

# SIROVICH CENTER FOR BALANCED LIVING — MARCH 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><b>9:30-10:20 PACE</b> (Auditorium)</p> <hr/> <p><b>10-12:30 Adv Ceramics</b> (3rd Fl) Register in Office for Waitlist</p> <hr/> <p><b>10:30-11:30 Short Story Discussion</b> (1st Fl. MPR)                      Check Cycle Dates on Page 2 of Events Calendar.</p> <hr/> <p><b>11-11:45 Meditation</b> w/Lance of ZenCare (Peacock Room, Mezzanine)  <b>NO CLASS UNTIL FURTHER NOTICE.</b></p> <hr/> <p><b>Mosaic Tiles</b> (Multipurpose)                      1-1:55 Beginning                      2-2:50 Advanced</p> <hr/> <p><b>1-2:30 Adv. Ceramics</b> (3rd Fl.) Register in Office for Waitlist</p> <hr/> <p><b>Ballroom Dance</b> (Auditorium)                      1:00-2:10 Open Level                      2:20-3:30 Level 1</p> <hr/> <p><b>1:30-2:30 Empowerment Support Group</b> en Español con Andrea (Small Dining Room)</p> <hr/> <p><b>3-4 Meditation</b> w/Lyndell (Mezzanine)</p> <hr/> <p><b>4-5 Stretch &amp; Self-Massage</b>—Level 1 (Auditorium)</p> <hr/> <p><b>5-6 Body Sculpting</b>—Level 2/Intermediate (Auditorium)</p> <hr/> <p><b>6:15-7 Zumba</b> (Auditorium)</p> <hr/> <p><b>8-9 Morris Dancers</b> — Members are invited to watch (Auditorium)  <b>CHECK SPECIAL EVENTS CALENDAR FOR DATES.</b></p>	<p><b>10:00-10:50 Ballroom Dance Instruction</b> (Auditorium)</p> <hr/> <p><b>10-4:45 Ceramics Open Studio &amp; Q&amp;A</b> (3rd Fl. Studio) Register in Office for Waitlist</p> <hr/> <p><b>11-11:45 Chair Yoga/ Meditation</b> (1st Fl. MPR)</p> <hr/> <p><b>Chinese Dance Group Series</b> —Open Level (Auditorium)  <b>11:00-11:50 Morn. Session</b>  <b>1:00-2:15 Aftn. Session 1</b>  <b>2:20-3:30 Aftn. Session 2</b></p> <hr/> <p><b>1-2 Fun Fitness Plus</b> (Mezzanine Group Rm)</p> <hr/> <p><b>1-2:30 Adv. Ceramics</b> (3rd Fl.) Register in Office for Waitlist</p> <hr/> <p><b>1-2:30 Statue of Liberty Sirovich Band</b> (1st Fl. MPR)  <b>Check Dates on Page 2 of Events Calendar—Class Changes.</b></p> <hr/> <p><b>4-5:30 Visual Theatre / Playwriting</b> (1st Fl. MPR)  <b>CLASS FULL.</b></p> <hr/> <p><b>4:15-5:30 GENTLE YOGA W/MADELYN</b> (Auditorium) Participants may enter at 4</p>	<p><b>10:30-12 Beginning Jewelry Beading</b> (1st Fl Multipurpose)</p> <hr/> <p><b>Tai Chi Series</b> (Auditorium)  <b>9:15-9:55 Sword—Level 3</b>  <b>10:00-10:50 Open Level</b></p> <hr/> <p><b>10-4:45 Ceramics Open Studio &amp; Q&amp;A</b> (3rd Fl. Studio) Register in Office for Waitlist</p> <hr/> <p><b>11:15-12 Self Defense</b> (Audit.)</p> <hr/> <p><b>11-12 Asian Choral Group Morning Sess.</b> (Sm Dining Rm)</p> <hr/> <p><b>1:30-2:20 Zumba</b> (Auditorium) Participants may enter@1:15</p> <hr/> <p><b>1:30-3:30 Knitting</b> (1st Fl)</p> <hr/> <p><b>1:35-2:25 Asian Choral Group Afternoon Sess.</b> (Sm Dining)</p> <hr/> <p><b>2:30-3:20 Reiki Clinic</b> (Small Dining Room)</p> <hr/> <p><b>2:30-3:20 Intercultural Choral Group</b> (Auditorium)</p> <hr/> <p><b>3:30-5:30 Opera Appreciation</b> w/Simon Saad of AMO (Small Dining Room)  <b>2nd &amp; 4th Weeks of Month</b>  <b>Check Dates on Page 4 of Events Calendar—Series</b></p> <hr/> <p><b>6-6:40 Beginning Tap Dance</b>  <b>6:50-7:30 Advanced Tap</b> (Auditorium)</p>	<p><b>10-10:50 Body Smart</b> (Audito.)