

SIROVICH CENTER FOR BALANCED LIVING — MAY 2019 — HAPPY OLDER AMERICANS MONTH!

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
9:30-10:20 PACE (<i>Auditorium</i>)	10:00-10:50 Ballroom Dance Instruction (<i>Auditorium</i>)	10:15-11:45 Beginning Jewelry Beading (<i>1st Fl Multipurpose Rm</i>)	10-10:50 Body Smart (<i>Audito.</i>)	8:30-9:30 Writers & Storytellers (<i>Large Dining Rm</i>)	11:15-12 Zumba w/Jose (<i>Auditorium</i>)
10-12:30 Adv Ceramics (<i>3rd Fl</i>) Register in Office for Waitlist	10-4:45 Ceramics Open Studio & Q&A (<i>3rd Fl. Studio</i>) Register in Office for Waitlist	Tai Chi Series (<i>Auditorium</i>) 9:15-9:55 Sword—Level 3 10:00-10:50 Open Level	10-4:45 Ceramics Q&A (<i>3rd Fl.</i>) Register in Office for Waitlist	10-12 MEMOIR WRITING (<i>1st Fl. Multipurpose Rm</i>)	OPEN JAZZ REHEARSAL (<i>Auditorium</i>) Check Special Events Pages for Dates/Time
10:30-11:30 Short Story Discussion (<i>1st Fl. MPR</i>) Check Cycle Dates on Page 2 of Events Calendar. Room may vary due to Renovation.	11-11:45 Chair Yoga/ Meditation (<i>1st Fl. MPR</i>)	10-4:45 Ceramics Open Studio & Q&A (<i>3rd Fl. Studio</i>) Register in Office for Waitlist	Line/Jazz Dance (<i>Auditorium</i>) 11:05-11:55 Beginning Participants may enter@10:55 12-12:50 Advanced	11:15-12:30 Folk Line Dance (<i>Auditorium</i>)	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
Mosaic Tiles (<i>Multipurpose</i>) 1-1:55 Beginning 2-2:50 Advanced	Chinese Dance Group Series —Open Level (<i>Auditorium</i>) 11:00-11:50 Morn. Session 1:00-2:15 Aftn. Session 1 2:20-3:30 Aftn. Session 2	11:15-12 Self Defense (<i>Audit.</i>)	1-2:30 Adv. Ceramics (<i>3rd Fl.</i>) Register in Office for Waitlist	Tai Chi Series (<i>Auditorium</i>) 9:15-9:55 Tai Chi Sword-Level 3 10-10:50 Tai Chi — Open Level	Weekday Meals Mon-Fri ONLY (2nd Fl)
1-2:30 Adv. Ceramics (<i>3rd Fl.</i>) Register in Office for Waitlist	1-2 Fun Fitness Plus (<i>Mezzanine Group Rm</i>)	11-12 Asian Choral Group Morning Sess. (<i>Sm Dining Rm</i>)	1-2:55 Bingo (<i>1st Fl. MPR</i>)	Technology Workshop Series (<i>Mezzanine Conf. Room</i>) 10:00-10:55 Beginner's 11-11:55 Intermediate	Suggested Donation: \$1.00 for Breakfast \$2.00 for Lunch \$1.50 for Dinner
Ballroom Dance (<i>Auditorium</i>) 1:00-2:10 Open Level 2:20-3:30 Level 1	1-2:30 Adv. Ceramics (<i>3rd Fl.</i>) Register in Office for Waitlist	1:30-2:20 Zumba (<i>Auditorium</i>) Participants may enter@1:15	3:10-4:10 Beginner Yoga (<i>Audit.</i>) Participants may enter @2:55	10-1 Adv. Ceramics (<i>3rd Fl</i>) Register in Office for Waitlist	Meal tickets are available in the lobby for Breakfast and Lunch and in the Dining Room for Dinner.
1:30-2:30 Empowerment Support Group en Español con Andrea (<i>Small Dining Room</i>)	1-2:30 Statue of Liberty Sirovich Band (<i>1st Fl. MPR</i>) Check Dates on Page 2 of Events Calendar—Class Changes.	1:30-3:30 Knitting (<i>1st Fl</i>)	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.		Breakfast 7:30-10AM Tickets available from 8:00AM—9:55AM
3-4 Meditation w/Lyndell (<i>Mezzanine</i>)	4-5:30 Visual Theatre / Playwriting (<i>1st Fl. MPR</i>) CLASS FULL.	1:35-2:25 Asian Choral Group Afternoon Sess. (<i>Sm Dining</i>)			Lunch 12-1PM Tickets available from 10:30 AM—12:55 PM
4-5 Stretch & Self-Massage—Level 1 (<i>Auditorium</i>)	4:15-5:15 Yoga for Bone Health w/Chintamani (<i>Auditorium</i>) Participants may enter at 4	2:30-3:20 Reiki Clinic (<i>Small Dining Room</i>)			Dinner 5-6PM Tickets available from 3:30 PM—5:45 PM
5-6 Body Sculpting—Level 2/ Intermediate (<i>Auditorium</i>)		2:30-3:20 Intercultural Choral Group (<i>Auditorium</i>)			Anyone under age 60 is required to pay: \$1.50 for Breakfast \$3 for all other meals
6:15-7 Zumba (<i>Auditorium</i>)		3:30-5:30 Opera Appreciation w/Simon Saad of AMO (<i>Small Dining Room</i>) Typically occurs on 2nd & 4th Weeks of Month Check Dates on Page 4 of Events Calendar—Series			
8-9 Morris Dancers — Members are invited to watch (<i>Auditorium</i>) CHECK PAGE 2 OF EVENTS CALENDAR FOR DATES. On Hiatus from June—August		6-6:40 Beginning Tap Dance 6:50-7:30 Advanced Tap (<i>Auditorium</i>)			

