

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Mosaic Tiles with Alexandra</b> 9:30 – 11:20 AM   Lounge	<b>Tai Chi with Annie</b> 10:00 – 10:50 AM   Auditorium		<b>*Ceramic Session 1 with Sherman &amp; Bianca</b> 10:00 AM – 1:00 PM   Ceramics Studio	<b>Tai Chi with Annie</b> 10:00 – 10:50 AM   Auditorium
<b>Strength &amp; Balance with Rob</b> 10:00 – 10:50 AM   Auditorium	<b>*Ceramic Session 1 with Sherman &amp; Bianca</b> 10:00 AM – 1:00 PM   Ceramics Studio	<b>Zumba with Jose</b> 10:10 – 11:00 AM   <b>NC 11/6</b>   Auditorium	<b>Functional Yoga at 14 Street Y</b> 10:00 – 11:00 AM   14 Street Y	
<b>*Ceramic Session 1 with Sherman</b> 10:00 AM – 1:00 PM   Ceramics Studio	<b>Chair Yoga for Bone Health with Rie</b> 11:10 AM – 12:00 PM   Auditorium			<b>*Ceramic Session 1 with Sherman &amp; Bianca</b> 10:00 AM – 1:00 PM   Ceramics Studio
<b>Act Out! with Drama Therapy Intern Andrea Cordova McCadney</b> 10:00 – 11:30 AM   Small Dining Room	<b>Theater Desk</b> 11:30 AM – 1:00 PM   Dining Room <i>Schedule Subject to Change</i>		<b>Zumba with Fiorela</b> 11:10 AM – 12:00 PM   Auditorium	<b>Tech Talk with Rebecca</b> 11:00 – 11:50 AM   Dining Room
<b>Painting with Art Therapy Interns</b> 10:00 AM – 12:00 PM   Art Studio		<b>Chinese Open Ballroom</b> 1:00 – 2:50 PM   <b>NC 11/6</b>   Auditorium		
<b>Dance and Storytelling with Magda</b> 11:10 AM – 12:30 PM   <b>NC 11/11</b>   Auditorium	<b>Reiki and Meditation with Lyndell and Ruth</b> 1:00 – 1:50 PM   Lounge	<b>Knitting and Crochet Group with Schekira</b> 1:00 – 1:50 PM   Lounge		
<b>Acrylic and Watercolor for Relaxation with Art Therapy Intern Sophia</b> 1:00 PM – 2:00 PM   Art Studio	<b>Chinese Dance Group</b> 1:30 – 3:20 PM   Auditorium	<b>Brain Games with Dana</b> 2:00 PM – 2:50 PM   <b>NC 11/6</b>   Lounge		<b>ASC: Improv Ensemble with Robert Galinsky</b> 1:15 – 2:10 PM   <b>LC 11/22</b>   Auditorium
<b>Rewriting the Narrative with Drama Therapy Intern Andrea Cordova McCadney</b> 1:00 PM – 2:00 PM   Lounge   Class Full	<b>*Ceramic Session 2 with Sherman &amp; Bianca</b> 1:30 – 4:30 PM   Ceramics Studio		<b>Asian Choir</b> 1:30 PM – 3:20 PM   Auditorium	<b>Fall Prevention and Balance through Music and Movement with Occupational Therapy Interns</b> 1:00 – 2:00 PM   <b>LC 11/22</b>   Lounge
<b>*Beginner Class with Sherman</b> 1:30 PM – 4:30 PM   Ceramics Studio	<b>Spanish Empowerment Group with Andrea Lora</b> 1:30 – 2:30 PM   Conference Room		<b>*Ceramic Session 2 with Sherman &amp; Bianca</b> 1:30 PM – 4:30 PM   Ceramics Studio	<b>*Ceramic Session 2 with Sherman &amp; Bianca</b> 1:30 – 4:30 PM   Ceramics Studio
<b>Jazz Line Dance with Bernard</b> 2:00 – 2:50 PM   Auditorium			<b>Game Time with Andrea</b> 2:00 – 2:50 PM   Small Dining Room	<b>Jewelry Making with Phyllis</b> 2:00 – 3:50 PM   Lounge
<b>Balance 101 with Demetra</b> 3:10 – 4:00 PM   Auditorium & Hybrid				<b>ASC: Golden Giggles with Robert Galinsky</b> 2:15 – 3:00 PM   <b>LC 11/22</b>   Auditorium
<b>Tapping Together with Demetra</b> 4:00 – 4:50 PM   Auditorium	<b><i>If the Walls Could Talk</i> Visual Theater Workshop with Concrete Temple Theatre</b> 4:00 – 5:30 PM   Auditorium			<b>Vocal Ensemble</b> 3:15 – 5:00 PM   Auditorium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Basic Tech Talk with Teens Teach Technology 2:00 PM – 3:00 PM   Conference Room  "OutCry" Short Flim Premiere Hosted by Keeping People Connected 7:00 PM   Auditorium
<b>4</b>	<b>5</b> <b>Center Closed for Election Day</b>	<b>6</b> <b>November Pantry</b> 1:45 – 4:15 PM   Auditorium  <b>Thanksgiving Luncheon</b> <b>Ticket Sales Starts Today,</b> <b>See Front Desk</b>	<b>7</b>	<b>8</b>
<b>11</b> <b>Make Signs for Age in Place Rally</b> 1:00 – 2:00 PM   Conference Room  <b>Basic Tech Talk with Teens Teach Technology</b> 2:00 PM – 3:00 PM   Conference Room	<b>12</b> <b>Join Us in Decorating with Decoration Committee</b> 10:00 – 11:00 AM   Lobby	<b>13</b> <b>Age in Place 2.0 Rally</b> 12:00 PM   Meetup at City Hall Fountain  To travel with staff on public transportation meet in the lobby at 10:30 AM.	<b>14</b> <b>Healthfirst Presentation</b> 1:00 – 2:00 PM   Lounge	<b>15</b>
<b>18</b>	<b>19</b> <b>Nutrition Workshop: Diabetes and Blood Sugar Management with Nutritionist Tamar</b> 2:30 – 3:30 PM   Lounge	<b>20</b> <b>Group Trip: Wavehill Public Garden &amp; Cultural Center</b> 10:30 AM – 2:00 PM   Transportation Available, Bus Depart @ 10:30 AM *Ticket fee is \$10 Registration Required	<b>21</b> <b>November Birthday Party</b> 1:00 – 2:00 PM   Auditorium	<b>22</b> <b>Thanksgiving Luncheon</b> 1st Seating   11:30 AM – 12:30 PM 2nd Seating   12:30 – 1:30 PM  *Tickets Available Wednesday, November 6
<b>25</b>	<b>26</b> <b>Group Trip to National Museum of the American Indian</b> 10:30 AM – 2:00 PM   Transportation Available, Bus Depart @ 10:30 AM *Registration Required	<b>27</b>	<b>28</b> <b>Center for Closed for Thanksgiving</b>	<b>29</b> <b>Center for Closed for Thanksgiving</b>

For general inquiries, please contact us by email at [Sirovich@14streety.org](mailto: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](http://14streety.org/Sirovich) | Follow Us on Facebook: <https://www.facebook.com/Sirovich>

\* =Registration Required