

SIROVICH CENTER FOR BALANCED LIVING — DECEMBER 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:

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> <p>10:45-11:45 Tai Chi for Arthritis (Auditorium) LIMITED # OF SESSIONS LEFT</p> <p>10-12:30 Adv Ceramics (3rd Fl) Register in Office for Waitlist</p> <p>10:30-11:30 Short Story Discussion (1st Fl. MPR) Cycle Begins 12/3</p> <p>Mosaic Tiles (Multipurpose) 1-1:55 Beginning 2-2:50 Advanced</p> <p>1-2:30 Adv. Ceramics (3rd Fl.) Register in Office for Waitlist</p> <p>Ballroom Dance (Auditorium) 1:00-2:10 Open Level 2:20-3:30 Level 1</p> <p>1:30-2:30 Empowerment Support Group en Español con Andrea (Mezzanine)</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) Register in Office for Waitlist</p> <p>11-11:45 Chair Yoga/Meditation (1st Fl. MPR)</p> <p>Chinese Dance Group Series —Open Level (Auditorium) 11:00-11:50 Morn. Session</p> <p>1:30-3:30 *NEW* Chinese Folk Dance w/Dream ONLY 12/4, 12/11, 12/18, 1/8, 1/15 & 1/22 (Auditorium)</p> <p>1-2 Fun Fitness Plus (Mezzanine Group Rm)</p> <p>1-2:30 Adv. Ceramics (3rd Fl.) Register in Office for Waitlist</p> <p>1-2:30 Statue of Liberty Sirovich Band (1st Fl. MPR) ONLY 12/11 & 12/18 12/15 Special [6-8:30]</p> <p>4-5:30 Visual Theatre / Playwriting (1st Fl. MPR) CLASS FULL.</p> <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> <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) Register in Office for Waitlist</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 12/12 & 12/26</p> <p>6-6:40 Beginning Tap Dance 6:50-7:30 Advanced Tap (Auditorium)</p>	<p>10-10:50 Body Smart (Audito.)</p> <p>10-4:45 Ceramics Q&A (3rd Fl.) Register in Office for Waitlist</p> <p>*NEW* 11-11:45 Meditation/Relaxation w/Lance of ZenCare (Small Dining Room)</p> <p>Line/Jazz Dance (Auditorium) 11:05-11:55 Advanced Participants may enter@10:55 12-12:50 Beginning</p> <p>1-2 Tai Chi for Arthritis (Auditorium) LIMITED # OF SESSIONS LEFT</p> <p>Painting Series (3rd Fl.) 1:00-1:55 Session I 2:00-2:55 Session II ONLY ON 12/13 & 12/27</p> <p>1-2:30 Adv. Ceramics (3rd Fl.) Register in Office for Waitlist</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>8:30-9:30 Writers & Storytellers (Large Dining Rm)</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>Technology Workshop Series (Mezzanine Conf. Room) 10:00-10:55 Beginner's 11-11:55 Intermediate</p> <p>10-1 Adv. Ceramics (3rd Fl) Register in Office for Waitlist</p> <p>1-4:45 Ceramics Open Studio & Ceramics Q&A (3rd Fl Studio) Register in Office for Waitlist</p> <p>Birthday Party & New Year's Party w/Host Sarie! 1:30-3:30 ONLY 12/28 (Auditorium)</p> <p>Drama Series (Auditorium) 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 AUDITORIUM 12/8 12:30-3:30PM</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>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>
<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.</p>			<p>HOLIDAY LUNCHEON FRIDAY 12/21/2018</p>		

CLASS CHANGES IN DEC 2018 & JAN 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 Studio – CLOSSES EARLY at 3:00PM on 12/24 & 12/31
- Mosaic Tiles Series – NO Class on 12/3
- Morris Dancers – NO Class on 12/3
- Short Stories – Cycle begins 12/3. [Moved to Small Dining Room ONLY on 12/3. | NO Class on 12/24.
- Stretch/Self-Massage & Body Sculpting – NO Classes on 12/24 & 12/31
- Zumba w/Micky – NO Class on 12/24 & 12/31

TUESDAYS

- Sirovich Band – NO Class on 12/4 & 12/25 | Make-Up Classes on Thurs, 12/27 & 1/3 [10:30AM-12PM in 1st Floor Multipurpose Room] | Special rehearsal on 12/15 [6-8:30PM in Auditorium.]

WEDNESDAYS

- Asian Choral Group – MOVES to Small Dining Room on 12/19 afternoon
- Tap Dance – NO Class on 12/26
- Zumba – NO Class on 12/19 for Christmas Hula Performance & Workshop [Make-up class to be scheduled for early January]

THURSDAYS

- Bingo – NO Class on 12/6
- Painting – ONLY ON 12/13, 12/27, 1/10, & 1/24 | New Cycle in February

FRIDAYS

- 12/21 - NO Origami | NO Movie | NO Technology due to Holiday Events
- Ceramics Studio – CLOSSES EARLY at 3:00PM on 12/21
- Chinese Dance Performance Rehearsals – NO Class on 12/7 & 12/21
- Drama Series & Vocal Ensemble – NO Classes on 12/21 [Make-Up Classes on Thursday, 12/20 @2PM-4PM & 4PM-5PM in Small Dining Rm.]
- Folk Line Dance – NO Class on 12/21, 12/28 & 1/4
- Tai Chi & Tai Chi Sword – NO Class on 11/30 & 12/21

SATURDAYS – NO CANCELLATIONS

UPCOMING CENTER CLOSURES

TUESDAY, DECEMBER 25TH – Christmas Day | **TUESDAY, JANUARY 1ST** – New Year's Day | **MONDAY, JANUARY 21ST** – Martin Luther King Junior Day

SPECIAL EVENTS IN DECEMBER 2018

Make sure to check Lobby calendar for unpredicted schedule changes!

