## SIROVICH CENTER FOR BALANCED LIVING — FEBRUARY 2019

### HEALTH & WELLNESS

**by the NYC Department for the Aging.**

### SOCIAL SERVICES APPOINTMENTS

- Hannah 646.395.4539
- Andrea 646.395.4521

### COMPUTER LAB

- M, W, F — 3-4PM
- Mezzanine Floor

### THEATER DESK

- M-F — 10AM-5PM
- 2nd Floor Dining Rm

### Check Lobby for changes. Register in Office for Emails.

### FITNESS LEVEL KEY

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

### APPOINTMENTS

- **MON 2/18/2019**
  - **Check Cycle Dates on Page 2**
  - **Changes. New Cycle TBD.**

### THE ADDITIONAL PAGES OF EVENTS CALENDAR.

### CENTER CLOSED

**MON 2/18/2019**

### THIS PAGE REFLECTS THE TYPICAL WEEKLY SCHEDULE.

**SPECIAL EVENTS, CENTER CLOSURES, TRIPS, CLASS CANCELLATIONS & OTHER CHANGES CAN BE FOUND ON THE ADDITIONAL PAGES OF EVENTS CALENDAR.**

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Tuesdays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
<th>Fridays</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30-10:20 PACE (Auditorium)</td>
<td>10:00-10:50 Ballroom Dance Instruction (Auditorium)</td>
<td>10:30-12 Beginning Jewelry Beading (1st Fl Multipurpose)</td>
<td>10:10-10:50 Body Smart (Audito.)</td>
<td>8:30-9:30 Writers &amp; Storytellers (Large Dining Rm)</td>
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<tr>
<td>10-12:30 Adv Ceramics (3rd Fl) Register in Office for Waitlist</td>
<td>10:4-4:45 Ceramics Open Studio &amp; Q&amp;A (3rd Fl, Studio) Register in Office for Waitlist</td>
<td>10:4-4:45 Ceramics Open Studio &amp; Q&amp;A (3rd Fl, Studio) Register in Office for Waitlist</td>
<td>10:4-4:45 Ceramics Q&amp;A (3rd Fl.) Register in Office for Waitlist</td>
<td>11:15-12:30 Folk Line Dance (Auditorium)</td>
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<tr>
<td>10:30-11:30 Short Story Discussion (1st Fl. MPR) Check Cycle Dates on Page 2 of Events Calendar—Class Changes. New Cycle TBD.</td>
<td>11-11:45 Chair Yoga/Meditation (1st Fl. MPR)</td>
<td>Chinese Dance Group Series —Open Level (Auditorium) 11:00-11:50 Morn. Session 1 1:00-1:15 Aftn. Session 1</td>
<td>11-11:45 Self Defense (Audit.)</td>
<td>11:15-12:30 Tai Chi Series (Auditorium) 9:15-9:55 Sword—Level 3 10:00-10:50 Open Level</td>
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<tr>
<td>11-11:45 Meditation w/Lance of ZenCare (Peacock Room, Mezzanine)</td>
<td>11:15-12 Asian Choral Group Morning Sess. (5m Dining Rm)</td>
<td>11-12 Chinese Group Exercise Sessions (Auditorium)</td>
<td>11:12-11:55 Advanced Participants may enter at 10:55</td>
<td>10:1-1.5 Adv Ceramics (3rd Fl) Register in Office for Waitlist</td>
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<tr>
<td>Mosaic Tiles (Multipurpose) 1:15-1:55 Beginning 2:20-3:50 Advanced</td>
<td>1:30-2:20 Zumba (Auditorium) Participants may enter@1:15</td>
<td>1-2 Fun Fitness Plus (Mezzanine Group Rm)</td>
<td>1:30-3:30 Knitting (1st Fl)</td>
<td>10-1 Adv Ceramics (3rd Fl) Register in Office for Waitlist</td>
</tr>
<tr>
<td>Ballroom Dance (Auditorium) 1:00-2:10 Open Level 2:20-3:30 Level 1</td>
<td>1:30-2:25 Asian Choral Group Afternoon Sess. (5m Dining Rm)</td>
<td>1:30-2:30 Adv Ceramics (3rd Fl.) Register in Office for Waitlist</td>
<td>2:30-3:30 Reiki Clinic (Small Dining Room)</td>
<td>1-4:45 Ceramics Open Studio &amp; Ceramics Q&amp;A (3rd Fl Studio) Register in Office for Waitlist</td>
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<tr>
<td>1:30-2:30 Empowerment Support Group en Español con Andrea (Small Dining Room)</td>
<td>2:30-3:20 Intercultural Choral Group (Auditorium)</td>
<td>1:2-3:50 Visual Theatre / Playwriting (1st Fl MPR) CLASS FULL.</td>
<td>3:20-4:10 Beginner Yoga (Audito.) Participants may enter @2:55</td>
<td><strong>OPEN JAZZ REHEARSAL (Auditorium) Check Special Events Pages for Dates/Time</strong></td>
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<tr>
<td>3-4 Meditation w/Lyndell (Mezzanine)</td>
<td>3:00-4:45 Opera Appreciation w/Simon Saad of AMO (Small Dining Room) 2nd &amp; 4th Weeks of Month Check Dates on Page 4 of Events Calendar—Series</td>
<td>3:30-4:50 Opera Appreciation w/Simon Saad of AMO (Small Dining Room) 2nd &amp; 4th Weeks of Month Check Dates on Page 4 of Events Calendar—Series</td>
<td><strong>Pre-Show Rehearsal</strong></td>
<td><strong>Birthday Party w/Host Sarie!</strong> Check Dates &amp; Times on Special Events Calendar Pages (Auditorium)</td>
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<tr>
<td>4-5 Stretch &amp; Self-Massage—Level 1 (Auditorium)</td>
<td>4:15-5:30 GENTLE YOGA W/MADELYN (Auditorium) Participants may enter at 4</td>
<td>4:5-5:30 Voluntary Health Insurance (Small Dining Room)</td>
<td>2:00-3:30 V/Aqua Sol Therapy (Auditorium)</td>
<td><strong>Drama Series (Auditorium)</strong> 1:15-2:10 Expressive Arts 2:15-3:10 Senior Theater</td>
</tr>
<tr>
<td>5-6 Body Sculpting—Level 2/Intermediate (Auditorium)</td>
<td>6-6:40 Beginning Tap Dance 6:50-7:30 Advanced Tap (Auditorium)</td>
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<td>1:45-2:45 Origami (Small Dining Room)</td>
<td><strong>1:30-3:30 Chinese Dance Performance Rehearsals (1st Floor Multipurpose Room)</strong></td>
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<tr>
<td>6:15-7 Zumba (Auditorium)</td>
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<td><strong>3:15-4:15 Vocal Ensemble (Auditorium)</strong></td>
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<td>8-9 Morris Dancers — Members are invited to watch (Auditorium)</td>
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<td><strong>3-5 Film Series</strong> (Small Dining Room)</td>
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**FIND US AT:**

