

SIROVICH CENTER FOR BALANCED LIVING — OCTOBER 2018

Check lobby bulletin board for unplanned changes.

Fitness Level Key:

Open Level: Anyone can participate
Level 1: Easy
Level 2: Intermediate
Level 3: Advanced

Social Services:
 Make appointment:
 Andrea 646.395.4521

Computer Lab Hours:
 M-W, F — 3-4PM
 Mezzanine Floor

Health & Wellness Office Hours:
 M-F — 10AM-5PM

Theater Club Hours:
 M-F — 11:30-2:00PM



Sirovich is funded in part by the NYC Department for the Aging.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<p>9:30-10:20 PACE (Auditorium)</p> <p>10:45-11:45 Tai Chi for Arthritis (Auditorium) 20 Weeks Session</p> <p>10-12:30 Adv Ceramics (3rd Fl)</p> <p>10:30-11:30 Short Story Discussion (1st Fl. MPR) (1st Fl. Multipurpose Rm)</p> <p><u>Mosaic Tiles (Multipurpose)</u> 1-1:55 Beginning 2-2:50 Advanced</p> <p>1-2:30 Adv. Ceramics (3rd Fl.)</p> <p><u>Ballroom Dance (Auditorium)</u> 1:00-2:10 Open Level 2:20-3:30 Level 1</p> <p>3-4 Meditation w/Lyndell (Mezzanine)</p> <p>4-5 Stretch & Self-Massage—Level 1 (Auditorium)</p> <p>5-6 Body Sculpting—Level 2/Intermediate (Auditorium)</p> <p>6:15-7 Zumba (Auditorium)</p> <p>8-9 Morris Dancers — Members are invited to watch (Auditorium)</p>	<p>10:00-10:50 Ballroom Dance Instruction (Auditorium)</p> <p>10-4:45 Ceramics Open Studio & Q&A (3rd Fl. Studio)</p> <p>11-11:45 Chair Yoga/Meditation (1st Fl. MPR)</p> <p><u>Chinese Dance Group Series</u> —Open Level (Auditorium) 11:00-11:50 Morn. Session 1:00-2:15 Aftn. Session 1 2:20-3:30 Aftn. Session 2</p> <p>1-2 Fun Fitness Plus (Mezzanine Group Rm)</p> <p>1-2:30 Adv. Ceramics (3rd Fl.) CLASS FULL.</p> <p>1-2:30 Statue of Liberty Sirovich Band</p> <p>4-5:30 Visual Theatre / Playwriting (1st Fl. MPR) Workshop Return Date TBD</p> <p>4:15-5:30 GENTLE YOGA W/MADELYN (Auditorium) Participants may enter at 4</p>	<p>Tai Chi Series (Auditorium) 9:15-9:55 Sword—Level 3 10:00-10:50 Open Level</p> <p>10-4:45 Ceramics Open Studio & Q&A (3rd Fl. Studio)</p> <p>11:15-12 Self Defense (Audit.)</p> <p>11-12 Asian Choral Group Morning Sess. (Sm Dining Rm)</p> <p>1:30-2:20 Zumba (Auditorium) Participants may enter@1:15</p> <p>1:30-3:30 Knitting (1st Fl)</p> <p>1:35-2:25 Asian Choral Group Afternoon Sess. (Sm Dining)</p> <p>2:30-3:20 Reiki Clinic (Small Dining Room)</p> <p>2:30-3:20 Intercultural Choral Group (Auditorium)</p> <p>3:30-5:30 Opera Appreciation w/Simon Saad of AMO (Small Dining Room) ONLY 10/10 & 10/24</p> <p>6-6:40 Beginning Tap Dance 6:50-7:30 Advanced Tap (Auditorium)</p>	<p>10-10:50 Body Smart (Audito.) 10/4, 10/11, 10/18 & 10/</p> <p>10-4:45 Ceramics Q&A (3rd Fl.)</p> <p>*NEW* 11-11:45 Meditation/Relaxation w/Lance of ZenCare (Small Dining Room)</p> <p><u>Line/Jazz Dance (Auditorium)</u> 11:05-11:55 Advanced Participants may enter@10:55 12-12:50 Beginning</p> <p>10:45-11:45 Tai Chi for Arthritis (Auditorium) 20 Weeks Session</p> <p><u>Painting Series (3rd Fl.)</u> 1:00-1:55 Session I 2:00-2:55 Session II ONLY ON 10/11, 10/25, 11/8, 11/15 & 11/29</p> <p>1-2:30 Adv. Ceramics (3rd Fl.) CLASS FULL.</p> <p>1-2:55 Bingo (1st Fl. MPR)</p> <p>3:10-4:10 Beginner Yoga (Audit.) Participants may enter @2:55</p> <p>7:30-9:30 Riffs & Suites: Intergenerational Vocal Group—Audition Required (Small Dining)</p>	<p>11:15-12:30 Folk Line Dance (Auditorium)</p> <p>Tai Chi Series (Auditorium) 9:15-9:55 Tai Chi Sword-Level 3 10-10:50 Tai Chi — Open Level</p> <p><u>Technology Workshop Series (Mezzanine Conf. Room)</u> 10:00-10:55 Beginner's 11-11:55 Intermediate</p> <p>10-1 Adv. Ceramics (3rd Fl)</p> <p>1-4:45 Ceramics Open Studio & Ceramics Q&A (3rd Fl Studio)</p> <p>Birthdays Party w/Sarie! 1:15-2:15 ONLY 10/26 (Large Dining Room)</p> <p><u>Drama Series (Auditorium)</u> 1:15-2:10 Expressive Arts 2:15-3:10 Senior Theater</p> <p>1:45-2:45 Origami (Small Dining Room)</p> <p>1:30-3:30 Chinese Dance Performance Rehearsals (1st Floor Multipurpose Room)</p> <p>3:15-4:15 Vocal Ensemble (Auditorium)</p> <p>3-5 Film Series (Small Dining Room)</p>	<p>11:15-12 Zumba w/Jose (Auditorium)</p> <p>Open Jazz Rehearsal w/Sarie SAT 10/13 @2pm (Aud.) CONCERT SUN 10/27 @3pm</p> <p>FIND US AT: 331 East 12th Street NY, NY 10003 MAIN OFFICE 646-395-4532 / 4523 SECURITY (After 4pm) 646-395-4534 www.edalliance.org</p> <p>Weekday Meals Mon-Fri ONLY (2nd Fl)</p> <p><u>Suggested Donation:</u> \$1.00 for Breakfast \$2.00 for Lunch \$1.50 for Dinner</p> <p>Meal tickets are available in the lobby for Breakfast and Lunch and in the Dining Room for Dinner. Breakfast 7:30-10AM Tickets available from 8:00AM—9:55AM Lunch 12-1PM Tickets available from 10:30 AM—12:55 PM Dinner 5-6PM Tickets available from 3:30 PM—5:45 PM Anyone under age 60 is <u>required to pay:</u> \$1.50 for Breakfast \$3 for all other meals</p>

