

# SIROVICH CENTER FOR BALANCED LIVING — AUGUST 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>11-11:50 PACE (Auditorium)  <b>CLASS TIME CHANGES TO 11AM-11:50AM IN AUGUST</b></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 &amp; 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><b>Social Services Office on 2nd Fl. is CLOSED on Tuesdays after 1:00PM.</b></p> <p>10:00-10:50 Ballroom Dance Instruction (Auditorium)</p> <p>10-4:45 Ceramics Open Studio &amp; Q&amp;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 Calendar p2</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 bet. 4:00-4:25pm</p>	<p>10:15-11:45 Beginning Jewelry Beading (1st Fl Multipurpose Rm)                      RETURNS IN NOVEMBER</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 &amp; 4th Weeks of Month                      Check Class Cancellations on Page 2 or Dates on Page 4 of Events Calendar—Series</p>	<p><b>Main Office in Lobby is CLOSED on Thursdays until 1:00PM.</b></p> <div style="text-align: center;"> </div> <p>10-10:50 Body Smart (Audito.)</p> <p>10-4:45 Ceramics Q&amp;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 &amp; Storytellers (Large Dining Rm)</p> <p>Tai Chi Series (Auditorium)                      9:15-9:55 Tai Chi Sword-Level 3                      10-10:50 Tai Chi — Open Level</p> <p>11:15-12:30 Folk Line Dance (Auditorium)</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 &amp; Ceramics Q&amp;A (3rd Fl Studio)                      Register in Office for Waitlist</p> <p>Birthday Party w/Host Sarie!                      Check Dates &amp; 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 &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>Weekday Meals  <b>Mon-Fri ONLY (2nd Fl)</b></p> <p>Suggested Donation:  <b>\$1.00 for Breakfast</b>  <b>\$2.00 for Lunch</b>  <b>\$1.50 for Dinner</b></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 <b>8:00AM—9:55AM</b></p> <p>Lunch 12-1PM                      Tickets available from <b>10:30 AM—12:55 PM</b></p> <p>Dinner 5-6PM                      Tickets available from <b>3:30 PM—5:45 PM</b></p> <p>Anyone under age 60 is required to pay:  <b>\$1.50 for Breakfast</b>  <b>\$3 for all other meals</b></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.**

## CLASS CHANGES IN AUGUST 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, SEPTEMBER 2<sup>ND</sup> for Labor Day & MONDAY, SEPTEMBER 30<sup>TH</sup> for Rosh Hashanah**

**CENTER IS OPEN ON MONDAY, OCTOBER 14<sup>TH</sup> for Columbus Day**

- **Ballroom Dancing – NO Class 8/5**
- **Body Sculpt w/Joanne – NO Class 8/12 & 8/19**
- **PACE – NO Class 8/5 | NEW CLASS START TIME (11AM) BEGINS IN AUGUST**
- **Morris Dancers – NO Class May through September**
- **Short Stories Discussion w/Cindy –**
  - **Short Stories Cycle ends 8/12**
  - **New Shorty Story available in Office on 9/16**
  - **New Short Stories Cycle begins 9/23**
- **Stretch & Self-Massage w/Joanne – NO Class 8/12 & 8/19**

### TUESDAYS

**CENTER CLOSED ON TUESDAY, OCTOBER 1<sup>ST</sup> for Rosh Hashanah**

- **Sirovich Statue of Liberty Band – NO Band for all of Aug. Resumes 9/17.**

### WEDNESDAYS

**CENTER CLOSED ON WEDNESDAY, OCTOBER 9<sup>TH</sup> for Yom Kippur**

**3<sup>rd</sup> Fl. Ceramics & Painting Studios Closed Every Wednesday**

- **Opera Appreciation w/Simón – Class ONLY on 8/14, 8/28, 9/**
- **Tap Dance Series – TAP SERIES IS NOW ON THURSDAYS AT 6PM**

### THURSDAYS

- **Body Smart – NO Class 8/29 & 9/5**
- **Beginner's Yoga w/Dianne – NO Class 8/29**

