

SIROVICH CENTER FOR BALANCED LIVING — JULY 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) CLASS TIME CHANGES TO 11AM-11:50AM IN AUGUST</p> <p>10-12:30 Adv Ceramics (3rd Fl.) Register in Office for Waitlist</p> <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> <p>Mosaic Tiles (Multipurpose) 1-1:55 Beginning 2-2:50 Advanced</p> <p>1-2:30 Adv. Ceramics (3rd Fl.) Register in Office for Waitlist</p> <p>Ballroom Dance (Auditorium) 1:00-2:10 Open Level 2:20-3:30 Level 1</p> <p>1:30-2:30 Empowerment Support Group en Español con Andrea (Small Dining Room)</p> <p>3-4 Meditation w/Lyndell (Mezzanine)</p> <p>4-5 Stretch & Self-Massage—Level 1 (Auditorium)</p> <p>5-6 Body Sculpting—Level 2/Intermediate (Auditorium)</p> <p>6:15-7 Zumba (Auditorium)</p> <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>Social Services Office on 2nd Fl. is CLOSED on Tuesdays after 1:00PM.</p> <p>10-4:45 Ceramics Open Studio & Q&A (3rd Fl. Studio) Register in Office for Waitlist</p> <p>11-11:45 Chair Yoga/Meditation (1st Fl. MPR)</p> <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> <p>1-2 Fun Fitness Plus (Mezzanine Group Rm)</p> <p>1-2:30 Adv. Ceramics (3rd Fl.) Register in Office for Waitlist</p> <p>1-2:30 Statue of Liberty Sirovich Band (1st Fl. MPR) Check Dates on Page 2 of Calendar—Class Changes.</p> <p>4-5:30 Visual Theatre / Playwriting (1st Fl. MPR)</p> <p>4:15-5:15 Yoga for Bone Health w/Chintamani (Auditorium) Participants may enter at 4</p>	<p>10:15-11:45 Beginning Jewelry Beading (1st Fl Multipurpose Rm)</p> <p>Tai Chi Series (Auditorium) 9:15-9:55 Sword—Level 3 10:00-10:50 Open Level</p> <p>11:15-12 Self Defense (Audit.)</p> <p>11-12 Asian Choral Group Morning Sess. (Sm Dining Rm)</p> <p>1:30-2:20 Zumba (Auditorium) Participants may enter@1:15</p> <p>1:30-3:30 Knitting (1st Fl)</p> <p>1:35-2:25 Asian Choral Group Afternoon Sess. (Sm Dining)</p> <p>2:30-3:20 Intercultural Choral Group (Auditorium)</p> <p>3:30-5:30 Opera Appreciation w/Simon Saad of AMO (Small Dining Room) Typically occurs on 2nd & 4th Weeks of Month Check Class Cancellations on Page 2 or Dates on Page 4 of Events Calendar—Series</p>	<p>Main Office in Lobby is CLOSED on Thursdays until 1:00PM.</p> <div style="text-align: center;"> </div> <p>10-10:50 Body Smart (Audito.)</p> <p>10-4:45 Ceramics Q&A (3rd Fl.) Register in Office for Waitlist</p> <p>Line/Jazz Dance (Auditorium) 11:05-11:55 Beginning Participants may enter@10:55 12-12:50 Advanced</p> <p>1-2:30 Adv. Ceramics (3rd Fl.) Register in Office for Waitlist</p> <p>1-2:55 Bingo (1st Fl. MPR)</p> <p>3:10-4:10 Beginner Yoga (Audit.) Participants may enter @2:55</p> <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> <p>11:15-12:30 Folk Line Dance (Auditorium)</p> <p>Tai Chi Series (Auditorium) 9:15-9:55 Tai Chi Sword-Level 3 10-10:50 Tai Chi — Open Level</p> <p>Technology Workshop Series (Mezzanine Conf. Room) 10:00-10:55 Beginner's 11-11:55 Intermediate</p> <p>10-1 Adv. Ceramics (3rd Fl.) Register in Office for Waitlist</p> <p>1-4:45 Ceramics Open Studio & Ceramics Q&A (3rd Fl Studio) Register in Office for Waitlist</p> <p>Birthday Party w/Host Sarie! Check Dates & Times on Special Events Calendar Pages (Auditorium)</p> <p>Drama Series (Auditorium) 1:15–2:10 Expressive Arts 2:15-3:10 Senior Theater</p> <p>1:45-2:45 Origami (Small Dining Room)</p> <p>1:30-3:30 Chinese Dance Performance Rehearsals (1st Floor Multipurpose Room)</p> <p>3:15-4:15 Vocal Ensemble (Auditorium)</p> <p>3-5 Film Series (Small Dining Room)</p>	<p>11:15-12 Zumba w/Jose (Auditorium)</p> <p>OPEN JAZZ REHEARSAL (Auditorium) Check Special Events Pages for Dates/Time</p> <p>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> <p>Weekday Meals Mon-Fri ONLY (2nd Fl)</p> <p>Suggested Donation: \$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>
<p>THIS PAGE REFLECTS THE TYPICAL WEEKLY SCHEDULE. YOU CAN FIND INFO ON SPECIAL CLASS SERIES, SPECIAL EVENTS, TRIPS, CLASS CANCELLATIONS, CENTER CLOSURES, & CHANGES ON THE ADDITIONAL PAGES OF THE CALENDAR.</p>					

