

SIROVICH CENTER FOR BALANCED LIVING — JANUARY 2019

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:

Hannah 646.395.4539

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 — 11:30-1:30PM



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> <hr/> <p>10-12:30 Adv Ceramics (3rd Fl.) Register in Office for Waitlist</p> <hr/> <p>10:30-11:30 Short Story Discussion (1st Fl. MPR) Cycle Ends 2/4</p> <hr/> <p>Mosaic Tiles (Multipurpose) 1-1:55 Beginning 2-2:50 Advanced</p> <hr/> <p>1-2:30 Adv. Ceramics (3rd Fl.) Register in Office for Waitlist</p> <hr/> <p>Ballroom Dance (Auditorium) 1:00-2:10 Open Level 2:20-3:30 Level 1</p> <hr/> <p>1:30-2:30 Empowerment Support Group en Español con Andrea (Small Dining Room)</p> <hr/> <p>3-4 Meditation w/Lyndell (Mezzanine)</p> <hr/> <p>4-5 Stretch & Self-Massage—Level 1 (Auditorium)</p> <hr/> <p>5-6 Body Sculpting—Level 2/Intermediate (Auditorium)</p> <hr/> <p>6:15-7 Zumba (Auditorium)</p> <hr/> <p>8-9 Morris Dancers — Members are invited to watch (Auditorium)</p>	<p>10:00-10:50 Ballroom Dance Instruction (Auditorium)</p> <hr/> <p>10-4:45 Ceramics Open Studio & Q&A (3rd Fl. Studio) Register in Office for Waitlist</p> <hr/> <p>11-11:45 Chair Yoga/Meditation (1st Fl. MPR)</p> <hr/> <p>Chinese Dance Group Series —Open Level (Auditorium) 11:00-11:50 Morn. Session</p> <hr/> <p>1:30-3:30 *NEW* Chinese Folk Dance w/Dream ONLY 1/8, 1/15, 1/22 & 1/29 (Auditorium)</p> <hr/> <p>1-2 Fun Fitness Plus (Mezzanine Group Rm)</p> <hr/> <p>1-2:30 Adv. Ceramics (3rd Fl.) Register in Office for Waitlist</p> <hr/> <p>1-2:30 Statue of Liberty Sirovich Band (1st Fl. MPR) ONLY 1/8, 2/19 & 2/26 Thurs 1/3 Special [10:30-12]</p> <hr/> <p>4-5:30 Visual Theatre / Playwriting (1st Fl. MPR) CLASS FULL.</p> <hr/> <p>4:15-5:30 GENTLE YOGA W/MADELYN (Auditorium) Participants may enter at 4</p>	<p>10:30-12 Beginning Jewelry Beading (1st Fl Multipurpose)</p> <hr/> <p>Tai Chi Series (Auditorium) 9:15-9:55 Sword—Level 3 10:00-10:50 Open Level</p> <hr/> <p>10-4:45 Ceramics Open Studio & Q&A (3rd Fl. Studio) Register in Office for Waitlist</p> <hr/> <p>11:15-12 Self Defense (Audit.)</p> <hr/> <p>11-12 Asian Choral Group Morning Sess. (Sm Dining Rm)</p> <hr/> <p>1:30-2:20 Zumba (Auditorium) Participants may enter@1:15</p> <hr/> <p>1:30-3:30 Knitting (1st Fl)</p> <hr/> <p>1:35-2:25 Asian Choral Group Afternoon Sess. (Sm Dining)</p> <hr/> <p>2:30-3:20 Reiki Clinic (Small Dining Room)</p> <hr/> <p>2:30-3:20 Intercultural Choral Group (Auditorium)</p> <hr/> <p>3:30-5:30 Opera Appreciation w/Simon Saad of AMO (Small Dining Room) 2nd & 4th Weeks of Month</p> <hr/> <p>6-6:40 Beginning Tap Dance 6:50-7:30 Advanced Tap (Auditorium)</p>	<p>10-10:50 Body Smart (Audito.)</p> <hr/> <p>10-4:45 Ceramics Q&A (3rd Fl.) Register in Office for Waitlist</p> <hr/> <p>*NEW* 11-11:45 Meditation/Relaxation w/Lance of ZenCare (Small Dining Room)</p> <hr/> <p>Line/Jazz Dance (Auditorium) 11:05-11:55 Advanced Participants may enter@10:55 12-12:50 Beginning</p> <hr/> <p>Painting Series (3rd Fl.) 1:00-1:55 Session I 2:00-2:55 Session II ONLY ON 1/17 & 1/24 New Cycle in February. Pre-register in Office for Waitlist.</p> <hr/> <p>1-2:30 Adv. Ceramics (3rd Fl.) Register in Office for Waitlist</p> <hr/> <p>1-2:55 Bingo (1st Fl. MPR)</p> <hr/> <p>3:10-4:10 Beginner Yoga (Audit.) Participants may enter @2:55</p>	<p>8:30-9:30 Writers & Storytellers (Large Dining Rm)</p> <hr/> <p>11:15-12:30 Folk Line Dance (Auditorium)</p> <hr/> <p>Tai Chi Series (Auditorium) 9:15-9:55 Tai Chi Sword-Level 3 10-10:50 Tai Chi — Open Level</p> <hr/> <p>Technology Workshop Series (Mezzanine Conf. Room) 10:00-10:55 Beginner's 11-11:55 Intermediate</p> <hr/> <p>10-1 Adv. Ceramics (3rd Fl.) Register in Office for Waitlist</p> <hr/> <p>1-4:45 Ceramics Open Studio & Ceramics Q&A (3rd Fl Studio) Register in Office for Waitlist</p> <hr/> <p>Birthday Party & New Year's Party w/Host Sarie! 1:30-3:30 ONLY 1/25 (Auditorium)</p> <hr/> <p>Drama Series (Auditorium) 1:15-2:10 Expressive Arts 2:15-3:10 Senior Theater</p> <hr/> <p>1:45-2:45 Origami (Small Dining Room)</p> <hr/> <p>1:30-3:30 Chinese Dance Performance Rehearsals (1st Floor Multipurpose Room)</p> <hr/> <p>3:15-4:15 Vocal Ensemble (Auditorium)</p> <hr/> <p>3-5 Film Series (Small Dining Room)</p>	<p>11:15-12 Zumba w/Jose (Auditorium)</p> <hr/> <p>TENTATIVE OPEN JAZZ REHEARSAL (Auditorium) SAT 1/12 & SUN 1/29 @1:30</p> <hr/> <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> <hr/> <p>Weekday Meals Mon-Fri ONLY (2nd Fl)</p> <hr/> <p>Suggested Donation: \$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.</p> <p>Breakfast 7:30-10AM Tickets available from 8:00AM—9:55AM</p> <p>Lunch 12-1PM Tickets available from 10:30 AM—12:55 PM</p> <p>Dinner 5-6PM Tickets available from 3:30 PM—5:45 PM</p> <p>Anyone under age 60 is required to pay: \$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. CENTER CLOSURES, CLASS CANCELLATIONS & OTHER CHANGES ARE ON THE BACK OF THIS CALENDAR.