THIS PAGE PRIMARILY REFLECTS THE TYPICAL WEEKLY SCHEDULE. SPECIAL EVENTS ARE ON A SEPARATE SHEET. CLASS CANCELLATIONS AND CHANGES ARE ON THE BACK PAGE OF THIS CALENDAR. PLEASE CHECK THEM!

WANT THE CALENDAR & NEWSLETTER W/SPECIAL EVENTS EMAILED TO YOU EVERY MONTH? SHARE YOUR EMAIL ADDRESS WITH THE MAIN OFFICE!

OCTOBER & NOVEMBER 2018 | CLASS CHANGES

Please note this document is subject to change.

MONDAYS

- **Zumba w/Micky - CLASS ONLY ON 10/8. SUB OR ALTERNATE CLASS STILL TO BE DETERMINED. PLEASE STAY ON LOOKOUT FOR INFO.**

TUESDAYS

- **NO Chinese Dance Series for all of October**
- **11/6 - Be sure to VOTE TODAY in the General Election!**
 - **NO Ballroom Dance w/Lukasz**
 - **NO Gentle Yoga w/Madelyn**

WEDNESDAYS

- **Zumba w/Deekee - NO Class on 10/3 & 10/31**
- **10/31 - Join in on the fun at our annual Halloween Monster Bash at 1pm!**
 - **NO Zumba w/Deekee**
 - **NO Choral Group**

THURSDAYS

- **Painting Series - UPCOMING CLASS CYCLE DATES - ONLY ON 10/11, 10/25, 11/8, 11/15, 11/29, 12/13, 12/27, 1/10, & 1/24**

FRIDAYS

- **NO Chinese Dance Performance Rehearsals for all of October**

SATURDAYS

- **Zumba w/Jose - NO Class on 10/6 & 10/27**

UPCOMING CENTER CLOSURES

Thursday, 11/22 - Thanksgiving

Friday, 11/23 - Thanksgiving

Tuesday, 12/25 - Christmas Day

Tuesday, 1/1 - New Year's Day

Monday, 1/21 - Martin Luther King Junior Day

SPECIAL EVENTS IN OCT & NOV 2018

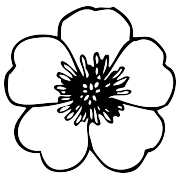
Make sure to check Lobby calendar for unpredicted schedule changes!