**FRIDAYS - NO CHANGES**

**SATURDAYS - NO CHANGES**

**AUGUST 2019 SPECIAL EVENTS**

- **LUNGS presents a 6-week series (10:15-11:30am) in the 6BC Community Garden from July 8<sup>th</sup> to August 16<sup>th</sup>:**  
Art w/Arthur Castle on Mondays & Movement w/Madalyn Castle on Fridays (Sessions take place at 624 East 6<sup>th</sup> Street between Avenues B & C)
- **DOT Pedestrian Safety Presentation** w/FREE bag giveaways. Join a representative from the NYC Department of Transportation [DOT] on **Friday, August 2<sup>nd</sup> at 11:15am** in the Small Dining Room.
- **On Monday, August 5<sup>th</sup> at 1:30pm, join us in the Auditorium, for "I Could Never Love Anyone," a dance performance** by Katharine Pettit Creative that shines a spotlight on addiction and mental health awareness. There will be a "talk-back" section at the end led by EA's CRW staff.
- **Free manicures by Glamour Gals! Thursdays, August 8<sup>th</sup> & 29<sup>th</sup> at 2-4pm** on the Mezzanine. Register in Main office.
- **The Tea Time Talk! Wednesdays, August 7<sup>th</sup> (Small Dining Room) & 14<sup>th</sup> (Large Dining Room) at 2:15pm.** Join us for a riveting discussion of art, accompanied by an assortment of refreshments. The **Weaving the Fabric** team was formed to strengthen the cultural awareness and inclusivity of Sirovich Center's programming and population.
- **Finance & Legal Workshop** sponsored by the Alzheimer's Association on **Tuesday, August 20<sup>th</sup>** at 1:30pm in Small Dining Rm.
- **Alex Coleman leads a "Make Your Own Fan" on Friday, August 23<sup>rd</sup>** from 10:30-12 in the 1<sup>st</sup> Floor Multipurpose Room. Register in office.
- **Birthday Party w/Sarie on Fri, Aug 23<sup>rd</sup>** (Large Dining) Dance! Dessert!
- **FATS Nutrition Workshop on Tuesday, August 27<sup>th</sup> at 2-2:30pm** in Small Dining Rm w/ Department for the Aging Nutritionist Adrienne Chevalier.
- **FIELD DAY on Tuesday, August 27<sup>th</sup> at 10-12** in the P.S. 19 Playground across the street. Join us for games and fun on the field!
- **FARMER'S MARKET TRIPS on Fridays, August 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> at 10-11am.** Register in the office. Bring your vouchers or pick up health bucks.
- **TAI CHI for ARTHRITIS (8 wks) starts on Thurs, Aug. 8<sup>th</sup>, at 1-2pm & Sat, Aug. 10<sup>th</sup> at 10-11am** w/Annie Chen. | Auditorium | Register in office.

**SEPTEMBER 2019 SPECIAL EVENTS**

- **MID-AUTUMN MOON FESTIVAL on Monday, August 16<sup>th</sup> at 1:30pm** in the Auditorium. Join us for a beautiful celebration of the Moon Festival with the Asian Choral Group & Chinese Dance Group. Moon cakes and refreshments will be shared! Bring your friends & family.
- **Food Demo & Nutrition Workshop on Tuesday, September 3<sup>rd</sup> at 2:30-3:30pm** with Food Services Director Grace Castillo and Cook Faith Brown in the Small Dining Room.
- **DANCE PARTY on Friday, September 13<sup>th</sup> at 6-10pm** by Sirovich & Center for Recovery & Wellness. Music, Dancing, Refreshments! Auditor.
- **Trip to City Island on Friday, September 27<sup>th</sup> (11:30am-2:30pm.)** Members will be selected in order of sign up on wait list from last trip.

**SIROVICH UPDATES FROM DIRECTOR XIOMARA**

- **For those folks who did not obtain Farmers Market Vouchers:**
  - You may place your name on a list that will be sent to NYC DFTA in an attempt to secure more vouchers. If DFTA does provide more vouchers, then those will be distributed to folks in order of sign-up.
  - During the Farmer's Market trips on Fridays, August 9th, 16th & 23rd at 10-11am, we will have a limited number of health bucks available for those who did not obtain vouchers. Must register in the office.
- **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 off the air conditioning.
- **STAFF CHANGES: Chef Anthony Bonilla, Social Worker Hannah Shuman, LMSW and Porter Kevin Davis** have left Educational Alliance. We wish them the best as they explore new and exciting opportunities in their lives.