CENTER CLOSED TUES 1/1/2019 MON 1/21/2019

CLASS CHANGES IN JANUARY & FEBRUARY 2019

Make sure to check Lobby calendar for unpredicted schedule changes. Please email XMALDONADO@EDALLIANCE.ORG to receive monthly calendars in your inbox!

MONDAYS

- Ceramics & Painting Studios CLOSED Tues, 1/1 - Thurs, 1/10; Open 1/11
- Empowerment Support Group – NO Class on 12/31
- Short Stories – Cycle ends on 2/4
- Stretch/Self-Massage & Body Sculpting – NO Class on 12/31

TUESDAYS

- Ceramics & Painting Studios CLOSED Tues, 1/1 - Thurs, 1/10; Open 1/11
- Chinese Folk Dance w/ Dream – Cycle ends on 1/29
- Sirovich Band – CLASS ONLY on: Thursday, 1/3 @10:30AM-12PM and Tuesdays, 1/8, 2/19, 2/26 @1-2:30PM

WEDNESDAYS

- Ceramics & Painting Studios CLOSED Tues, 1/1 - Thurs, 1/10; Open 1/11

THURSDAYS

- Ceramics & Painting Studios CLOSED Tues, 1/1 - Thurs, 1/10; Open 1/11
- Painting – CHANGE! ONLY ON 1/17 & 1/24 | New cycle in February

FRIDAYS

- Ceramics & Painting Studios CLOSED Tues, 1/1 - Thurs, 1/10; Open 1/11
- Drama Series & Vocal Ensemble – NO Classes on 1/4
- Folk Line Dance – NO Class on 1/4
- Tai Chi & Tai Chi Sword – NO Class on 1/25

SATURDAYS

NO CANCELLATIONS

UPCOMING CENTER CLOSURES

TUESDAY, JANUARY 1ST – New Year's Day

MONDAY, JANUARY 21ST – Martin Luther King Junior Day

MONDAY, FEBRUARY 18TH – President's Day

SPECIAL EVENTS IN JANUARY & FEBRUARY 2019

Make sure to check Lobby calendar for unpredicted schedule changes!

THURSDAY, JANUARY 3RD | 1:00PM – 2:30PM | Auditorium
Kwanzaa Celebration led by Member Kamala Mottl.



“USE YOUR HEAD” CERAMICS EXHIBITION
MONDAY, JANUARY 14TH - SATURDAY, JANUARY 19TH

Join us at the Art on A Gallery for the "Use Your Head" exhibition featuring beautiful works of art by the Sirovich Ceramics Program.

