

SIROVICH CENTER FOR BALANCED LIVING — DECEMBER 2019 / JANUARY 2020

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



NYC Department for the Aging
 Proud Partner 2017-2019
 NYC Federation



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>Health & Wellness Office on Mezz CLOSSES on Tuesdays at 2 PM.</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>4-5 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) NEW CYCLE DATES TBD</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>Social Services & Main Offices on 2nd Fl. are CLOSED Thurs until 1 PM.</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> <div style="background-color: #FFD700; padding: 5px;"> <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> </div> <p>Weekday Meals Mon-Fri ONLY (2nd Fl)</p> <div style="background-color: #FFD700; padding: 5px;"> <p>Suggested Donation: \$1.00 for Breakfast \$2.00 for Lunch \$1.50 for Dinner</p> </div> <p>Meal tickets are available in the lobby for Breakfast and Lunch and in the Dining Room for Dinner.</p> <div style="background-color: #FFD700; padding: 5px;"> <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> </div>
<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 DECEMBER 2019 & JANUARY 2020

Email XMALDONADO@EDALLIANCE.ORG to receive calendars in your inbox!

MON 12/23 through FRI 1/3 - 3rd Fl. Ceramics/Painting Studios CLOSED

MONDAYS

CENTER IS CLOSED ON MONDAY, JANUARY 19TH for MLK DAY.

CENTER IS CLOSED ON MONDAY, FEBRUARY 17TH for President's Day.

- **Body Sculpting & Stretch & Self-Massage w/Joanne** – NO Classes on 12/23
- **Morris Dancers** – NO Class on 12/9
- **Short Stories Discussion** – Cycle Starts 1/13 (1st story in Sm Dining Rm on 1/6)
- **Zumba w/Mickey** – No Classes on 12/23, 12/30, & 1/20

TUESDAYS

CENTER CLOSSES AT 3:00 PM ON TUESDAYS, DEC 17th, DEC 24th & DEC 31st.

Take Home Dinners Will Be Provided Directly After Lunch on these days.

- **Sirovich Statue of Liberty Band** – ONLY on 12/11 @5-6pm & 12/18 @4-5:30pm
- **Yoga for Bone Health w/C.** – Class Starts @4pm instead of 4:15pm as of 12/17

WEDNESDAYS

CENTER IS CLOSED ON WEDNESDAY, DECEMBER 25TH for Christmas Day.

CENTER IS CLOSED ON WEDNESDAY, JANUARY 1ST for New Year's Day.

3rd Fl. Ceramics & Painting Studios Closed Every Wednesday

- **Opera Appreciation w/Simón** – Class ONLY on 12/11 and 1/27

THURSDAYS

- **Tap Dance** – Will be in the Small Dining Room on 12/12 | NO Class 12/26
- **Yoga w/Dianne** – NO Class 12/12, 12/19 & 12/26 | Make up WED 12/11 @4p

FRIDAYS

CERAMICS SALE & SHOW ON FRI 12/13 & SAT 12/14 | 10A - 4:30P | Auditorium

HOLIDAY MEALS [11:30AM & 12:30PM] & SHOW [2PM] ON FRI 12/20 | \$3pp

- **Tai Chi Series, Folk Line Dance & Film Series** – NO Classes on 12/13 & 12/20
- **Origami** – NO Class on 12/20
- **Drama Series, Vocal Ensemble & Technology w/Cory** – NO Classes on 12/27 |
Drama Series & Vocal Ensemble will meet in Mezzanine Conf. Room on 12/13

SATURDAYS

CERAMICS SALE & SHOW ON FRI 12/13 & SAT 12/14 | 10A - 4:30P | Auditorium

- **Zumba w/Jose & Tai Chi for Arthritis w/Annie** – NO Classes on 12/14

SPECIAL SERIES HAPPENING NOW

Opera Appreciation Workshops w/Simón Saad of Ansonia Music Outreach
WEDNESDAYS, 12/11 and 1/27 | 3:30-5:30PM | Small Dining

Short Stories Discussion | Mondays 10:30-11:30AM | Small Dining Room
Winter Cycle: Starts 1/13 (1st story available in Small Dining Room on 1/6)

Chinese Folk Dance (11 wks) | Tuesdays Ends 12/24 @1-3PM | Auditorium
Everyone is welcome! \$1 per participant per class. Learn dances for Holiday Show!

Beginners Ceramics | Tuesdays (Starts Jan; Dates TBD) @2-4pm | 3rd Floor
Learn the basics of creating art with clay w/Nick Biscardi.
To participate in future, you must register in the office for Wait List.

Acrylic Painting (10 wks) | Thursdays Ends 12/26 @10-12PM | 3rd Floor
Learn the basics w/Arbey Clavijo. Register in office. Participants purchase own materials.

Visual Theatre Playwriting | Tuesdays @4-5:30 | Sm. Dining | Class FULL
Email ReneePhillippi@gmail.com of Concrete Temple Theatre about next cycle.
See the culminating show on Sunday, March 8, 2020 @2PM at Dixon Place
(161A Chrystie St, New York, NY 10002 – between Delancey & Rivington Streets)

Tai Chi for Arthritis | Thurs 1-2pm & Sat 10-11am | Ends 1/18 | Auditorium
Evidence-based exercise decreases falls & improves joint pain. Register in office.