TUESDAY, OCTOBER 2ND | 10:00AM – 1:00PM
FREE FLU SHOT! Conducted by Mount Sinai-Beth Israel Nurses in Multipurpose Room. Missed it? Ask in Office for f/u.



TUESDAY, OCTOBER 9TH | 9:00AM – 5:00PM
Sign up in Main Office for an Apple Picking trip to Stuart's Farm in Granite Springs, NY. Fill a 5-6lb bag with Empire, Northern Spy, Jonagold, Winesap, Fuji apples & more. Max of 40 ppl. \$10 per person.



WEDNESDAY, OCTOBER 10TH | 2:30-3:30PM |
Harvest/Planting at PS19's Garden w/T-shirt giveaways! | Members may interview to be featured in a video on the NYC Playgrounds Program celebrating their 200th Playground Opening! | Sign up in Office.



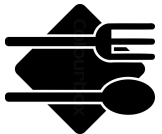
WEDNESDAY, OCTOBER 10TH & 24TH | 3:30PM – 5:30PM
Simon Saad of Ansonia Music Outreach leads an Opera Appreciation workshop in the Small Dining Room.



THURSDAY, OCTOBER 11TH | 10:00AM – 2:30PM
Bernie repairs watches at cost of parts in Large Dining Rm!



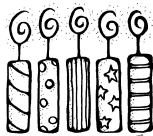
SATURDAY, OCTOBER 13TH | 2:00PM – 4:30PM
Join Sarie Teichman and the Just Jazz Friends band for Open Jazz Rehearsal in the Auditorium!



TUESDAY, OCTOBER 23RD | 1:45PM – 2:30PM | Small Dining Rm
Join the DFTA Nutritionist for a Health Workshop!



WEDNESDAY, OCTOBER 24TH | 9AM-1:30PM | \$3 per person
Trip to the Bronx Zoo. Max of 32ppl. | Sign up in office.



FRIDAY, OCTOBER 26TH | 1:15PM – 2:15PM
Join your favorite host Sarie for Birthday Party in the Dining Room, featuring songs you can dance to & dessert!



SATURDAY, OCTOBER 27TH | 3:00PM
Enjoy the 16th Virtuosi Nuovi Concert w/Kenneth Gordon, violinist, Toshi Kono, cellist, et al in the Auditorium!

SPECIAL EVENTS IN OCT & NOV 2018 CONT'D

Make sure to check Lobby calendar for unpredicted schedule changes!



SUNDAY, OCTOBER 28TH | 3:00PM – 5:00PM

Enjoy a lively concert with Sarie Teichman, vocalist, fronting the band Just (Jazz) Friends in the Auditorium!



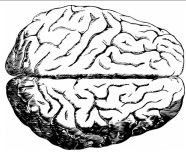
WEDNESDAY, OCTOBER 31ST | 1:00PM – 3:00PM |

Join us for our annual Halloween Monster Bash! Hosted by MC Sarie, our Halloween party will feature music by DJ Enrique, spooky decorations & refreshments. Sign up for Costume Contest w/gift card prizes in office!

VOTE

TUESDAY, NOVEMBER 6TH | 6:00AM – 9:00PM

VOTE TODAY in the General Elections! Find your poll site at nyc.pollsitelocator.com/search or ask staff.



THURSDAY, NOVEMBER 8TH | 2:00PM – 4:00PM | Small Dining
Alzheimer's Association Presentation on 10 warning signs.



FRIDAY, NOVEMBER 16TH | 10:00AM – 1:00PM

Thanksgiving Luncheon. \$5 suggested donation per person. Registration begins 11/1. November 1st. More info to come.

SPECIAL CLASS SERIES

Walk With Ease w/Joyce | Mondays @1:30-2:30PM | Oct 8th - Nov 12th |
Meet in Lobby | Sign up in the Small Dining Room on Friday, October 5th @2pm.

Tai Chi for Arthritis w/Annie Qi Ling Chen | 20 Weeks |
Starting Monday, October 2nd @ 10:45-11:45AM & Thursdays at 1-2PM
in Auditorium! This evidence-based class decreases falls & joint pain.

Jewelry Making w/Phyllis Tamburri | Wednesdays at 10:30-12:00PM
Starting October 3rd | Learn how to make beaded jewelry! Beginner's Only |
1st Floor Multipurpose Room | Sign up in Office | Max of 15 People – There's Room!

<p>Folk Line Dance w/Jaki on Fridays, at 11:15AM -12:30PM in Auditorium!</p>	<p>Chinese Folk Dance w/Dream starts Tues, Nov 13TH – Jan 22ND at 1:30- 3:30PM in Auditorium</p>	<p>Meditation w/Lance Thursdays at 11- 11:45AM in Small Dining Room!</p>	<p>Origami w/Tom Fridays at 1:45PM in Small Dining</p>
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