</p> <hr/> <p><b>10-4:45 Ceramics Q&amp;A</b> (3rd Fl.) Register in Office for Waitlist</p> <hr/> <p><b>Line/Jazz Dance</b> (Auditorium)  <b>11:05-11:55 Beginning</b>  <b>Participants may enter@10:55</b>  <b>12-12:50 Advanced</b></p> <hr/> <p><b>Painting Series</b> (3rd Fl.)  <b>1:00-1:55 Session I</b>  <b>2:00-2:55 Session II</b>  <b>CLASS ON HIATUS UNTIL FURTHER NOTICE.</b></p> <hr/> <p><b>1-2:30 Adv. Ceramics</b> (3rd Fl.) Register in Office for Waitlist</p> <hr/> <p><b>1-2:55 Bingo</b> (1st Fl. MPR)</p> <hr/> <p><b>3:10-4:10 Beginner Yoga</b> (Audit.) Participants may enter @2:55</p>	<p><b>8:30-9:30 Writers &amp; Storytellers</b> (Large Dining Rm)</p> <hr/> <p><b>11:15-12:30 Folk Line Dance</b> (Auditorium)</p> <hr/> <p><b>Tai Chi Series</b> (Auditorium)  <b>9:15-9:55 Tai Chi Sword-Level 3</b>  <b>10-10:50 Tai Chi — Open Level</b></p> <hr/> <p><b>Technology Workshop Series</b> (Mezzanine Conf. Room)  <b>10:00-10:55 Beginner's</b>  <b>11-11:55 Intermediate</b></p> <hr/> <p><b>10-1 Adv. Ceramics</b> (3rd Fl) Register in Office for Waitlist</p> <hr/> <p><b>1-4:45 Ceramics Open Studio &amp; Ceramics Q&amp;A</b> (3rd Fl Studio) Register in Office for Waitlist</p> <hr/> <p><b>Birthday Party w/Host Sarie!</b>  <b>Check Dates &amp; Times on Special Events Calendar Pages</b> (Auditorium)</p> <hr/> <p><b>Drama Series</b> (Auditorium)  <b>1:15-2:10 Expressive Arts</b>  <b>2:15-3:10 Senior Theater</b></p> <hr/> <p><b>1:45-2:45 Origami</b> (Small Dining Room)</p> <hr/> <p><b>1:30-3:30 Chinese Dance Performance Rehearsals</b> (1st Floor Multipurpose Room)</p> <hr/> <p><b>3:15-4:15 Vocal Ensemble</b> (Auditorium)</p> <hr/> <p><b>3-5 Film Series</b> (Small Dining Room)</p>	<p><b>11:15-12 Zumba w/Jose</b> (Auditorium)</p> <hr/> <p><b>OPEN JAZZ REHEARSAL</b> (Auditorium) Check Special Events Pages for Dates/Time</p> <hr/> <p><b>FIND US AT:</b>                      331 East 12th St. NY, NY 10003 (bet. 1st &amp; 2nd Aves)  <b>MAIN OFFICE</b>                      646-395-4532 / 4523  <b>SECURITY (After 4pm)</b>                      646-395-4534  <a href="http://www.edalliance.org">www.edalliance.org</a></p> <hr/> <p><b>Weekday Meals</b>  <b>Mon-Fri ONLY</b> (2nd Fl)</p> <p><b>Suggested Donation:</b>  <b>\$1.00 for Breakfast</b>  <b>\$2.00 for Lunch</b>  <b>\$1.50 for Dinner</b></p> <p>Meal tickets are available in the lobby for Breakfast and Lunch and in the Dining Room for Dinner.</p> <p><b>Breakfast 7:30-10AM</b>                      Tickets available from <b>8:00AM—9:55AM</b></p> <p><b>Lunch 12-1PM</b>                      Tickets available from <b>10:30 AM—12:55 PM</b></p> <p><b>Dinner 5-6PM</b>                      Tickets available from <b>3:30 PM—5:45 PM</b></p> <p><b>Anyone under age 60 is required to pay:</b>  <b>\$1.50 for Breakfast</b>  <b>\$3 for all other meals</b></p>
<p><b>THIS PAGE REFLECTS THE TYPICAL WEEKLY SCHEDULE. SPECIAL EVENTS, SPECIAL CLASS SERIES, TRIPS, CLASS CANCELLATIONS, CENTER CLOSURES, &amp; CHANGES CAN BE FOUND ON THE ADDITIONAL PAGES OF EVENTS CALENDAR.</b></p>					

