

## SIROVICH CENTER FOR BALANCED LIVING PROGRAMS DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THIDGDAY	EDIE AV
		WEDINESDAT	THURSDAY	FRIDAY
	Tai Chi with Annie 10:00 – 10:50 AM   Auditorium		*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM   LC 12/19   Ceramics Studio	Tai Chi with Annie 10:00 – 10:50 AM   NC 12/13 and 12/20   Auditorium
Strength & Balance with Rob 10:00 – 10:50 AM   Auditorium	*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM   LC 12/17   Ceramics Studio	<b>Zumba with Jose</b> 10:10 – 11:00 AM   <b>NC 12/4</b>   Auditorium	Functional Yoga at 14 Street Y 10:00 – 11:00 AM   14 Street Y	
10:00 AM - 1:00 PM   <b>LC 12/16</b>   Ceramics	Chair Yoga for Bone Health with Rie 11:10 AM – 12:00 PM   Auditorium			*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM   LC 12/20   Ceramics Studio
Andrea Cordova McCadney	Theater Desk 11:30 AM – 1:00 PM   Front Office Schedule Subject to Change		Zumba with Fiorela 11:10 AM – 12:00 PM   Auditorium	Tech Talk with Rebecca 11:00 – 11:50 AM   NC 12/20 and 12/27   Dining Room
Painting with Art Therapy Interns 10:00 AM – 12:00 PM   NC 12/23, 12/30, 1/6, 1/13   Art Studio		Chinese Open Ballroom 1:00 – 2:50 PM   NC 12/4   Auditorium		
	Reiki and Meditation with Lyndell 1:00 – 1:50 PM   Lounge	Knitting and Crochet Group with Schekira 1:00 – 1:50 PM   NC 12/11   Lounge		
	Chinese Dance Group 1:30 – 3:20 PM   Auditorium	Brain Games with Dana 2:00 PM – 2:50 PM   NC 12/4   Lounge		
Intern Andrea Cordova McCadney	*Ceramic Session 2 with Sherman & Bianca 1:30 – 4:30 PM   LC 12/17   Ceramics Studio		Asian Choir 1:30 PM – 3:20 PM   Auditorium	ASC: Expressive Arts with Cory 1:00 – 2:30 PM   NC 12/27   Auditorium & Hybrid
1:30 PM – 4:30 PM   <b>LC 12/16</b>   Ceramics	Spanish Empowerment Group with Andrea Lora 1:30 – 2:30 PM   Conference Room		*Ceramic Session 2 with Sherman & Bianca 1:30 PM – 4:30 PM   LC 12/19     Ceramics Studio	*Ceramic Session 2 with Sherman & Bianca 1:30 - 4:30 PM   LC 12/20   Ceramics Studio
Jazz Line Dance with Bernard 2:00 – 2:50 PM   Auditorium			Game Time with Andrea 2:00 – 2:50 PM   Small Dining Room	Jewelry Making with Phyllis 1:00 – 3:50 PM   NC 12/20 and 12/27   Lounge
Balance 101 with Demetra 3:10 – 4:00 PM   Audtiorium & Hybrid				ASC: Sirovich Senior Theater with Cory 2:30 – 3:15 PM   NC 12/27   Auditorium & Hybrid
4:00 – 4:50 PM   Auditorium	If the Walls Could Talk Visual Theater Workshop with Concrete Temple Theatre 4:00 – 5:30 PM   Auditorium			Vocal Ensemble 3:15 – 5:00 PM   Auditorium
MENU KEY: LC = LAST CL/	ASS OF THE TERM, NC= NO CLASS, * =Regsitr	ration Required Address: 331 East 12th Street	t, New York NY 10003 Hours of Operation: Mor	iday – Friday, 9 AM – 5 PM



## SIROVICH SPECIAL EVENTS CALENDAR DECEMBER 2024

	DECEMBER 2024			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Holiday Luncheon Ticket Sales Starts Today at 10AM, See Front Desk.	4 December Pantry 1:45 – 4:15 PM   Auditorium	5	6
9	10	11 Remembering Nick Biscardi Beloved Ceramic Instructor 1:00 PM   Auditorium	12 Kwanzaa Celebration 1:30 PM   Auditorium	13 Sirovich Center Annual Winter Art Sale 10:00 AM – 4:00 PM and Saturday, December 14 10:00 AM – 4:00 PM
16	17	18	19 December Birthday Party 1:00 – 2:00 PM   Auditorium	20 Holiday Luncheon 1st Seating   11:30 AM – 12:30 PM 2nd Seating   12:30 – 1:30 PM *Tickets Available Tuesday, December 3
23	24	25 Center Closed – Christmas Day	26	27
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 | Follow Us on Facebook: https://www.facebook.com/Sirovich \* =Registration Required