331 East 12th St. NY, NY 10003 (bet. 1st & 2nd Aves)

**MAIN OFFICE**

646-395-4532 / 4523

**SECURITY (After 4pm)**

646-395-4534

www.edalliance.org

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**Weekday Meals Mon-Fri ONLY (2nd Fl)**

<table>
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<tr>
<th>Lunch 12PM</th>
<th>Tickets available from 8:00AM—9:55AM</th>
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<tbody>
<tr>
<td>7:30-10AM</td>
<td>$1.50 for Dinner</td>
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**Suggested Donation:** $1.00 for Breakfast $2.00 for Lunch $1.50 for Dinner

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

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**Dinner 5-6PM**

Tickets available from 10:30AM—12:55 PM

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Anyone under age 60 is required to pay:

$1.50 for Breakfast

$3 for all other meals

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CLASS CHANGES IN FEBRUARY & MARCH 2019

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

MONDAYS

- Short Stories – Cycle ends on 2/4. 2/4 class MOVED to Small Dining Rm.

TUESDAYS

- PUBLIC ADVOCATE SPECIAL ELECTION ON TUESDAY, 2/26 (6AM-9PM)
  - NO Ballroom w/Lukas | NO Chinese Dance Group | NO Gentle Yoga
- Sirovich Band – CLASS ONLY on: Tuesdays, 2/19 & 2/26 @1-2:30PM

WEDNESDAYS

- NO CANCELLATIONS. Bobby subs for Deekeee’s Wednesday Zumba in Feb.

