

## SIROVICH CENTER FOR BALANCED LIVING PROGRAMS FEBRUARY 2025

EDUCATIONAL ALLIAN	FEDRUAR I ZUZO			
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	<b>Zumba with Jose</b> 10:10 – 11:00 AM   <i>NC</i> 2/5   Auditorium	*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM   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 & Bianca 10:00 AM – 1:00 PM   Ceramics Studio		Functional Yoga at 14 Street Y 10:00 – 11:00 AM   14 Street Y	*Ceramic Session 1 with Deb 10:00 AM – 1:00 PM   Ceramics Studio
*Ceramic Session 1 with Deb 10:00 AM – 1:00 PM   Ceramics Studio	Chair Yoga for Bone Health with Rie 11:10 AM – 12:00 PM   Auditorium		Zumba with Fiorela 11:10 AM – 12:00 PM   Auditorium	Tech Talk with Rebecca 11:00 – 11:50 AM   Dining Room
Art and Play with Drama Therapy Intern Andrea and Kathryn 10:00 AM – 12:00 PM   Small Dining Room	Theater Desk 11:30 AM – 1:00 PM   Front Office Schedule Subject to Change			
Open Art Studio with Sophia 10:00 AM – 12:00 PM   Art Studio				
Art Making for Relaxation with Art Therapy Intern Sophia and Kathryn 1:00 PM – 2:15 PM   Art Studio	Reiki and Meditation with Lyndell 1:00 – 1:50 PM   Lounge	Chinese Open Ballroom 1:00 – 2:50 PM   NC 2/5   Auditorium		ASC: Expressive Arts with Cory 1:00 – 2:30 PM   Auditorium & Hybrid
Rewriting the Narrative with Drama Therapy Intern Andrea Cordova McCadney 1:00 PM – 2:15 PM   Lounge	Chinese Dance Group 1:30 – 3:20 PM   Auditorium	Knitting and Crochet Group with Schekira 1:00 - 1:50 PM   Lounge	Asian Choir 1:30 PM – 3:20 PM   Auditorium	*Ceramic Session 2 with Deb 1:30 – 4:30 PM   Ceramics Studio
*Beginner Ceramic Class with Deb 1:30 PM – 4:30 PM   Ceramics Studio	*Ceramic Session 2 with Sherman & Bianca 1:30 – 4:30 PM   Ceramics Studio	Brain Games with Dana 2:00 PM – 2:50 PM   <i>NC</i> 2/5, 2/26   Lounge	*Ceramic Session 2 with Sherman & Bianca 1:30 PM - 4:30 PM   Ceramics Studio	Jewelry Making with Phyllis 1:00 – 3:50 PM   Lounge
Jazz Line Dance with Bernard 2:00 – 2:50 PM   Auditorium	Spanish Empowerment Group with Andrea Lora 1:30 – 2:30 PM   NC 2/18   Conference Room		Headlines (Currents Events Group) with Dana & M 2:00 – 2:50 PM   Lounge	ASC: Sirovich Senior Theater with Cory 2:30 – 3:15 PM   Auditorium & Hybrid
Balance 101 with Demetra 3:10 – 4:00 PM   Audtiorium & Hybrid	Tell Us Your Story: A Creative Writing Workshop with Rhonda 2:00 – 3:00 PM   Lounge		Game Time with Andrea 2:00 – 2:50 PM   Small Dining Room	Vocal Ensemble 3:15 – 5:00 PM   Auditorium
Tapping Together with Demetra 4:00 – 4:50 PM   Auditorium	If the Walls Could Talk Visual Theater Workshop with Concrete Temple Theatre 4:00 – 5:30 PM   Auditorium			
MENU KEY: LC = LAST C	CLASS OF THE TERM, NC= NO CLASS, * =Regsit	ration Required Address: 331 East 12th Stree	t, New York NY 10003 Hours of Operation: Mor	nday – Friday, 9 AM – 5 PM



## SIROVICH SPECIAL EVENTS CALENDAR FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Made with Love! Card Making Workshop with Staff 2:00 – 3:00 PM   Conference Room	4	5 February Pantry 1:45 – 4:15 PM   Auditorium	6 February Birthday Party 1:00 – 2:00 PM   Auditorium	7 A Black History Month Film Screening: Summer of Soul 1:00 – 3:00 PM   Auditorium
10	11 Walking Tour: Exploring the Black History of East Village with M 10:00 – 11:30 AM   Meet in lobby @9:50 AM	12	13 Lunar New Year Performance 1:00 PM   Auditorium	14  Manicures with Glamour Gals 1:00 – 2:00 PM   Conference Room  Group Trip to Concrete Temple Theatre's Accessible Performance: Ernie's Secret Life 14Y Theatre   Meet at Sirovich Lobby at 2:30 PM and walk to 14Y (\$10/ticket at Theater Desk)
17 Center Closed - Presidents' Day	18 Basic Tech Talk led by Teen Teaches Technology 2:00 – 3:30 PM   Conference Room	19	20 Sexual Health Workshop with Social Worker Dana and Schekira 1:00 – 1:50 PM   Lounge	21 NYPD Presentation 1:00 PM   Lounge  Basic Tech Talk led by Teen Teaches Technology 2:00 – 3:30 PM   Conference Room
24	25	26 Nutrition Workshop: Heart Health with Dietician Tamar 2:30 PM   Lounge	27	28 Just (Jazz) Friends Performance 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 | Follow Us on Facebook: https://www.facebook.com/Sirovich \* =Registration Required