Exhibition Opening & Reception: Monday, January 14th | 6-8pm

Hours: Monday, January 14th - Thursday, January 17th | 12-7pm;
 & Friday, January 18th - Saturday, January 19th | 1-7pm

Where: Art on A Gallery | 24 Avenue A | Between E. 2nd & E. 3rd St.

Special thanks to Instructor Nick Biscardi for leading this project and his overwhelming dedication to the Sirovich Ceramics Program, to Art on A for their generous donation of space and time for the exhibition, and to Volunteer Studio Manager Sherman Sussman and Volunteer Studio Assistants Stephen Gemberling and Kim Savage, whose hard work help to make the program successful.

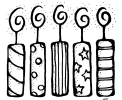


TENTATIVE: SAT, JAN 12TH & SUN, JAN 29TH @1:30PM | Auditorium
Join Sarie Teichman and Just Jazz Friends for Open Jazz Rehearsal!



TUESDAY, JANUARY 22ND | 2:00PM – 3:00PM | Small Dining Rm
Tea and Talk Health Discussion w/Pedro Cordero!

More Upcoming Workshops: February 26, March 26th & April 23rd



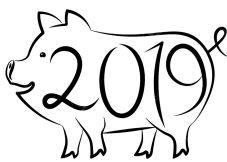
FRIDAY, JANUARY 25TH | 1:30PM – 3:30PM | Auditorium
 Join your favorite host Sarie for Birthday Party, featuring dance & dessert!



TUESDAY, JANUARY 29TH | 2:00PM – 3:00PM
Spine Health Workshop & Exercises in Small Dining Room!



THURSDAY, JANUARY 31ST | 9AM – 10AM | Small Dining Rm
Lunar New Year Arts & Crafts w/students from PS19.



TUESDAY, FEBRUARY 12TH | 1:30PM – 4:30PM | Auditorium
Lunar New Year Celebration & Performance

Featuring beautiful performances by Asian Choral Group and Chinese Dance Group. Ballroom dance to your heart's content for last hour!



THURSDAY, FEBRUARY 14TH | 10AM – 2:30PM | Large Dining Room
Bernie the Watch Man repairs watches at cost of parts!

SPECIAL EVENTS IN JAN. & FEB. 2019 CONT'D

Make sure to check Lobby calendar for unpredicted schedule changes!



TUESDAY, FEBRUARY TBD | 2:00PM – 3:00PM

ElderPlan leads a Nutrition Workshop in Small Dining Room!



TUESDAY, MARCH 5TH | 2:00PM – 4:00PM | Small Dining Room

Alzheimer's Association "Healthy Brain, Healthy Living" Workshop
in Spanish. Taller "El Cerebro y Alzheimer's" en español.

THURSDAY, APRIL 11TH | 2:00PM – 4:00PM | Small Dining Room

Alzheimer's Association "Healthy Brain, Healthy Living" Workshop

SPECIAL CLASS SERIES IN JAN & FEB 2019

Studies in Puppet Form & Performance | Register in Office. Max 20 Ppl.

THURSDAYS, JANUARY 31ST to MARCH 14TH | 10AM – 12PM | 1ST FL. MPR

Join Teaching Artist Federico Restrepo of Loco7 Dance Puppet Theatre Company to make a puppet and learn to manipulate it to tell a story. You will collaboratively develop a short puppet piece and perform it for Sirovich members. Then, in March and April, join us for Inter-generational Workshops to help guide kids from P.S.19 and work with them on simple puppet building, theatre exercises and performance.

Reiki Level I w/Liz Taub | WEDNESDAYS @4:00-5:15PM | Auditorium

JANUARY 9TH to FEBRUARY 27TH | 8 Sessions Only | Max 10 Ppl.

Become certified in Reiki practice. Register in Office.

Cognitive Fitness Series w/Columbia's Occupational Therapy Students

Hone your attention and reasoning skills and enhance memory storage and retrieval by practicing cognitive techniques. Improve cardiovascular health with physical activity.

"We are the World" Workshops w/Elena & Krysti | Small Dining Room

WEDNESDAYS, JANUARY 30TH to APRIL 3RD | 2:15PM – 3:15PM

"Salsa Social" Workshops w/Christina | Small Dining Room

FRIDAYS, FEBRUARY 1ST to MARCH 15TH | 2:00PM – 3:00PM

***NEW* Meditation w/NYZCCC | THURSDAYS @11-11:45AM | Small Dining**

Relax mind and body with New York Zen Center for Contemplative Care intern Lance.

Opera Appreciation Workshops w/Simon Saad of Ansonia Music Outreach

WEDNESDAY, JANUARY 9TH & 23RD | 3:30PM – 5:30PM | Small Dining Room

Short Stories w/Cindy | MONDAYS @10:30-11:30AM | Cycle ends 2/4. | 1ST FL.

Chinese Folk Dance w/Professional Choreographer Dream Jun

4 Sessions Left! | TUESDAYS @1:30-3:30PM in Auditorium | ENDS JAN 29TH

Improve balance, coordination, and muscle memory, and perform for Lunar New Year.