

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 is funded in part by the NYC Department for the Aging.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<p>11-11:50 PACE (Auditorium) CLASS TIME CHANGED 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 (Small Dining Rm) Check Cycle Dates on Page 2 of Events Calendar. Room may vary due to Renovation.</p> <p>Mosaic Tiles (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>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>10:00-10:50 Ballroom Dance Instruction (Auditorium)</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 (Sm Dining Rm)</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>4-5:30 Visual Theatre / Playwriting (3rd Fl Painting) RETURNS 10/22. 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) RETURNS 10/16 (ADVANCED)</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>1-2:30 Statue of Liberty Sirovich Band (To be Determ) 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)</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 P2 of Events Calendar</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 (Auditorium)</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 (2nd Fl Small Dining Room.)</p> <p>3:10-4:10 Beginner Yoga (Audit.) Participants may enter @2:55</p> <p>NOTE TIME CHANGE FOR TAP 4:30-5:10 Beginning Tap Dance 5:20-6 Advanced Tap (Auditorium)</p>	<p>8:30-9:30 Writers & Storytellers (Large Dining Rm) ON HIATUS until further notice</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 & 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 (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>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 OCTOBER & NOVEMBER 2019

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

MONDAYS

CENTER IS CLOSED ON MONDAY, OCTOBER 1ST for Rosh Hashanah
CENTER IS OPEN ON MONDAY, OCTOBER 14TH for Indigenous Peoples Day

- **PAGE – NEW CLASS START TIME (11AM) BEGAN IN AUGUST**
- **Short Stories Discussion w/Cindy – This cycle runs from 9/23 to 11/18 | Next Fall Cycle Starts 1/13 (short story available in office on 1/6)**

TUESDAYS

CENTER CLOSED ON TUESDAY, OCTOBER 1ST for Rosh Hashanah

- **Sirovich Statue of Liberty Band – Class Moved to Thursdays 1-2:30pm in Oct WEDNESDAYS**

CENTER CLOSED ON WEDNESDAY, OCTOBER 9TH for Yom Kippur
3rd Fl. Ceramics & Painting Studios Closed Every Wednesday

- **Advanced Jewelry Class w/Phyllis – Begins 10/16.** Register in office. This class will focus on ring making. Must have taken Beginners Jewelry Class.
- **Opera Appreciation w/Simón – Class ONLY on 10/2, 10/23, 11/13 & 11/27**
- **Zumba w/Deeke – No Class on 10/30**

THURSDAYS

CENTER CLOSED ON THURSDAY, NOVEMBER 28TH for Thanksgiving

- **Tap Dance – Class MOVED to Mezzanine on 10/24 | All Classes start @4:30**
- **Advanced Jazz Line [12-12:50] – NO Class on 10/31 (Halloween Monster Bash)**
- **Yoga w/Dianne – NO Class on 10/31 (Halloween Monster Bash)**
- **Bingo w/Andrea – NO Class on 10/31 (Halloween Monster Bash)**

FRIDAYS

CENTER CLOSED ON FRIDAY, NOVEMBER 29TH for Day After Thanksgiving

- **Tai Chi – NO Class on 10/4, 10/11 & 10/18**
- **Drama Series, Vocal Ensemble & Technology – NO Class on 10/11 | Make Up Classes will be held on Saturday, 10/26**
- **ALL CLASSES CANCELLED ON 11/22 FOR THANKSGIVING LUNCH & SHOW**
- **ALL CLASSES CANCELLED ON 12/20 FOR WINTER HOLIDAY LUNCH & SHOW**

SATURDAYS

- **Zumba – NO Class on 10/26**

SPECIAL SERIES HAPPENING NOW

Opera Appreciation Workshops w/Simón Saad of Ansonia Music Outreach
WEDNESDAYS, 10/2, 10/23, 11/13, 11/26 | 3:30-5:30PM | Small Dining

Short Stories Discussion | Mondays 10:30-11:30AM | Small Dining Room
Fall Cycle #1: 9/23 - 11/18; Fall Cycle #2: Starts 1/13 (1st story available on 1/6)

Chinese Folk Dance (10 wks) | Tuesdays Starts 10/8 @1-3PM | Auditorium
Everyone is welcome! \$1 per participant per class. Learn dances for Holiday Show!