CLASS CHANGES IN MAY & JUNE 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

- **Morris Dancers** – NO Class May through September
- **Zumba w/Micky** – NO Class on 5/6

TUESDAYS

CENTER CLOSED ON TUESDAY, MAY 14TH for Staff Conference

- **Yoga for Bone Health** – NO Class on 5/28
- **LOOK AHEAD: PRIMARY ELECTION ON TUESDAY, JUNE 25TH (6AM-9PM)**
NO Ballroom | NO Chinese Dance Group | NO Yoga for Bone Health

WEDNESDAYS

- **Tap Dance Series** – NO Advanced Tap Class on 5/22 (Beginner's still occurs)
- **Tai Chi Sword** - NO Classes on Wednesdays in May
- **Tai Chi For Arthritis** – Only on Wednesdays from 9:30am – 10:15am

THURSDAYS

- **Body Smart** – NO Class on 5/2
- **Jazz Line Dance Series (Advanced & Beginners)** – NO Class 5/30 & 6/27

FRIDAYS

- **Technology Workshop Series** – NO Class on 5/3 & 5/31
- **Drama** - NO Class on 5/3, Rescheduled for 5/11 at 12:30pm
- **Vocal Ensemble** - NO Class on 5/3, Rescheduled for 5/11 at 2:30pm

SATURDAYS**NO CHANGES****ART STUDIOS (CERAMICS & PAINTING)**

CLOSED EVERY WEDNESDAY IN MAY & JUNE.

Open Studio hours vary daily. Please check the calendars posted on 3rd Floor & in Lobby.

SPECIAL EVENTS for Older Americans Month

Make sure to check Lobby calendar for unpredicted schedule changes!

