

# SIROVICH CENTER FOR BALANCED LIVING — APRIL 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> <p><b>10-12:30 Adv Ceramics</b> (3rd Fl) Register in Office for Waitlist</p> <p><b>10:30-11:30 Short Story Discussion</b> (1st Fl. MPR)                      Check Cycle Dates on Page 2 of Events Calendar.</p> <p><b>Mosaic Tiles</b> (Multipurpose)                      1-1:55 Beginning                      2-2:50 Advanced</p> <p><b>1-2:30 Adv. Ceramics</b> (3rd Fl.) Register in Office for Waitlist</p> <p><b>Ballroom Dance</b> (Auditorium)                      1:00-2:10 Open Level                      2:20-3:30 Level 1</p> <p><b>1:30-2:30 Empowerment Support Group</b> en Español con Andrea (Small Dining Room)</p> <p><b>3-4 Meditation</b> w/Lyndell (Mezzanine)</p> <p><b>4-5 Stretch &amp; Self-Massage</b>—Level 1 (Auditorium)</p> <p><b>5-6 Body Sculpting</b>—Level 2/Intermediate (Auditorium)</p> <p><b>6:15-7 Zumba</b> (Auditorium)</p> <p><b>8-9 Morris Dancers</b> — Members are invited to watch (Auditorium)                      CHECK PAGE 2 OF EVENTS CALENDAR FOR DATES.                      On Hiatus from June—August</p>	<p><b>10:00-10:50 Ballroom Dance Instruction</b> (Auditorium)</p> <p><b>10-4:45 Ceramics Open Studio &amp; Q&amp;A</b> (3rd Fl. Studio) Register in Office for Waitlist</p> <p><b>11-11:45 Chair Yoga/Meditation</b> (1st Fl. MPR)</p> <p><b>Chinese Dance Group Series</b> —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><b>1-2 Fun Fitness Plus</b> (Mezzanine Group Rm)</p> <p><b>1-2:30 Adv. Ceramics</b> (3rd Fl.) Register in Office for Waitlist</p> <p><b>1-2:30 Statue of Liberty Sirovich Band</b> (1st Fl. MPR)                      Check Dates on Page 2 of Events Calendar—Class Changes.</p> <p><b>4-5:30 Visual Theatre / Playwriting</b> (1st Fl. MPR)                      CLASS FULL.</p> <p><b>4:15-5:30 GENTLE YOGA</b> (Auditorium)                      Participants may enter at 4</p>	<p><b>10:30-12 Beginning Jewelry Beading</b> (1st Fl Multipurpose)</p> <p><b>Tai Chi Series</b> (Auditorium)                      9:15-9:55 Sword—Level 3                      10:00-10:50 Open Level</p> <p><b>10-4:45 Ceramics Open Studio &amp; Q&amp;A</b> (3rd Fl. Studio) Register in Office for Waitlist</p> <p><b>11:15-12 Self Defense</b> (Audit.)</p> <p><b>11-12 Asian Choral Group Morning Sess.</b> (Sm Dining Rm)</p> <p><b>1:30-2:20 Zumba</b> (Auditorium)                      Participants may enter@1:15</p> <p><b>1:30-3:30 Knitting</b> (1st Fl)</p> <p><b>1:35-2:25 Asian Choral Group Afternoon Sess.</b> (Sm Dining)</p> <p><b>2:30-3:20 Reiki Clinic</b> (Small Dining Room)</p> <p><b>2:30-3:20 Intercultural Choral Group</b> (Auditorium)</p> <p><b>3:30-5:30 Opera Appreciation</b> w/Simon Saad of AMO (Small Dining Room)                      2nd &amp; 4th Weeks of Month                      Check Dates on Page 4 of Events Calendar—Series</p> <p><b>6-6:40 Beginning Tap Dance</b>                      6:50-7:30 Advanced Tap (Auditorium)</p>	<p><b>10-10:50 Body Smart</b> (Audito.)</p> <p><b>10-4:45 Ceramics Q&amp;A</b> (3rd Fl.) Register in Office for Waitlist</p> <p><b>Line/Jazz Dance</b> (Auditorium)                      11:05-11:55 Beginning                      Participants may enter@10:55                      12-12:50 Advanced</p> <p><b>1-2:30 Adv. Ceramics</b> (3rd Fl.) Register in Office for Waitlist</p> <p><b>1-2:55 Bingo</b> (1st Fl. MPR)</p> <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> <p><b>11:15-12:30 Folk Line Dance</b> (Auditorium)</p> <p><b>Tai Chi Series</b> (Auditorium)                      9:15-9:55 Tai Chi Sword-Level 3                      10-10:50 Tai Chi — Open Level</p> <p><b>Technology Workshop Series</b> (Mezzanine Conf. Room)                      10:00-10:55 Beginner's                      11-11:55 Intermediate</p> <p><b>10-1 Adv. Ceramics</b> (3rd Fl) Register in Office for Waitlist</p> <p><b>1-4:45 Ceramics Open Studio &amp; Ceramics Q&amp;A</b> (3rd Fl Studio) Register in Office for Waitlist</p> <p><b>Birthday Party w/Host Sarie!</b>                      Check Dates &amp; Times on Special Events Calendar Pages (Auditorium)</p> <p><b>Drama Series</b> (Auditorium)                      1:15–2:10 Expressive Arts                      2:15-3:10 Senior Theater</p> <p><b>1:45-2:45 Origami</b> (Small Dining Room)</p> <p><b>1:30-3:30 Chinese Dance Performance Rehearsals</b> (1st Floor Multipurpose Room)</p> <p><b>3:15-4:15 Vocal Ensemble</b> (Auditorium)</p> <p><b>3-5 Film Series</b> (Small Dining Room)</p>	<p><b>11:15-12 Zumba w/Jose</b> (Auditorium)</p> <p><b>OPEN JAZZ REHEARSAL</b> (Auditorium) Check Special Events Pages for Dates/Time</p> <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> <p><b>Weekday Meals</b>  <b>Mon-Fri ONLY</b> (2nd Fl)</p> <p><b>Suggested Donation:</b>                      \$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><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>                      \$1.50 for Breakfast                      \$3 for all other meals</p>