CLASS CHANGES IN JULY 2019

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

MONDAYS

- **Body Sculpt w/Joanne – NO Class 7/1 & 7/8**
- **Empowerment Group en Español – NO HAY CLASES 7/1, 7/8 & 7/15**
- **Morris Dancers – NO Class May through September**
- **Short Stories Discussion w/Cindy – Short Stories Cycle ends 8/12**
- **Stretch & Self-Massage w/Joanne – NO Class 7/1 & 7/8**

TUESDAYS - NO CHANGES

WEDNESDAYS

3rd Fl. Ceramics & Painting Studios Closed Every Wednesday

- **Opera Appreciation w/Simón – Class ONLY on 7/10. NO Class on 7/24.**
- **Tap Dance Series – TAP SERIES IS NOW ON THURSDAYS AT 6PM**
- **Zumba w/Deekee – NO Class on 7/31**

THURSDAYS

CENTER CLOSED ON THURSDAY, JULY 4TH for Independence Day

- **Beginner's Yoga – Jacinta subs for Dianne in July**
- **Tap Dance Series – TAP SERIES IS NOW ON THURSDAYS AT 6PM**
- **Bingo – NO Class on 7/11 & 7/18**

FRIDAYS

- **Drama Series w/Cory – NO Class on 7/19**
- **Chinese Dance Performance Rehearsal – NO Class on 7/5**
- **Folk Line Dance w/Jackie – NO Class on 7/12**
- **Vocal Ensemble w/Cory & Sarie – NO Class on 7/19**

SATURDAYS

- **Zumba w/Jose – NO Class on 7/27**

JULY 2019 SPECIAL EVENTS

- **MENU MEETING on Monday, July 8th at 11am in Small Dining Rm** – Let Chef know what you think about the menus! Refreshments provided.
- **On Wednesday, July 10th, from 12-2pm, Assemblymember Deborah Glick, Councilwoman Carlina Rivera, and other elected officials are hosting an NYC RENT FREEZE information session** for the public at Sirovich. A Social Worker from Henry Street Settlement will be on hand to answer any burning questions you all may have about any matter in your lives. Come have a conversation with our elected officials!
- **Free manicures by Glamour Gals!** Thursdays, July 11th & 25th, or August 8th & 29th from 2-4pm in Small Dining Room. Register in Main office.
- ~~**Bernie the Watchman** repairs watches on Thur, July 11th. **CANCELLED.**~~
- **Arts instructor Arbey Clavijo returns on Thursday, July 11th to teach *Watercolor Painting*** at the low cost of \$3 per class. This is an 8-week session from 10-12 in 1st Floor Multipurpose Room for 15 participants. Communal supplies (watercolor paints, paper, and brushes) are provided.
- **Join us for a workshop on the Basics of Alzheimer's with Licet** on Thursday, July 11th from 1:30-3:30pm in the Small Dining Room.
- **Sirovich will table at Senator Brad Hoylman's Senior Resource Fair** on Tuesday, July 16th at 2pm at 25 West 18th Street. Meet us there!
- **Alex Coleman leads a "Make Your Own T-Shirt Bag"** on Friday, July 26th from 10-12 in the 1st Floor Multipurpose Room. Supplies will be provided, but feel free to bring your own t-shirt too! Register in office.
- **Join us for Birthday Party with Sarie on Friday, July 26th** in the Large Dining Room! Dancing and dessert!
- **Trip to City Island on July 9th is FULL.** We will schedule a second trip some time this summer. Stay on the lookout for flyers!
- **LUNGS presents a 6-week series (10:15-11:30am) in the 6BC Community Garden from July 8th to August 16th:**
Art w/Arthur Castle on Mondays & Movement w/Madalyn Castle on Fridays (Sessions take place at 624 East 6th Street between Avenues B & C)

SIROVICH UPDATES FROM DIRECTOR XIOMARA

GENERAL PROGRAM UPDATES

- **The Arts Studios will continue to be closed on Wednesdays.** Please know that this decision has not been made lightly, and as we move forward, I will continue to evaluate options for reopening on Wednesdays and keep you updated on any that become viable.
- **I am pleased to report we were able to restore funding for BodySmart** with Andrew Carter for this fiscal year (beginning July 2019).

STAFF CHANGES

- **As of July 1st Rashawn Gladden is Sirovich's Superintendent** under the supervision of the 14th St Y's Director of Operations Joseph Vasti.
- **Director Xiomara Maldonado** will no longer directly oversee Building Operations and Facilities staff in addition to Programs and Program staff. She is looking forward to being able to focus more on Program this year while other Sirovich staff dedicate their time to the building and its maintenance and repair.
- **Last month, Faith Brown joined us as a Cook in the Sirovich Kitchen.** Please be sure to welcome her when you see her in the dining room. We wish prior Cook Timothy White the best as he pursues a new economic opportunity!

BUILDING UPDATES

- **Phase One of the renovation is on hiatus** as of June 30th and will resume, hopefully, in September. No more wonky noises for the summer!
- **Sirovich is a cooling center for the City of New York.** Please bring a sweater with you to the center, as we cannot turn the air conditioning on and off, as doing so leads to breakdowns of the equipment.