# Sirovich Center for Balanced Living — December 2019 / January 2020

## 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: 3-4 PM
- Mezzanine Floor

### Health & Wellness
- **M-F:** 10 AM - 5:30 PM
- **M-F:** 11:30 AM - 1:30 PM

### Theater Desk
- **M-F:** 11:30 AM - 1:30 PM
- 646.395.4525

### Special Events Calendar
- Room may vary due to renovation.

### Mosaic Tiles
- (3rd Fl. Painting Studio)
- 11:15 AM - 1:15 PM
- 2:15 PM - 4:15 PM

### Ballroom Dance
- (Auditorium)
- 1:00 PM - 2:15 PM
- 3:00 PM - 4:15 PM

### Tai Chi Series
- (Auditorium)
- 9:15 AM - 10:00 AM
- 10:15 AM - 11:00 AM

### Chinese Dance Group Series
- (Auditorium)
- 11:00 AM - 12:00 PM
- 12:15 PM - 1:15 PM

### Drama Series
- (Auditorium)
- 1:15 PM - 2:15 PM
- 2:30 PM - 3:30 PM

### Office on 2nd Floor
- (Auditorium)
- 10:15 AM - 11:15 AM
- 11:30 AM - 12:30 PM

### Social Services & Main Offices
- 9:15 AM - 10:00 AM
- 10:15 AM - 11:00 AM

### 10:00 AM - 11:00 AM
- 11:15 AM - 12:00 PM
- 12:15 PM - 1:00 PM

### 1:00 PM - 2:00 PM
- 2:15 PM - 3:15 PM
- 3:30 PM - 4:30 PM

### Note Time Change for Tap:
- 4:30 PM - 5:10 PM
- 5:20 PM - 6:00 PM

### 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.
SIROVICH EVENTS CALENDAR

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 CLOSES AT 3:00 PM ON TUESDAYS, DEC 17TH, DEC 24TH & DEC 31ST.

- 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

- 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**
1<sup>ST</sup> Seating: 11:30am | 2<sup>ND</sup> 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 CLOSES @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 CLOSES AT 3PM
(Take Home Dinner Provided After Lunch | Dining Room)

WEDNESDAY, DECEMBER 25TH - Christmas Day
CENTER IS CLOSED

TUESDAY, DECEMBER 31ST - CENTER CLOSES 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*