

# SIROVICH CENTER FOR BALANCED LIVING — OCTOBER 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**

**Justine** 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 Center**  
 for balanced living



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 CHANGED 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 (Small Dining Rm)                      Check Cycle Dates on Page 2 of Events Calendar. Room may vary due to Renovation.</p> <p><b>Mosaic Tiles</b>                      (3rd Fl Painting Studio)                      1-1:55 Beginning                      2-2:50 Advanced</p> <p>1-2:30 Adv. Ceramics (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>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)  <b>CHECK PAGE 2 OF EVENTS CALENDAR FOR DATES.</b>                      On Hiatus from June—August</p>	<p><b>Social Services Office</b>                      on 2nd Fl. is CLOSED on Tuesdays after 1:00PM.</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 (Sm Dining Rm)</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>1-2 Fun Fitness Plus (Mezzanine Group Rm)</p> <p>1-2:30 Adv. Ceramics (3rd Fl.)                      Register in Office for Waitlist</p> <p>4-5:30 Visual Theatre / Playwriting (3rd Fl Painting)  <b>RETURNS 10/22.</b>                      Register in office, please!</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 Jewelry Beading (3rd Fl Painting Studio)  <b>RETURNS 10/16 (ADVANCED)</b></p> <p><b>Tai Chi Series</b> (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>1-2:30 Statue of Liberty Sirovich Band (To be Determined)                      Check Dates Calendar p2</p> <p>1:30-2:20 Zumba (Auditorium)                      Participants may enter @1:15</p> <p>1:30-3:30 Knitting (Mezzanine)</p> <p>1:35-2:25 Asian Choral Group Afternoon Sess. (Sm Dining)</p> <p>2:30-3:20 Intercultural Choral Group (Auditorium)                      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 P2 of Events Calendar</p>	<p><b>Main Office in Lobby is CLOSED on Thursdays until 1:00PM.</b></p> <p><b>Connect</b></p> <p><b>CREATE</b></p> <p><b>Contribute</b></p> <p>10-10:50 Body Smart (Auditorium)</p> <p>10-4:45 Ceramics Q&amp;A (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>1-2:30 Adv. Ceramics (3rd Fl.)                      Register in Office for Waitlist</p> <p>1-2:55 Bingo (2nd Fl Small Dining Room.)</p> <p>3:10-4:10 Beginner Yoga (Audit.)                      Participants may enter @2:55</p> <p><b>NOTE TIME CHANGE FOR TAP</b>                      4:30-5:10 Beginning Tap Dance                      5:20-6 Advanced Tap (Auditorium)</p>	<p>8:30-9:30 Writers &amp; Storytellers (Large Dining Rm)                      ON HIATUS until further notice</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>11:15-12:30 Folk Line Dance (Auditorium)</p> <p><b>Technology Workshop Series</b>                      (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><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>1:45-2:45 Origami (Large Dining Room)</p> <p>1:30-3:30 Chinese Dance Performance Rehearsals (Small Dining 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><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                      www.edalliance.org</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.**

## Weekday Meals

## Mon-Fri ONLY (2nd Fl)

**Suggested Donation:**  
**\$1.00 for Breakfast**  
**\$2.00 for Lunch**  
**\$1.50 for Dinner**

Meal tickets are available in the lobby for Breakfast and Lunch and in the Dining Room for Dinner.

**Breakfast 7:30-10AM**  
 Tickets available from **8:00AM—9:55AM**

**Lunch 12-1PM**  
 Tickets available from **10:30 AM—12:55 PM**

**Dinner 5-6PM**  
 Tickets available from **3:30 PM—5:45 PM**

Anyone under age 60 is **required to pay:**  
**\$1.50 for Breakfast**  
**\$3 for all other meals**