Contemporary Art Topics at Swiss Institute
WEDNESDAYS@10AM – 12PM | Ends DECEMBER 11TH
| NO Class on 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 DECEMBER & JANUARY

TRIP TO NEW YORK BOTANICAL GARDEN HOLIDAY TRAIN SHOW TBD | 9:30-1:30 | \$20pp | Travel by bus. Lunch provided. If Interested, Please Register in the Small Dining Room, So We Know How Many Tickets To Purchase.

HEALTH & WELLNESS EVENTS IN DEC & JAN

ALZHEIMER'S WORKSHOP ON 12/12 | 1:30pm | Large Dining Room

Learn with Licet about the early stages of Alzheimer's & things you should know as a caregiver for someone living with Alzheimer's.

WORKSHOP W/NURSE JI ON TUESDAY, 12/17 | 1:30pm | Sm Dining Rm

Join Nurse Ji for Korean hand clapping followed by Bollywood Laughter Yoga.

PAINT NIGHT ON THURSDAY, 1/2 | 3:30-5pm | Sm Dining Rm

Canvas painting sponsored by ElderPlan. 15 ppl max. Register in Health Office on Mezz

ARTS & MUSIC EVENTS IN DEC & JAN

JUST (JAZZ!) FRIENDS OPEN REHEARSAL: HOLIDAY EDITION

ON SATURDAY, 12/21 | 5pm | Auditorium

Come watch us as we create music and rehearse for our upcoming Concerts!

WINTER HOLIDAY LUNCHEON ON FRIDAY, 12/20

1ST Seating: 11:30am | 2ND Seating: 12:30pm | Take-Home Meal: 1:30pm

A delightful homemade meal by Chef Steve Ciber & Sirovich's wonderful Kitchen staff.

Featuring live jazz piano by Michi Yoshimura in the Auditorium while you wait.

PICK UP YOUR TICKETS STARTING TUES, 12/10 | 10:30am-1:30pm

Pick up your tickets in the Lobby from 10:30am-1:30pm. Suggested donation of \$3.

WINTER HOLIDAY VARIETY SHOW | 2:00-3:15pm

Featuring our very own talented Sirovich Chinese Dance Group, Sirovich Asian Choral Group, Sirovich Vocal Ensemble, and the Sirovich Theater Ensemble.

NEW YEAR'S COUNTDOWN & NOV/DEC BIRTHDAY DANCE

ON TUESDAY, 12/31 | 1:00-2:45pm | Auditorium

Countdown the New Year with MC Sarie. Celebrate November and December birthdays along with the New Year! Join us for delicious dessert and dancing!

UPCOMING ARTS FUNDRAISERS

Need a perfect gift for the holidays? Gift beautiful works of art handmade by Sirovich's very own members! All funds support Sirovich Arts programming.

CERAMICS ART SHOW & FLEA MARKET SALE

FRIDAY, 12/13 & SATURDAY, 12/14 | 10am - 4:30pm | Auditorium

BEADED JEWELRY SALE

WEDNESDAY, 12/18 | 10am - 1pm | Lobby



TUESDAY, DECEMBER 17TH - CENTER CLOSURES @3PM
(Take Home Dinner Provided After Lunch | Dining Room)

FRIDAY, DECEMBER 20TH - HOLIDAY MEALS [11:30 & 12:30]
(Holiday Variety Show @2PM; NO Regular Dinner Service @5PM |
Additional Take Home Meal will be Provided After Holiday Meals)

TUESDAY, DECEMBER 24TH - CENTER CLOSURES AT 3PM
(Take Home Dinner Provided After Lunch | Dining Room)

WEDNESDAY, DECEMBER 25TH - Christmas Day
CENTER IS CLOSED

TUESDAY, DECEMBER 31ST - CENTER CLOSURES AT 3PM
(New Year's Party @1PM; Take Home Dinner Provided After Party)

WEDNESDAY, JANUARY 1ST - New Year's Day
CENTER IS CLOSED

MONDAY, JANUARY 19TH - Martin Luther King, Jr. Day
CENTER IS CLOSED

MONDAY, FEBRUARY 17TH - President's Day
CENTER IS CLOSED

MONDAY, DECEMBER 23RD through FRIDAY, JANUARY 3RD
3RD FLOOR CERAMICS & PAINTING STUDIOS CLOSED

**FIND THE PERFECT GIFT FOR
FRIENDS & FAMILY FOR THE
HOLIDAYS AT OUR ANNUAL**

CERAMIC SALE AND FLEA MARKET

FRIDAY DEC 13TH 10AM-4:30PM

SATURDAY DEC 14TH 10AM-4:30PM

SHOP FOR NEW OR GENTLY USED ITEMS!

HOUSEHOLD ITEMS

ANTIQUE AND HIP VINTAGE TREASURES

JEWELRY, PICTURES, FRAMES

SMALL APPLIANCES, BOOKS

ADULT CLOTHING, ACCESSORIES

CERAMICS, MOSAIC TILES AND MORE!

331 EAST 12TH STREET BETWEEN 1ST & 2ND AVE

AUDITORIUM

ALL PROCEEDS GO TO FUND THE CERAMIC PROGRAM

BRING THIS AD FOR A 10% DISCOUNT!

FREE ADMISSION

A FUN MIX OF ALL THINGS CUTE AND CLEVER

