### SIROVICH CENTER FOR BALANCED LIVING — APRIL 2019

**FITNESS LEVEL KEY**

- **Easy**
- **Intermediate**
- **Advanced**

#### SOCIAL SERVICES APPOINTMENTS
- **Hannah** 646.395.4539
- **Andrea** 646.395.4521

#### COMPUTER LAB
- M-W, F — 3-4PM

#### HEALTH & WELLNESS
- **M-F** — 10AM—5PM

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

#### FUND 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

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

**THIS PAGE REFLECTS THE TYPICAL WEEKLY SCHEDULE. YOU CAN FIND INFORMATION ON SPECIAL EVENTS, SPECIAL CLASS SERIES, TRIPS, CLASS CANCELLATIONS, CENTER CLOSURES, & CHANGES ON THE ADDITIONAL PAGES OF THE EVENTS CALENDAR.**

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Tuesdays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
<th>Fridays</th>
<th>Saturdays</th>
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</thead>
<tbody>
<tr>
<td>9:30-10:20 PACE (Auditorium)</td>
<td>10:00-10:50 Ballroom Dance Instruction</td>
<td>10:30-12 Beginning Jewelry Beading (1st Fl Multipurpose)</td>
<td>10:10-50 Body Smart (Audito.)</td>
<td>8:30-9:30 Writers &amp; Storytellers (Large Dining Rm)</td>
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<td>Register in Office for Waitlist</td>
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<td>10:30-11:30 Short Story Discussion (1st Fl. MPR)</td>
<td>11-11:45 Chair Yoga/Meditation (1st Fl. MPR)</td>
<td>10-4:45 Ceramics Open Studio &amp; Q&amp;A (3rd Fl Studio)</td>
<td>11:05-11:55 Beginning Participants may enter at 10:55</td>
<td>11-15-12:30 injunctions (Auditorium)</td>
<td>11:15-12:30 Zumba w/Jose (Auditorium)</td>
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<tr>
<td>Check Cycle Dates on Page 2 of Events Calendar.</td>
<td>Chinese Dance Group Series — Open Level (Auditorium)</td>
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<td>1:20:20 Zumba (Auditorium) Participants may enter@1:15</td>
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<tr>
<td>2-2:20 Knitting (1st Fl)</td>
<td>2-2:25 Asian Choral Group Afternoon Sess. (Sm Dining)</td>
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<td>2:30-3:20 Reiki Clinic (Small Dining Room)</td>
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<td>2-2:30-3:20 Intercultural Choral Group (Auditorium)</td>
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<td>3-3:50 Visual Theatre / Playwriting (1st Fl. MPR) CLASS FULL.</td>
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<td>4-5:30 Opera Appreciation w/Simon Saad at AMO</td>
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<td>2nd &amp; 4th Weeks of Month Check Dates on Page 4 of Events Calendar—Series</td>
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<td>6-6:40 Beginning Tap Dance 6:50-7:30 Advanced Tap (Auditorium)</td>
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**TUESDAYS**

**646.395.4525**

**Fridays**

**11:15-12:30 Folk Line Dance (Auditorium)**

**Auditorium**

**Technology Workshop Series**

**Sponsored Donation:**
- $1.00 for Breakfast
- $2.00 for Lunch
- $1.50 for Dinner

Meals tickets are available in the lobby for Breakfast and Lunch and in the Dining Room for Dinner.

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

**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.

**Tickets available from:**
- 8:00AM—9:55AM
- Lunch 12-1PM
- Dinner 5-6PM

**Anyone under age 60 is required to pay:**
- $1.50 for Breakfast
- $3 for all other meals
CLASS CHANGES IN APRIL & MAY 2019
Please check Lobby calendar for unpredicted schedule changes. You can email XMALDONADO@EDALLIANCE.ORG to receive monthly calendars in your inbox!

MONDAYS

CENTER CLOSED ON MONDAY, MAY 27TH for Memorial Day

- PACE w/John David – NO Class on 4/1
- Zumba w/Micky – NO Class on 4/15, 4/22, 4/29 & 5/6

TUESDAYS

CENTER CLOSED ON TUESDAY, MAY 14TH for Staff Conference

- Chinese Dance Group Afternoon Sessions I & II – NO Classes on 4/16
- Sirovich Band
  - NO Class on 4/23 & 4/30
  - ROOM & TIME CHANGE on 4/16 to 10am-12pm in Small Dining Rm.
- LOOK AHEAD: PRIMARY ELECTION ON TUESDAY, JUNE 25TH (6AM-9PM)
  NO Ballroom | NO Chinese Dance Group | NO Yoga for Bone Health

WEDNESDAYS

- Self Defense – NO Class on 4/24
- Tap Dance Series – NO Class on 4/24

THURSDAYS

- Body Smart – NO Class for all of April & May 2ND | Resumes May 9TH
- Painting – NO Class until further notice. Return Date TBD.