Beginners Ceramics | Tuesdays Begins 10/15 @2-4pm | 3rd Floor
Learn the basics of creating art with clay w/Nick Biscardi. **This Class is FULL.** To participate in future, you must register in the office for Wait List.

Acrylic Painting (8 wks) | Thursdays Starts 10/17 @10-12PM | 3rd Floor
Learn the basics w/Arbey Clavijo. Register in office. Participants purchase own materials.

Visual Theatre Playwriting | Tuesdays Starts 10/22 @4-5:30 | Sm. Dining
Craft short scenes on the theme "Old?" with Concrete Temple Theatre.
Email Reneephillippi@gmail.com to register.

Tai Chi for Arthritis | Thurs 1-2pm & Sat 10-11am Starts 11/7 | Auditorium
Evidence-based exercise decreases falls & improves joint pain. Register in office.

Contemporary Art Topics at Swiss Institute
WEDNESDAYS@10AM – 12PM | SEPTEMBER 25TH through DECEMBER 11TH
| NO Class on 10/9 & 11/27 | 38 St. Mark's Place at 2nd Ave
Swiss Institute is proud to offer this 10-week session for FREE to Sirovich members. Teaching Artist Stephen Kwok will lead the class through various themes of contemporary art. The class will study current exhibitions on view at SI and around the neighborhood with visits and tours by guest artists and curators. Students will work collaboratively to produce a culminating project.

UPCOMING TRIPS IN OCTOBER & NOVEMBER

TRIP TO CITY ISLAND ON TH, 10/17/19 | 9:30-1:30 | \$2 per person

Travel by school bus. Lunch provided upon request. Register in office.

TRIP TO WAVE HILL ON TUES, 10/29/19 | 9:30-1:30 | \$6 per person

Travel by school bus. Lunch provided upon request. Register in office.

TRIP TO ROCKEFELLER ESTATE ON 11/8 | 9:30-1:30 | \$20 per person

Travel by charter bus. Lunch provided upon request. Register in office.

HEALTH & WELLNESS EVENTS IN OCT & NOV

DOMESTIC VIOLENCE EDUCATION ON 11/18 | 10-11 | Small Dining Rm

FREE FLU SHOT ON FRIDAY, 11/1 | 10-12 | Small Dining Room

Register in office. Provided by Mount Sinai KARPAS nurses. NOT the senior dose.

MEMORY & SWALLOW SCREEN ON WED, 11/6 | 2:30-4:30 | Sm Dining

Provided by NYU Speech Therapy Students. Register in office.

ARTS & MUSIC EVENTS IN OCT & NOV

"I COULD NEVER LOVE ANYONE..." NARRATIVE DANCE SHOW

ON FRIDAY, 10/18 | 6:30pm | Auditorium

A musical created by Katharine Pettit Creative spotlighting addiction & mental health awareness. Designed to help folks grapple with these challenges through music & movement. Open to the public & people of all ages. Includes a discussion after show.

JUST (JAZZY) FRIENDS CONCERT ON SAT, 10/26 | 2pm | Auditorium

A relaxing afternoon of jazz w/Sarie Teichman (vocals), Orin Summerell (guitar), Michi Yoshimura (piano), David Simpson (drums), Dan Schlesinger (sax), Jim Kuras (bass).

BIRTHDAY PARTY ON FRI, 10/25 | 1:15-2:15 | Small Dining Room

Celebrate September & October birthdays w/Sarie. Music, Dancing & Dessert.

HALLOWEEN MONSTER BASH DANCE PARTY & COSTUME CONTEST

ON THURSDAY, 10/31 | 1:15-4pm | Auditorium

Come dressed in your spookiest, funniest, or most creative costume for a chance to win a cash prize! (1st - \$100; 2nd - \$50; 3rd - \$25). Includes a special performance by

Sirovich Theater Ensemble & Sirovich Vocal Ensemble. Dessert & dancing!

THANKSGIVING LUNCHEON & SHOW ON FRI, 11/22 – SAVE THE DATE

WINTER HOLIDAY LUNCHEON & SHOW ON FRI, 12/20 – SAVE THE DATE