**TUESDAY, DECEMBER 4TH | 2:00PM – 3:00PM****ElderPlan leads a Nutrition Workshop in Small Dining Room!****FRIDAY, DECEMBER 7TH****Medicare Open Enrollment Ends | Reach out to Social Services for help.****2:00PM – 3:00PM | Touro College of Pharmacy Workshop** in Small Dining Room. Please be sure to bring your medications!**ANNUAL HOLIDAY CERAMICS SALE FUNDRAISER**
FRIDAY, DECEMBER 7TH & SATURDAY, DECEMBER 8TH**10:00AM – 4:30PM | 1ST Floor Multipurpose Room**

Just in time for the Holidays! Celebrate your friends and loved ones by gifting them beautiful artwork handmade by Sirovich members. Also available: lovely placemats, costume jewelry, & mosaic tiles. All funds go right back into supporting Sirovich's arts programming!

**SATURDAY, DECEMBER 8TH | 12:30PM – 3:30PM | Auditorium**
Join Sarie Teichman and Just Jazz Friends for Open Jazz Rehearsal!**MONDAY, DECEMBER 10TH | 11:00AM – 12:00PM**
Holiday Cardmaking w/2nd Graders from PS19 in Small Dining Room.**TUESDAY, DECEMBER 11TH | Large Dining Room****10:00AM – 2:30PM | Bernie repairs watches at cost of parts!****2:00PM – 4:00PM | Alzheimer's Association Presentation in Spanish. Taller de 10 síntomas de Alzheimer's en español.****FRIDAY, DECEMBER 14TH | 10:00AM – 11:00AM**
Holiday Arts & Crafts w/students from PS19 in Small Dining Room.**TUESDAY, DECEMBER 18TH | 2:00PM – 3:00PM**
Health Workshop w/Pedro Cordero in Small Dining Room!

Na Pua Mai



Ka Lani Nuioka

WEDNESDAY, DECEMBER 19TH | 2:00PM – 3:00PM | Auditorium
Join Na Pua Mai Ka Lani for an interactive Christmas Hula Performance as they share some holiday joy with us!**TBD, Potentially 12/26 & 12/28****Kwanzaa Celebration & Art Workshop with Member Kamala Mottl.**

SPECIAL EVENTS IN DECEMBER 2018 CONT'D

Make sure to check Lobby calendar for unpredicted schedule changes!

Happy Kwanzaa



FRIDAY, DECEMBER 21ST



Join us for Sirovich's Annual Holiday Luncheon & Celebration!

\$3 suggested donation per person. \$5 for Guests. All donations are used to support our meal program. No member will be turned away if unable to donate.

Registration begins Monday, 12/10.

Get a ticket in Lobby or in Main Office between 10AM-12PM & 1:30-3:30PM.

Approx. **11:30AM** – 1ST Seating | Approx. **12:30PM** – 2ND Luncheon Seating

2:00PM – Holiday Show featuring Asian Choral Group & Chinese Dance Group.

Various musical performances will take place throughout waiting periods. Stay tuned!



FRIDAY, DECEMBER 28TH | 1:30PM – 3:30PM | Auditorium

Join your favorite host Sarie Teichman for a New Year's Dance & Birthday Party, featuring songs you can dance to & dessert!

SPECIAL CLASS SERIES

Short Stories | MONDAYS @10:30-11:30AM | Cycle begins 12/3.

Read and discuss short stories w/Cindy in the 1st Floor Multipurpose Room.

**Opera Appreciation Workshops w/Simon Saad of Ansonia Music Outreach
WEDNESDAY, DECEMBER 12TH & 26TH | 3:30PM – 5:30PM | Small Dining Room**

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

Relax your mind and body with this special class led by Lance Kaplan, a New York Zen Center for Contemplative Care intern in the Small Dining Room.

***NEW* Chinese Folk Dance w/Professional Choreographer Dream Jun
6 Sessions Left! | TUESDAYS @1:30-3:30PM in Auditorium | ENDS JAN 22ND**

Develop fundamental movement skills in Chinese folk dance styles in preparation for a performance for Chinese Lunar New Year. Instruction will be provided in English and Mandarin, with individual attention on each participant and the goal of improving participants' balance, coordination, and muscle memories. EVERYONE WELCOME.

Tai Chi for Arthritis w/Annie Qi Ling Chen

MONDAYS @10:45-11:45AM & THURSDAYS @1:00-2:00PM | 12 Weeks Left!