FRIDAYS

- Tai Chi – NO Classes on 4/5 & 4/12

SATURDAYS

NO CHANGES

ART STUDIOS (CERAMICS & PAINTING)

CLOSED EVERY WEDNESDAY IN APRIL.
Open Studio hours vary daily. Please check the calendars posted on 3rd Floor & in Lobby.
### SPECIAL EVENTS IN APRIL 2019

Make sure to check Lobby calendar for unpredicted schedule changes!

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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| TUESDAY, APRIL 2ND | 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. |
| THURSDAY, APRIL 4TH | 10AM – 2:30PM | Bernie the Watch Man | Large Dining Room | Repair watches at cost of parts! |
| TUESDAY, APRIL 9TH | 2:00PM – 4:00PM | Small Dining Room                  | **FREE Hearing Test** w/Caption Telephone giveaway to eligible participants                                                                 |
| THURSDAY, APRIL 11TH | 2:00PM – 4:00PM | Small Dining Room                  | Alzheimer’s Association “Healthy Brain, Healthy Living” Workshop                                                                                   |
| FRIDAY, APRIL 12TH  | 9:30AM – 1:30PM | Trip to Brooklyn Botanical Garden  | $2 per person | Max of 35 ppl | Lunch provided | Transportation via Project CART | Register in Office to see the cherry blossoms with us! |
| 6:00PM | Just (Jazz) Friends “Love in Springtime” Concert | Auditorium | Join us for a relaxing evening of jazz tunes. |
| TUESDAY, APRIL 16TH | 11:00AM - 12:00PM | HEALTH SEMINAR | Large Dining Room | Join Touro Physical Therapy students for an informative health presentation, refreshments, and a chance to win a gift card prize! |
| 1:00PM – 3:00PM | HEALTH FAIR | Auditorium & 1st Fl. MPR | • Massage Therapy with certified clinicians  
• Glucose & Cholesterol Screening with Mount Sinai KARPAS  
• Nutrition Workshop and Food Demonstration w/Dietician  
• New York City Police Department  
• Various health organizations and health insurance companies |
| TUESDAYS, APRIL 23RD & 30TH | 2:00 – 3:00PM | Small Dining Rm. | HEALTH WORKSHOPS – Details to come! |
| FRIDAY, APRIL 26TH  | 1:15 – 2:15PM | Large Dining Room                  | **BIRTHDAY PARTY W/SARIE TEICHMAN**, featuring dessert and dancing! |

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331 East 12th Street, NY NY 10003 | 646-395-4534 | www.edalliance.org/sirovich
**SPECIAL EVENTS IN MAY 2019**

Make sure to check Lobby calendar for unpredicted schedule changes!

<table>
<thead>
<tr>
<th>NUTRITION WORKSHOPS</th>
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<tr>
<td><strong>TUESDAY, MAY 21ST</strong></td>
<td><strong>2:00PM – 3:00PM</strong></td>
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<td><strong>TUESDAY, MAY 28TH</strong></td>
<td><strong>1:30PM – 2:30PM</strong></td>
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**SPECIAL SERIES HAPPENING NOW**

- **Memoir Writing** | **FRIDAYS THROUGH JUNE @10AM-12PM | 1st Fl. MPR**
  - Dig deep & have fun with Author Marty Correia. No writing experience necessary!

- **Opera Appreciation Workshops** | **w/Simón Saad of Ansonia Music Outreach**
  - **WEDNESDAY, APRIL 10TH & 24TH | 3:30PM – 5:30PM | Small Dining Rm**

- **Tai Chi for Arthritis** | **MONDAYS @10:45AM & THURSDAYS @1PM | Auditor.**
  - Decrease falls & improve joint pain in this evidence-based exercise class. ENDS MAY.

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**SPECIAL SERIES STARTING SOON**

  - Better your bone health with certified yoga instructor Chintamani Kansas!

- **Chair Fit** | **SATURDAYS @10AM-11AM | MAY 11TH – JUNE 29TH | Auditorium**
  - Join Instructor Andrew Carter for a dynamic chair exercise class that focuses on spine mobility and strength to greatly improve balance and reduce tension and stiffness.

- **Intro to Contemporary Art at Swiss Institute** | **38 St. Mark’s Place at 2nd Ave**
  - **FRIDAYS, END OF APRIL through MAY | 10AM – 12PM | 6 Sessions Only**
  - Exact dates to be determined. More information to come!

- **Studies in Puppet Form & Performance** | **w/Federico Restrepo**
  - **Intergenerational Workshops w/PS19 Kids | DATES, TIMES & PLACE TBD.**

- **Beginners Ceramics** | **TUES & THURS BEGINS APRIL 16TH @1:30PM | 3rd Fl.**
  - There is a long wait list for this class. Participants will be called in order of wait list.

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**SPECIAL SERIES ENDING THIS MONTH**

- **“We are the World” Workshops** | **(Cognitive Fitness Series w/OT Students)**
  - **Large Dining Room | WEDNESDAYS @2:15PM – 3:15PM | ENDS APRIL 3RD**

- **Chinese Ribbon Dance** | **FRIDAYS @4:30-5:30PM | ENDS APRIL 5TH**
  - **Auditorium | Led by Red Silk Dancers Founder & Director Margaret Yuen.**