

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

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 CALENDAR.

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

- **Morris Dancers – NO Class May through September**
- **Short Stories Discussion w/Cindy – 1st Story Available in Office on 6/17 | Short Stories Cycle begins 6/24**

TUESDAYS

- **Ballroom Dance Instruction w/Lukasz – NO Class on 6/18**
- **Yoga for Bone Health – NO Class on 6/14**
- **PRIMARY ELECTION ON TUESDAY, JUNE 25TH (6AM-9PM) – Be sure to Vote! NOTE THIS CHANGE! There are no elections at Sirovich. Therefore, Ballroom Dance, Chinese Dance Group, and Yoga for Bone Health WILL OCCUR.**

WEDNESDAYS

3rd Fl. Ceramics & Painting Studios Closed Every Wednesday in June

- **Tap Dance Series – TAP SERIES IS NOW ON THURSDAYS AT 6PM**

THURSDAYS

CENTER OPENS AT 2PM ON THURSDAY, JUNE 6TH due to Renovation

CENTER CLOSED ON THURSDAY, JULY 4TH for Independence Day

- **Jazz Line Dance Series – NOTE THIS CHANGE! CLASS WILL OCCUR 6/27**
- **Tap Dance Series – TAP SERIES IS NOW ON THURSDAYS AT 6PM**
- **Bingo – NO Class on 6/20**

FRIDAYS

- **Chinese Dance Performance Rehearsal – NO Class on 6/7 & 6/21**
- **Memoir Writing w/Marty – Class MOVED to Small Dining Room on 6/21**
- **Drama & Vocal Ensemble – NO Class on 6/14**

SATURDAYS

- **Zumba w/Jose – NO Class on 6/15**
- **Chair Fit w/Andrew – Class MOVED to Mezzanine on 6/15**

SPECIAL EVENTS IN JUNE 2019

Make sure to check Lobby calendar for unpredicted schedule changes!



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



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 | **FULLY BOOKED**



WEDNESDAY, JUNE 12TH | 10:30AM– 2PM | NYPD OPERATION ID
FREE! Bring your cell phones, laptops, tablets, etc. to register the serial #s along w/your name & contact info. Items may be engraved with a uniquely identifiable serial # to make it difficult for a thief to sell and more traceable. Registering your property could help bring about stolen property’s return. | **Large Dining Rm**

THURSDAY, JUNE 13TH

1:30PM – 2:30PM | SIROVICH AUDITORIUM

NICOLA MILLS OPERA FOR THE PEOPLE PERFORMANCE

The lovely Nicola Mills is back again w/a mix of Opera, classical songs, songs from musicals, & Pavarotti pop. There’s something for everyone!

1:30 –2:30PM | NUTRITION WORKSHOP | Small Dining Room

Dietician Amelia Jalandoni shares an educational workshop around healthy food.



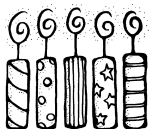
FRIDAY, JUNE 14TH | FATHER’S DAY LUNCHEON | 12PM | 2ND FL.
 Spanish Style Chicken Casserole over white rice, Special House Salad & Rice Pudding with raisins. Acquire your meal ticket as normal from the Lobby.



MONDAY, JUNE 17TH | 10:30AM– 2PM
NYPD WORLD ELDER ABUSE DAY WORKSHOP

Learn about elder abuse, neglect and exploitation of older adults with the NYPD and Safe Horizon. | Large Dining Room

NOTE THE DAY CHANGE! THURSDAY, JUNE 20TH | 1:15 – 2:45PM



BIRTHDAY PARTY & PEOPLE’S CHOICE DANCE

Enjoy refreshments and dancing. FREE Raffle for gifts! Sponsored by Volunteers of America and Educational Alliance | Auditorium

SPECIAL EVENTS IN JUNE CONT'D



FRIDAY, JUNE 21ST & SATURDAY, JUNE 22ND
10 AM – 4 PM | 1ST FLOOR MULTIPURPOSE RM

CERAMICS ART SUMMER SALE & FUNDRAISER

Purchase beautiful handmade art pieces, such as vases, sculptures, and more for your home or as a gifts for your friends!

FRIDAY, JUNE 21ST | 1– 2PM | Large Dining Room

SUMMER SOLSTICE PERFORMANCE W/LIZ, LEAH & SEAN

SATURDAY, JUNE 22ND | 2:00PM | Auditorium

JUST (JAZZ!) FRIENDS CONCERT



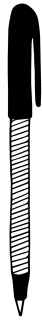
Join Sarie Teichman and her friends for a relaxing afternoon of music.

FRIDAY, JUNE 28TH | 6:00PM | SIROVICH AUDITORIUM

STORIES OF OUR LIVES

Sirovich Center Memoirists' Public Reading

Listen to selected literary pieces written during the five-month "What's Your Story" memoir writing workshop, led by LMCC's SU-CASA Artist in Residence Marty Correia. Open to the Public. Reception to follow.



THURSDAY, JULY 11TH | 10AM – 2:30PM | Bernie the Watch Man | Large Dining Room | Repair watches at cost of parts!



SPECIAL SERIES HAPPENING NOW

Walk With Ease Evidence-Based Class

Through end of June. Register in Health & Wellness Office

Opera Appreciation Workshops w/Simón Saad of Ansonia Music Outreach
WEDNESDAYS, JUNE 12TH & 26TH | 3:30PM – 5:30PM | Small Dining Room

Yoga for Bone Health @4:15-5:15PM | Auditorium | TUESDAYS ONLY | 6/4, 6/11, 6/18, 6/25, July & August

Strengthen your bone health with certified yoga instructor Chintamani Kansas!

Chair Fit | SATURDAYS @10AM-11AM | Auditorium
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.