



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	Zumba with Jose 10:10 – 11:00 AM NC 3/5 Auditorium	*Ceramic Session 1 with Sherman & Bianca 10:00 AM – 1:00 PM LC 3/27 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 LC 3/25 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 LC 3/28 Ceramics Studio
*Ceramic Session 1 with Deb 10:00 AM – 1:00 PM LC 3/31 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			Improv Class with Robert Galinsky 11:10 AM – 12:30 PM NC 3/21, Makeup Class 3/31 Auditorium
Open Art Studio with Sophia 10:00 AM – 12:00 PM Art Studio				ASC: Expressive Arts with Cory 1:00 – 2:30 PM Auditorium & Hybrid
	Reiki and Meditation with Lyndell 1:00 – 1:50 PM NC 3/18 Lounge	Chinese Open Ballroom 1:00 – 2:50 PM NC 3/5, 3/12 Auditorium	Wellness Initiative for Senior Education (WISE) 1:00 PM Lounge 	
Art Making for Relaxation with Art Therapy Intern Sophia and Kathryn 1:00 PM – 2:15 PM Art Studio	Chinese Dance Group 1:30 – 3:20 PM Auditorium	Knitting and Crochet Group with Schekira 1:00 – 1:50 PM NC 3/12 Lounge	Asian Choir 1:30 PM – 3:20 PM Auditorium	*Ceramic Session 2 with Deb 1:30 – 4:30 PM LC 3/28 Ceramics Studio
Rewriting the Narrative with Drama Therapy Intern Andrea Cordova McCadney 1:00 PM – 2:15 PM Lounge	*Ceramic Session 2 with Sherman & Bianca 1:30 – 4:30 PM LC 3/25 Ceramics Studio	Brain Games with Dana 2:00 PM – 2:50 PM NC 3/5, 3/12 Lounge	*Ceramic Session 2 with Sherman & Bianca 1:30 PM – 4:30 PM LC 3/27 Ceramics Studio	Jewelry Making with Phyllis 1:00 – 3:50 PM On Pause Until Further Notice Lounge
*Beginner Ceramic Class with Deb 1:30 PM – 4:30 PM LC 3/31 Ceramics Studio	Spanish Empowerment Group with Andrea Lora 1:30 – 2:30 PM NC 3/11 Conference Room			ASC: Sirovich Senior Theater with Cory 2:30 – 3:15 PM Auditorium & Hybrid
Jazz Line Dance with Bernard 2:00 – 2:50 PM Auditorium			Game Time with Andrea 2:00 – 2:50 PM NC 3/13 Small Dining Room	Vocal Ensemble 3:15 – 5:00 PM Auditorium
Balance 101 with Demetra 3:10 – 4:00 PM Auditorium & Hybrid			Dance and Storytelling with Magda 4:00 – 4:50 PM Auditorium 	
Tapping Together with Demetra 4:00 – 4:50 PM Auditorium				

MENU KEY: LC = LAST CLASS OF THE TERM, NC= NO CLASS, * =Registration Required -- Address: 331 East 12th Street, New York NY 10003 Hours of Operation: Monday – Friday, 9 AM – 5 PM



= New Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5 March Pantry 1:45 – 4:15 PM Auditorium	6 March Birthday Party 1:00 – 2:00 PM Auditorium	7
10 Social Workers as Community Allies with Sheryl & Dana 10:00 –10:50 AM Small Dining Room Intergenerational Brain Dance with Julie 11:15 – 11:45 AM Auditorium Plant-based Nutrition Education led by NYC Aging’s Rachel 1:15 PM Lounge	11 Decorate With Us: Mardi Gras, and St. Patrick’s Day with M 10:00 - 10:50 AM Conference Room	12 Brain Health Dance Social (Bilingual in Spanish) with Magda Wednesday, March 12 1:00 – 1:50 PM Auditorium Alzheimer’s Disease Treatment: Past, Present, &Future with Dr. Arjun Marsurkar Wednesday, March 12 2:00 – 2:50 PM Auditorium	13	14
17 Intergenerational Brain Dance with Julie 11:15 – 11:45 AM Auditorium	18 Women’s History Month Film Screening: The Six Triple Eight 1:30 – 3:40 PM Auditorium	19	20	21
24 Intergenerational Brain Dance with Julie 11:15 – 11:45 AM Auditorium	25	26	27 Exploring the Women’s History in East Village: A Walking Tour 10:00 AM – 11:00 AM Meet in Lobby	28
31 Intergenerational Brain Dance with Julie 11:15 – 11:45 AM Auditorium Basic Tech Talk led by Teen Teaches Technology 2:00 – 2:50 PM Lounge				

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



= Brain Awareness Week Event