THURSDAYS

- Jazz Line Dance Series – Beginners & Advanced Classes switch time slots in February! (Beginners @11:05-11:55AM | Advanced @12-12:50PM)
- Painting – Cycle starts 2/14 & 2/28. Wait listed beginners will be called.
- Meditation w/Lance – Class will permanently move from Thursdays to Mondays @11-11:45AM in the Peacock Room on the Mezzanine.

FRIDAYS - NO CANCELLATIONS OR CHANGES.

SATURDAYS

- Zumba – NO Class on 2/16 & 3/2

* THERE MAY BE ROOM CHANGES DUE TO RENOVATION. CHECK IN OFFICE *

UPCOMING CENTER CLOSURES

MONDAY, FEBRUARY 18TH – President’s Day

PUBLIC ADVOCATE SPECIAL ELECTION ON TUESDAY, FEBRUARY 26TH

POLL SITES WILL BE OPEN FROM 6AM TO 9PM

We encourage all Sirovich members who are eligible to vote to do so. The PA works to resolve New Yorkers’ complaints about City agencies and introduces legislation to City Council. The person with the most votes will win the election, and you can learn about the many candidates at Ballotpedia.org. You can register to vote or update your registration by mail or online by Friday, 2/1, or in person at a Board of Elections office by Saturday, 2/16. To register, find your poll site, check your registration status, or for more voting information, please visit Voting.nyc. Or ask a staff person for help!
### SPECIAL EVENTS IN FEBRUARY 2019

Make sure to check Lobby calendar for unpredicted schedule changes!

<table>
<thead>
<tr>
<th>Date Change</th>
<th>Event Description</th>
</tr>
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| Wednesday, January 30<sup>th</sup> | Lunar New Year Arts & Crafts w/PS19 kids.  
Small Dining Room |

**FRIDAY, FEBRUARY 1<sup>st</sup>**

<table>
<thead>
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<tr>
<td>Fire Safety Workshop</td>
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| Hosted by Councilwoman Carlina Rivera & FDNY  
Learn how to prevent home fires and protect yourself in the case of an emergency from firefighters! FDNY will be on site with giveaways! |

Walking Trip to Ukrainian Museum | 1:45 – 3:15PM |
Sign up in Health Office on Mezzanine. $7 per person. |

**SATURDAY, FEBRUARY 2<sup>nd</sup>**

Join Just (Jazz) Friends for an Open Jazz Rehearsal! |

**THURSDAY, FEBRUARY 7<sup>th</sup>**

Grow NYC Compost Introduction w/Larissa | 11:30AM | Large Dining Room |
Korean Hand Clapping Class w/Nurse Ji | 2:00PM | Small Dining Room |

**FRIDAY, FEBRUARY 8<sup>th</sup>**

Heart Health Tea Demo with Health & Wellness Director Shao! |

*DATE CHANGE* MONDAY, FEBRUARY 11<sup>th</sup> | 2PM – 3PM |
Spine Health Workshop & Exercises in Small Dining Room! |

**TUESDAY, FEBRUARY 12<sup>th</sup>**

Lunar New Year Celebration & Performance  
Featuring beautiful performances by Asian Choral Group and Chinese Dance Group. Ballroom dance to your heart’s content for the last hour! |

**WEDNESDAY, FEBRUARY 13<sup>th</sup>**

11:30AM | Grow NYC Compost Introduction | Large Dining Room  
Larissa teaches us about Sirovich’s composting efforts! (in Chinese & English)  
11:15AM -12:15PM | Self Defense & Safety Workshop | Auditorium  
Learn basic self-defense exercises and tips to protect yourself w/Shinan Andre Maldonado, founder of Sei Shin Ryu Jujitsu. Raffle with cash prizes at the end! |

**THURSDAY, FEBRUARY 14<sup>th</sup>**

10AM – 2:30PM | Bernie the Watch Man | Large Dining Room  
1 – 2:30PM | Valentine’s Day Party! | Auditorium  
Join your favorite host Sarie Teichman for a lovely dance & refreshments. |
**SPECIAL EVENTS IN FEBRUARY & BEYOND**

Make sure to check Lobby calendar for unpredicted schedule changes!