## CLASS CHANGES IN MARCH & APRIL 2019

Please check Lobby calendar for unpredicted schedule changes. You can email [XMALDONADO@EDALLIANCE.ORG](mailto:XMALDONADO@EDALLIANCE.ORG) to receive monthly calendars in your inbox!

### MONDAYS

- **Short Stories** – New Cycle Begins 3/18. First Short Story Available 3/11.
- **Meditation w/Lance** [11-11:45AM in Peacock] – On hiatus; return date TBD.
- **Morris Dancers** – CLASSES HELD ONLY for all of March as well as 4/22, 5/13 & 5/20 | Class then on hiatus from June through September

### TUESDAYS

- **Sirovich Band** – ONLY on 3/12 @12:30PM and 3/26, 4/2, & 4/9 @1:00PM
- **LOOK AHEAD: PRIMARY ELECTION ON TUESDAY, JUNE 25<sup>TH</sup> (6AM-9PM)**
  - NO Ballroom w/Lukas | NO Chinese Dance Group

### WEDNESDAYS

- **Intercultural Choral Group** – NO Class at 2:30PM on 3/20.
- **SPECIAL Puppetry Workshop w/Federico** [3/20 @2:30 - 5:30 in Auditorium]
- **Tap Dance Series** – NO Class on 4/24

### THURSDAYS

- **SPECIAL: PUPPETRY SHOW ON MARCH 21<sup>ST</sup> [1:30-3:30] in Auditorium**
- **Beginner's Yoga** – Class at 2:30PM on 3/14 | UPDATE: NO class on 3/21
- **Body Smart** – NO Class on 3/21 | NO Class for all of April
- **Jazz Line Dance** – NO Class on 3/21
- **Painting** – NO Class until further notice. Return Date TBD.

### FRIDAYS

- **Technology, Drama Series, & Vocal Ensemble w/Cory** – NO Classes on 3/8.

### SATURDAYS

- **Zumba** – NO Class on 3/2

## WINTER WEATHER CLOSURES

**EDUCATIONAL ALLIANCE FOLLOWS THE CITY OF NEW YORK WHEN DECIDING WHETHER OR NOT TO CLOSE CENTERS DUE TO INCLEMENT WEATHER.**

We encourage Sirovich members to visit [edalliance.org](http://edalliance.org) or to call 646-395-4534 for up to date information on Center closures. Please note that if inclement weather results in the closure of NYC afterschool programs, that means the weather presents a danger to people of all ages, and we may decide to provide take-home dinners at an earlier hour. Please call for info.

## SPECIAL EVENTS IN MARCH & APRIL 2019

Make sure to check Lobby calendar for unpredicted schedule changes!



**MONDAY, MARCH 11<sup>TH</sup> | 2:00PM – 3:00PM | Small Dining Room**

**Walking 101 & Exercise Workshop with NY Road Runners**

Learn the benefits of walking and how to make it into an effective exercise.



**TUESDAY, MARCH 12<sup>TH</sup> | 2:00PM – 4:00PM | Small Dining Room**

**Memory Screening w/Hannah, Trevor, Shao, & Nurse Ji**



**FRIDAY, MARCH 15<sup>TH</sup> | 12:00PM - 1:00PM | Large Dining Room**

**Happy World Sleep Day! Free tips & scent-sational Lavender Sachets!**



**SUNDAY, MARCH 17<sup>TH</sup> | 2 – 5PM | Auditorium | Just (Jazz) Friends**

Join us for Open Rehearsal! Stay tuned for gig on Fri, 4/12



**TUESDAY, MARCH 19<sup>TH</sup> | 11:30AM - 12:30PM | Large Dining Room**

**Kidney Health Tea Demo with Health & Wellness Director Shao!**



**WEDNESDAY, MARCH 20<sup>TH</sup> | Dining Room | ST. PATRICK'S DAY**

**12:00PM – 1:00PM | Special Lunch featuring brisket & cabbage**

**4:00PM – 5:00PM | Celebratory Musicale w/Liz & Leah!**

**THURSDAY, MARCH 21<sup>ST</sup>**



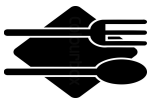
**1:30PM – 2:30PM | Puppetry Performance w/LoCo 7 & La MaMa**

Sirovich members present short puppetry pieces featuring butterflies.