**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.**

## CLASS CHANGES IN APRIL & MAY 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

#### **CENTER CLOSED ON MONDAY, MAY 27<sup>TH</sup> for Memorial Day**

- **Morris Dancers** – NO Class on 4/22 & 4/29 | NO Class June through Sept.
- **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 14<sup>TH</sup> 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 25<sup>TH</sup> (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 2<sup>ND</sup> | Resumes May 9<sup>TH</sup>
- **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 3<sup>rd</sup> Floor & in Lobby.

**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.



**THURSDAY, APRIL 4<sup>TH</sup> | 10AM – 2:30PM | Bernie the Watch Man | Large Dining Room** | Repair watches at cost of parts!



**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**

**FRIDAY, APRIL 12<sup>TH</sup>**



**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 16<sup>TH</sup> | HEALTH & WELLNESS EXTRAVAGANZA**

**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!

**HEALTH**

**1:00PM – 3:00PM | HEALTH FAIR | Auditorium & 1<sup>st</sup> Fl. MPR**

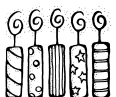


- Massage Therapy with certified clinicians
- Glucose & Cholesterol Screening with Mount Sinai KARPAS
- Nutrition Workshop and Food Demonstration w/Dietician
- New York City Police Department
- Various health organizations and health insurance companies

**FAIR**



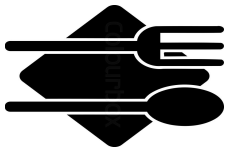
**TUESDAYS, APRIL 23<sup>RD</sup> & 30<sup>TH</sup> | 2:00 – 3:00PM | Small Dining Rm.**  
**HEALTH WORKSHOPS – Details to come!**



**FRIDAY, APRIL 26<sup>TH</sup> | 1:15 – 2:15PM | Large Dining Room**  
**BIRTHDAY PARTY W/SARIE TEICHMAN,** featuring dessert and dancing!

**SPECIAL EVENTS IN MAY 2019**

Make sure to check Lobby calendar for unpredicted schedule changes!

**NUTRITION WORKSHOPS | Small Dining Room**

**TUESDAY, MAY 21<sup>ST</sup> | 2:00PM – 3:00PM | Amelia Jalandoni**

**TUESDAY, MAY 28<sup>TH</sup> | 1:30PM – 2:30PM | Jhack from ElderPlan**

**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!

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

**WEDNESDAY, APRIL 10<sup>TH</sup> & 24<sup>TH</sup> | 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.

**SPECIAL SERIES STARTING SOON**

**Yoga for Bone Health @4:15-5:15PM | Auditorium |**

**8 SESSIONS ONLY | 4/16, 4/23, 4/30, 5/7, 5/21, 6/4, 6/11 & 6/18**

Better your bone health with certified yoga instructor Chintamani Kansas!

**Chair Fit | SATURDAYS @10AM-11AM | MAY 11<sup>TH</sup> – JUNE 29<sup>TH</sup> | 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 2<sup>ND</sup> 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 16<sup>TH</sup> @1:30PM | 3<sup>RD</sup> Fl.**

There is a long wait list for this class. Participants will be called in order of wait list.

**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 3<sup>RD</sup>**

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

**Auditorium | Led by Red Silk Dancers Founder & Director Margaret Yuen.**