

SIROVICH CENTER FOR BALANCED LIVING — FEBRUARY 2019

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

SOCIAL SERVICES APPOINTMENTS

Hannah 646.395.4539
Andrea 646.395.4521

COMPUTER LAB

M-W, F — 3-4PM
 Mezzanine Floor

HEALTH & WELLNESS

M-F — 10AM-5PM

THEATER DESK

M-F — 11:30A-1:30P
 646.395.4525
 2nd Floor Dining Rm



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>10-12:30 Adv Ceramics (3rd Fl) Register in Office for Waitlist</p> <p>10:30-11:30 Short Story Discussion (1st Fl. MPR) Check Cycle Dates on Page 2 of Events Calendar—Class Changes. New Cycle TBD.</p> <p>11-11:45 Meditation w/Lance of ZenCare (Peacock Room, Mezzanine)</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 (Small Dining Room)</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 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.) Register in Office for Waitlist</p> <p>1-2:30 Statue of Liberty Sirovich Band (1st Fl. MPR) Check Dates on Page 2 of Events Calendar—Class Changes.</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) 2nd & 4th Weeks of Month Check Dates on Page 4 of Events Calendar—Series</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>MEDITATION WITH LANCE MOVED TO MONDAYS, STARTING 2/11</p> <p>Line/Jazz Dance (Auditorium) 11:05-11:55 Advanced Participants may enter@10:55 12-12:50 Beginning</p> <p>Painting Series (3rd Fl.) 1:00-1:55 Session I 2:00-2:55 Session II</p> <p>Check Cycle Dates on Page 2 of Events Calendar—Class Changes Pre-register in Office for Waitlist.</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>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 w/Host Sarie! Check Dates & Times on Special Events Calendar Pages (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) Check Special Events Pages for Dates/Time</p> <p>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</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 REFLECTS THE TYPICAL WEEKLY SCHEDULE. SPECIAL EVENTS, CENTER CLOSURES, TRIPS, CLASS CANCELLATIONS & OTHER CHANGES CAN BE FOUND ON THE ADDITIONAL PAGES OF EVENTS CALENDAR.</p>					
<p>CENTER CLOSED MON 2/18/2019</p>					

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 Deekee'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!



***DATE CHANGE* WEDNESDAY, JANUARY 30TH | 9AM – 10AM | Small Dining Room | Lunar New Year Arts & Crafts w/PS19 kids.**

FRIDAY, FEBRUARY 1ST



FIRE SAFETY WORKSHOP | 11AM – 12PM | Large Dining Room 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 2ND | 12:30PM | Auditorium Join Just (Jazz) Friends for an Open Jazz Rehearsal!

THURSDAY, FEBRUARY 7TH



Grow NYC Compost Introduction w/Larissa | 11:30AM | Large Dining

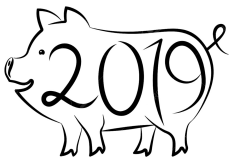
Korean Hand Clapping Class w/Nurse Ji | 2:00PM | Small Dining



FRIDAY, FEBRUARY 8TH | 11:30AM - 12:30PM | Large Dining Rm Heart Health Tea Demo with Health & Wellness Director Shao!



***DATE CHANGE* MONDAY, FEBRUARY 11TH | 2PM – 3PM Spine Health Workshop & Exercises in Small Dining Room!**



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 the last hour!

WEDNESDAY, FEBRUARY 13TH



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 14TH



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!

SATURDAY, FEBRUARY 16TH | 2:00PM | Auditorium



Just (Jazz) Friends VALENTINE'S CONCERT, featuring songs of love and more by Sarie Teichman (vocals), Michi Yoshimura (piano), Finn Summerell (guitar) & Ken Malloy (drums) Jim Kuras (bass), & Dan Schlesinger (sax).



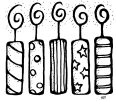
TUESDAY, FEBRUARY 19TH | 2PM – 2:30PM | Small Dining Room

Join Nurse Ji for a Health Workshop!



THURSDAY, FEBRUARY 28TH | 3:30PM – 5:00PM | Mezzanine

Paint & Sip with Senior Whole Health! 30 Ppl Max. Register in Office.



FRIDAY, MARCH 1ST & 29TH | 1:15 – 2:15PM | BIRTHDAY PARTIES

Dance, eat cake & celebrate Feb & March birthdays w/Host Sarie in Dining Rm!

SPECIAL SERIES HAPPENING NOW

Beginner's Ceramics | TUES & THURS STARTING FEB 12TH @1-2:30PM | 3rd 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 4TH, 11TH & 25TH
@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 31ST to MARCH 21ST | 10AM – 12PM | 1st 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 2nd Ave.
FRIDAYS, JANUARY 25TH to MARCH 29TH | 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 30TH to APRIL 3RD | 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 1ST to MARCH 15TH | 2:00PM – 3:00PM**
Improve your cardiovascular health with physical activity.

**Opera Appreciation Workshops w/Simon Saad of Ansonia Music Outreach
WEDNESDAY, FEBRUARY 13TH & 27TH | 3:30PM – 5:30PM | Small Dining Rm**