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Event Description</th>
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<tbody>
<tr>
<td><strong>SATURDAY, FEBRUARY 16</strong>&lt;sup&gt;TH&lt;/sup&gt;</td>
<td><strong>2:00PM</strong></td>
<td>Auditorium</td>
<td><em>Just (Jazz) Friends VALENTINE’S CONCERT</em>, featuring songs of love and more by Sarie Teichman (vocals), Michi Yoshimura (piano), Finn Summerell (guitar) &amp; Ken Malloy (drums) Jim Kuras (bass), &amp; Dan Schlesinger (sax).*</td>
</tr>
<tr>
<td><strong>TUESDAY, FEBRUARY 19</strong>&lt;sup&gt;TH&lt;/sup&gt;</td>
<td><strong>2PM – 2:30PM</strong></td>
<td>Small Dining Room</td>
<td>Join Nurse Ji for a Health Workshop!</td>
</tr>
<tr>
<td><strong>THURSDAY, FEBRUARY 28</strong>&lt;sup&gt;TH&lt;/sup&gt;</td>
<td><strong>3:30PM – 5:00PM</strong></td>
<td>Mezzanine</td>
<td>Paint &amp; Sip with Senior Whole Health! 30 Ppl Max. Register in Office.</td>
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<tr>
<td><strong>FRIDAY, MARCH 1</strong>&lt;sup&gt;ST&lt;/sup&gt; &amp; <strong>29</strong>&lt;sup&gt;TH&lt;/sup&gt;</td>
<td><strong>1:15 – 2:15PM</strong></td>
<td>Small Dining Room</td>
<td><em>BIRTHDAY PARTIES</em> Dance, eat cake &amp; celebrate Feb &amp; March birthdays w/Host Sarie in Dining Rm!</td>
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</tbody>
</table>

**SPECIAL SERIES HAPPENING NOW**

- **Beginner’s Ceramics** | TUES & THURS STARTING FEB 12<sup>TH</sup> @1-2:30PM | 3<sup>rd</sup> Fl. | There is a long wait list for this class. Participants will be called in order of wait list. |
- **Black History Month Film Series** | MONDAYS, FEBRUARY 4<sup>TH</sup>, 11<sup>TH</sup> & 25<sup>TH</sup> @2:15PM – 4:15PM | Small Dining Room | Check flyer for details. |
- **Meditation w/NY Zen Center Intern Lance** | MONDAYS @11-11:45AM | *DAY, TIME & ROOM CHANGE STARTING 2/11* | Peacock Room, Mezzanine |
- **Studies in Puppet Form & Performance** | Register in Office. Max 20 Ppl. | THURSDAYS, JANUARY 31<sup>ST</sup> to MARCH 21<sup>ST</sup> @10AM – 12PM | 1<sup>st</sup> Fl. MPR |
  You’ll make a puppet, develop a piece & perform it. In March, work w/P.S.19 kids on puppet building, theatre exercises & performance in our Inter-generational Workshops. |
- **Intro to Contemporary Art at Swiss Institute** | 38 St. Mark’s Place at 2<sup>nd</sup> Ave. | FRIDAYS, JANUARY 25<sup>TH</sup> to MARCH 29<sup>TH</sup> @10AM – 12PM | 10 Sessions Only |
  Teaching Artist Stephen Kwok leads this discussion-based class exclusively for members. You will study exhibitions on view at SI and around the neighborhood, with visits and tours by guest artists and curators and collaborate to produce a culminating publication. |
- **“We are the World” Workshops (Cognitive Fitness Series w/Columbia’s Occupational Therapy Students Elena & Krysti)** | Large Dining Room | WEDNESDAYS, JANUARY 30<sup>TH</sup> to APRIL 3<sup>RD</sup> @2:15PM – 3:15PM | Hone attention and reasoning skills and enhance memory storage and retrieval. |
- **“Salsa Social” Workshops w/Columbia OT Student Christina** | Large Dining | FRIDAYS, FEBRUARY 1<sup>ST</sup> to MARCH 15<sup>TH</sup> @2:00PM – 3:00PM | Improve your cardiovascular health with physical activity. |
- **Opera Appreciation Workshops w/Simon Saad of Ansonia Music Outreach** | Small Dining Rm | WEDNESDAY, FEBRUARY 13<sup>TH</sup> & 27<sup>TH</sup> @3:30PM – 5:30PM |