SIROVICH CENTER FOR BALANCED LIVING — JANUARY 2020/ FEBRUARY 2020

**Tuesdays**

**Health & Wellness**
Office on Mezz Closes on Tuesdays at 2 PM.

- 10:00-10:50 Ballroom Dance Instruction (Auditorium)
- 10:45-11:35 Sword—Level 3
- 11:15-12 Self Defense (Audit.)
- 11-12 Asian Choral Group Morning Sess. (Sm Dining Rm)

**Mosaic Tiles**
(3rd Fl Painting Studio)
1-1:55 Beginning 2-5:00 Advanced

1:20-2:20 Zumba (Auditorium) Participants may enter at 1:15

- 1:30-3:30 Knitting On Hiatus

**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

- 1-2 Fun Fitness Plus (Mezzanine Group Rm)

**1-2:30 Adv. Ceramics (3rd Fl.) Register in Office for Waitlist**

**Ballroom Dance** (Auditorium)
1:00-2:10 Open Level 2:20-3:30 Level 1

**3:30-5:30 Suggested Donation:** $1.50 for Dinner $3 for all other meals

**Ceramics Open Studio & Q&A (3rd Fl. Studio) Register in Office for Waitlist**

**Fridays**

**New Exercise Class starting** 1/27

**11:30-12:20 Body Conditioning Class with Rob (Auditorium)**

- 10:15-11:45 Jewelry Reading (3rd Fl Painting Studio)
- NEW CYCLE DATES TBD

- Tai Chi Series (Auditorium) 9:15-9:55 Sword—Level 3
- 10:00-10:50 Open Level

**11:15-12:15 Folk Line Dance (Auditorium)**

**Technology Workshop Series** (Mezzanine Conf. Room)
10:00-10:55 Beginner’s Program 11-11:55 Intermediate

**12-5PM**

**11:15-12 Zumba w/Jose (Auditorium)**

**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

**Weekday Meals**
Mon-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 10:30AM—12:55PM

**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

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**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 JANUARY & FEBRUARY 2020

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

**MONDAYS**

CENTER IS CLOSED ON MONDAY, JANUARY 20TH for MARTIN LUTHER KING JR. DAY

CENTER IS CLOSED ON MONDAY, FEBRUARY 17TH for PRESIDENTS’ DAY

- Zumba Class w/Micky – No Class 1/13 and 1/27

**TUESDAYS**

CENTER IS CLOSED ON TUESDAY, MARCH 17TH for STAFF DEVELOPMENT

**WEDNESDAYS**

3rd Fl. Ceramics & Painting Studios Closed Every Wednesday

- Sirovich Statue of Liberty Band 2/19 and 2/26 from 4-5:30pm
  - Opera Appreciation w/Simón – Class on 1/28 (2:15pm- 4:15pm), 2/12, and 2/26 (3:30-5:30PM)

**THURSDAYS**

- Beginners Yoga – No Class 2/6

**NEW EXERCISE CLASSES**

**Body Conditioning w/ROB**

MONDAYS, STARTING 1/27 | 11:30AM-12:20PM | AUDITORIUM
AEROBIC, WEIGHT TRAINING AND BALANCE EXERCISES

**TAI CHI FOR ARTHRITIS w/ANNIE**

Thurs 1-2pm & Sat 10-11am | STARTING 2/6 | Auditorium
Evidence-based exercise decreases falls & improves joint pain. Register in office.

**NEW ART CLASSES**

**Chinese Brush Painting w/Jade**

TUESDAYS, STARTING 1/28 | 10:15AM-12:30PM | 3RD FL, PAINTING STUDIO
18 WEEK CLASS, SIGN UP IS REQUIRED

**Fantasy Paper Bracelet Jewelry Class w/NITA**

TUESDAYS, STARTING 2/4 | 2:00-4:00PM | Mezzanine
6 WEEK CLASS, SIGN UP IS REQUIRED
### Special Series Happening Now

**Opera Appreciation Workshops w/ Simón Saad of Ansonia Music Outreach**
**Wednesdays, 2/12 & 2/26 | 3:30-5:30PM | Small Dining**

### Special Events Happening in Jan

**Bernie the Watchman Will Be Here, Thursday, Jan 16th @10am-2pm | 2nd Fl, Large Dining Room**
He will not be fixing watches, just selling refurbished watches. Come say hi to Bernie!

**Does NY Owe You Money? A Rep from Office of Unclaimed Funds Will Be Here Wednesday, 1/22 | 11:45AM | 2nd Fl, Large Dining Room**

**Afternoon Dance Party with Lance and Sarie**
**Wednesday, 1/22 | 3:45-5pm | Auditorium**
Come get some exercise in before dinner! There will be refreshments and maybe some prizes!

**Elder Abuse Workshop by NYPD**
**Wednesday, 1/29 | 11:30AM | 2nd Fl, Large Dining Room**
Come get the latest information on how to protect yourself. There will be free giveaways!

**Monthly Birthday Party**
**Friday, 1/31 | 1:15-2:30pm | 2nd Fl, Large Dining Room**
Celebrate January Birthdays with us over dessert and dancing!
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<tr>
<th>SPECIAL EVENTS HAPPENING IN FEB</th>
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<tr>
<td>STELLA ADLER TRAVELING SHAKESPEARE COMPANY PRODUCTION WILL BE HERE, THURSDAY, 2/6</td>
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<td>Come watch their play and have a chance to talk to the actors and actresses in the Q&amp;A session afterwards.</td>
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<td>VALENTINE’S DAY’S TAP DANCE SHOW, THURSDAY, 2/13</td>
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<td>Featuring Sirovich’s very own talented tap dancers. Come watch their performance and join in on it.</td>
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<td>SIROVICH’S WINTER BALL/VALENTINE’S DAY PARTY</td>
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<td>Come join us for a live DJ, get serenaded by our vocal ensemble team and enjoy dessert made by Chef Steve and of course get your dancing shoes ready!</td>
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<td>VALENTINE’S DAY CONCERT, SATURDAY, 2/15</td>
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<td>Spread the Love! Celebrate Valentine’s Day with Just (jazz!) Friends: Sarie Teichman, vocals; Michi Yoshimura, piano; Finn Summerell, guitar; Dan Schlesinger, sax; Ken Malloy, drums; Jim Kuras, bass.</td>
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<td>LUNAR NEW YEAR LUNCH CELEBRATION AND PERFORMANCE</td>
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<td>Come celebrate Lunar New Year with us over a special lunch made by Sirovich’s fabulous kitchen staffs. Then be blown away by live lion dancing troupe, along with performances by our Asian Choral and Dance Groups.</td>
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<td>BLACK HISTORY MONTH LUNCH CELEBRATION AND PERFORMANCE</td>
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<td>Come celebrate Black History Month with us over a special southern lunch made by Sirovich’s fabulous kitchen staffs. Performance by 2 world class master musicians from West Africa with melodic instruments. the balaphone and kora.</td>
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