WEDNESDAY, MAY 8TH | 11:00AM | Rally at City Hall Steps | Sign up w/Trevor**THURSDAY, MAY 9TH | 10AM – 2:30PM | Bernie the Watch Man | Large Dining Room | Repair watches at cost of parts!****FRIDAY, MAY 10TH | MOTHER'S DAY CELEBRATIONS****12 – 1PM | SPECIAL LUNCHEON | Dining Room****1:30 – 2:30PM | TEA & MUSICALE w/Liz & Leah | Large Dining Room****5:30PM | ZUMBA PARTY w/Deekee | Auditorium | All are Welcome****THURSDAY, MAY 16TH | 1:30– 2:15PM | Capoeira Workshop & Performance by AfroBrazilArts – Martial arts featuring dance, acrobatics & music | Auditorium****MONDAY, MAY 20TH | 11AM– 12PM | MINDFUL DRAWING Workshop w/Geriatric Social Worker Hannah Shuman | Peacock Room or Small Dining****TUESDAY, MAY 21ST | 2 – 3PM | NUTRITION WORKSHOP w/Dietician Amelia Jalandoni | Small Dining Room****THURSDAY, MAY 23RD****1:30PM – 2:30PM | Ron Sorum Performs (Piano & Vocals) | Auditorium****4:00PM – 6:00PM | MANNY CANTOR CENTER | 197 East Broadway****OLDER AMERICANS MONTH ART EXHIBIT OPENING RECEPTION****Celebrate the talented members of Educational Alliance's Sirovich, Project ORE, NORC, and Weinberg programs! Want to exhibit your art? Submit your application and handmade art by May 14th! Applications available in office.****FRIDAY, MAY 24TH | 1:15 – 2:15PM | Large Dining Room BIRTHDAY PARTY W/SARIE TEICHMAN, featuring dessert and dancing!****TUESDAY, MAY 28TH | 1:30 – 2:30PM | NUTRITION WORKSHOP w/Jhack from ElderPlan | Small Dining Room****WEDNESDAY, MAY 29TH | 1:30PM – 3:00PM | AUDITORIUM SENIOR HEALTH & FITNESS DAY****Join us for a day of fun and fitness! Explore FOUR different engaging exercise and health classes: Tai Chi, Self Defense, Zumba & Parkour****FRIDAY, MAY 31ST | 2:00PM – 4:00PM | SIROVICH AUDITORIUM****ART EXPLOSION SHOWCASE: Live Performances & Fashion Show****Come celebrate Older Americans Month and Pride Month with us! Walk our runway! Create your fashionable wear on Thursdays at 2:30PM on the Mezzanine – fabulous fabrics & other materials will be provided. Register in ORE or Sirovich offices.**

SPECIAL EVENTS IN JUNE

TUESDAY, JUNE 4TH | 9:00AM – 4:00PM**TRIP****TRIP to BAPS Shri Swaminarayan Mandir in Robbinsville, NJ**

Visit the Mandir traditional temple with us to learn about Hinduism, enjoy exquisite Indian art and architecture, and witness a midday arti ceremony (an ancient Hindu offering made by waving lighted wicks before the sacred images to the accompaniment of a musical prayer.) Trip includes an educational 30-minute Group Tour.

Only \$15 per person | Max of 40 ppl | Lunch is provided | Transportation via Charter Bus | Register in Office



THURSDAY, JUNE 6TH | 2:00PM – 3:00PM | Small Dining Room
NUTRITION WORKSHOP w/Dietician Amelia Jalandoni



TUESDAY, JUNE 11TH | 2:00PM – 4:00PM | Small Dining Room
FREE Hearing Test w/Caption Telephone giveaway to eligible participants
 Register for an appointment in the office | Limited spaces available

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!

Tai Chi for Arthritis | ONLY WEDNESDAYS IN MAY @9:30AM | Auditorium
 Decrease falls & improve joint pain in this evidence-based exercise class.

Opera Appreciation Workshops w/Simón Saad of Ansonia Music Outreach
WEDNESDAYS, MAY 22ND & 29TH | 3:30PM – 5:30PM | Small Dining Room

Yoga for Bone Health @4:15-5:15PM | Auditorium |
TUESDAYS ONLY | 5/7, 5/21, 6/4, 6/11, 6/18, July & August
 Strengthen your bone health with certified yoga instructor Chintamani Kansas!

Chair Fit | SATURDAYS @10AM-11AM | Auditorium
MAY 11TH, MAY 18TH, JUNE 1ST – JUNE 29TH
 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
THURSDAYS, MAY 9TH – MAY 30TH | 10AM – 12PM | Register in Office