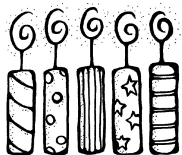
**5:00PM – 6:00PM | NYPD Build the Block Neighborhood Meeting**

Join local police officers from the 9<sup>th</sup> Precinct for a discussion about issues in our community. This is your opportunity to have your voice heard about specific safety and policing challenges in our own neighborhood.



**TUESDAY, MARCH 26<sup>TH</sup> | 2:00PM – 3:00PM | Small Dining Room**

**Join Jhack from ElderPlan for a Nutrition Workshop!**



**FRIDAY, MARCH 29<sup>TH</sup> | 1:15 – 3:30PM | Auditorium**

**SPECIAL BIRTHDAY CELEBRATION!**

Join us for Coffee Monologues presented by Sirovich Senior Theater and Sirovich Vocal Ensemble. Followed by Birthday Dance hosted by Sarie Teichman. Refreshments will be served.

## SPECIAL EVENTS IN APRIL 2019

Make sure to check Lobby calendar for unpredicted schedule changes!



**TUESDAY, APRIL 2<sup>ND</sup> | 11:00AM – 11:45AM | Large Dining Room**

### **FDNY FIRE PREVENTION & SAFETY WORKSHOP w/GIVEAWAYS**

Every day, 7 people die in home fires. Many victims are older adults. Don't miss this opportunity to have a state-of-the-art smoke detector with a sealed, 10-yr battery installed in your home FREE of charge by American Red Cross. Hosted by DFTA.



**TUESDAY, APRIL 9<sup>TH</sup> | 2:00PM – 4:00PM | Small Dining Room**

**FREE Hearing Test w/Caption Telephone giveaway to eligible participants**



**THURSDAY, APRIL 11<sup>TH</sup> | 2:00PM – 4:00PM | Small Dining Room**

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



**TUESDAY, APRIL 16<sup>TH</sup> | 1:00PM – 3:00PM | 1<sup>ST</sup> FLOOR**

**SIROVICH HEALTH FAIR, featuring massages, screenings, and more.**

## SPECIAL SERIES HAPPENING NOW

**Memoir Writing | FRIDAYS THROUGH JUNE @10AM-12PM | 1<sup>ST</sup> Fl. MPR**

Dig deep & have fun with Author Marty Correia. No writing experience necessary!

**Tai Chi for Arthritis | MONDAYS @10:45AM & THURSDAYS @1PM | Auditor.**

Decrease falls & improve joint pain in this evidence-based exercise class. ENDS IN MAY.

**Chinese Ribbon Dance | FRIDAYS, MARCH 8<sup>TH</sup> - APRIL 5<sup>TH</sup> @4:30-5:30PM |**

**Auditorium |** Learn basic Chinese Dance steps & how to create rainbows, dragons, & more w/long silk ribbons. Led by *Red Silk Dancers* Founder & Director Margaret Yuen.

**Beginner's Ceramics | TUES & THURS ENDS MARCH 21<sup>ST</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.

**Studies in Puppet Form & Performance w/Federico | CLASS FULL.**

**THURSDAYS, FEBRUARY 7<sup>TH</sup> through MARCH | 10AM – 12PM | 1<sup>ST</sup> Fl. MPR**

**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**

Study exhibitions, meet artists & curators & collaborate to produce a publication.

**"We are the World" Workshops (Cognitive Fitness Series w/OT Students)**

**| Large Dining Room | WEDNESDAYS, 2:15PM – 3:15PM | ENDS APRIL 3<sup>RD</sup>**

Hone attention and reasoning skills and enhance memory storage and retrieval.

**"Salsa Social" Workshops w/Columbia OT Student Christina | Large Dining**

**FRIDAYS, 2:00PM – 3:00PM | ENDS MARCH 15<sup>TH</sup>**

**Opera Appreciation Workshops w/Simón Saad of Ansonia Music Outreach**

**WEDNESDAY, MARCH 13<sup>TH</sup> & 27<sup>TH</sup> | 3:30PM – 5:30PM | Small Dining Rm**