 12:00 PM <i>Starting 7/8</i> Dining Room		Chinese Open Ballroom 12:30 – 2:50 PM <i>NC 7/3</i> Auditorium		
Dance and Storytelling with Magda 11:10 AM – 12:30 PM <i>LC 7/29</i> Auditorium	Chinese Dance Group 12:10 – 2:10 PM Auditorium	Knitting and Crochet Group with Schekira 1:00 – 1:50 PM Lounge		
Music for Memories with Kat 1:00 – 1:50 PM <i>Meeting Only 7/8</i> Lounge	Reiki and Meditation with Lyndell and Ruth 1:00 – 1:50 PM <i>NC 7/23</i> Lounge	Brain Games with Dana 2:00 PM – 2:50 PM <i>NC 7/3</i> Lounge		ASC: Expressive Arts with Cory 1:00 – 2:30 PM Auditorium & Hybrid
	*Ceramic Session 2 with Sherman 1:30 – 4:30 PM <i>Starting 7/23</i> Ceramics Studio		Asian Choir 1:30 PM – 3:20 PM Auditorium	*Ceramic Session 2 with Nick 1:30 – 4:30 PM <i>Starting 7/26</i> Ceramics Studio
Jazz Line Dance with Bernard 2:00 – 2:50 PM Auditorium	Behind the Music with Social Workers Dana and Julie 2:30 – 3:20 PM <i>LC 7/23</i> Lounge		*Ceramic Session 2 with Sherman 1:30 PM – 4:30 PM <i>Starting 7/25</i> Ceramics Studio	
			Game Time with Dana 2:00 – 2:50 PM Small Dining Room	*Jewelry Making with Phyllis 2:00 – 3:50 PM Small Dining Room
Balance 101 with Demetra 3:10 – 4:00 PM <i>On Pause Until 7/22</i> Auditorium & Hybrid				ASC: Sirovich Senior Theater with Cory 2:30 – 3:15 PM Auditorium & Hybrid
Tapping Together with Demetra 4:00 – 4:50 PM <i>On Pause Until 7/22</i> Auditorium				
Circle Group with Sarie Teichman 5:00 – 6:00 PM <i>Class Full</i> Virtual				Vocal Ensemble 3:15 – 5:00 PM Auditorium

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1 Manicures with GlamourGals 1:00 – 2:50 PM Lounge	2	3 *July Pantry 1:45 – 4:15 PM Auditorium	4 CENTER CLOSED - INDEPENDENCE DAY	5
8 Poetry in Your Pocket with Social Worker Sheryl 11:00 AM – 12:00 PM Conference Room	9 Blood Pressure Monitoring with Nurse Anna 11:00 AM – 12:30 PM Dining Room	10	11 Remembering Together: A Space for Grief, Loss, & Remembrance with Social Worker Team 10:00 AM – 11:00 AM Lounge July Birthday Party 1:00 – 2:00 PM Auditorium	12
15	16	17	18	19
22	23 Eating Better on a Budget with Registered Dietician Tamar 1:00 – 2:00 PM Lounge	24 *Field Trip: The Cloisters Museum Depart: 10:00 AM Return: 2:30 PM	25 Townhall Meeting with Advisory Council & Staff 1:30 – 2:30 PM Auditorium	26
29 Indian Dance With Sloka 1:00 – 1:50 PM Auditorium	30	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