

# SIROVICH CENTER FOR BALANCED LIVING — JANUARY 2020/ FEBRUARY 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



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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<p><b>NEW EXERCISE CLASS Starting 1/27</b>  <b>11:30-12:20 BODY CONDITIONING CLASS WITH ROB</b> (Auditorium)</p> <hr/> <p><b>10-12:30 Adv Ceramics (3rd Fl)</b>  <b>Register in Office for Waitlist</b></p> <hr/> <p><b>10:30-11:30 Short Story Discussion</b> (Small Dining Rm)</p> <hr/> <p><b>Mosaic Tiles</b> (3rd Fl Painting Studio)  <b>1-1:55</b> Beginning  <b>2-2:50</b> Advanced</p> <hr/> <p><b>1-2:30 Adv. Ceramics (3rd Fl.)</b>  <b>Register in Office for Waitlist</b></p> <hr/> <p><b>Ballroom Dance</b> (Auditorium)  <b>1:00-2:10</b> Open Level  <b>2:20-3:30</b> Level 1</p> <hr/> <p><b>1:30-2:30 Empowerment Support Group en Español con Andrea</b> (Small Dining Room)</p> <hr/> <p><b>3-4 Meditation w/Lyndell</b> (Mezzanine)</p> <hr/> <p><b>4-5 Stretch &amp; Self-Massage—</b> Level 1 (Auditorium)</p> <hr/> <p><b>5-6 Body Sculpting—</b>Level 2/ Intermediate (Auditorium)</p> <hr/> <p><b>6:15-7 Zumba</b> (Auditorium)  <b>Cancelled for 1/13 and 1/27</b></p> <hr/> <p><b>8-9 Morris Dancers —</b> Members are invited to watch (Auditorium)</p>	<p><b>Health &amp; Wellness</b>  <b>Office on Mezz CLOSSES on Tuesdays at 2 PM.</b></p> <hr/> <p><b>10:00-10:50 Ballroom Dance Instruction</b> (Auditorium)</p> <hr/> <p><b>10-4:45 Ceramics Open Studio &amp; Q&amp;A</b> (3rd Fl. Studio)  <b>Register in Office for Waitlist</b></p> <hr/> <p><b>11-11:45 Chair Yoga/ Meditation</b> (Small Dining Rm)</p> <hr/> <p><b>Chinese Dance Group Series —</b>Open Level (Auditorium)  <b>11:00-11:50 Morn. Session</b>  <b>1:00-2:15 Aftn. Session 1</b>  <b>2:20-3:30 Aftn. Session 2</b></p> <hr/> <p><b>1-2 Fun Fitness Plus</b> (Mezzanine Group Rm)</p> <hr/> <p><b>1-2:30 Adv. Ceramics (3rd Fl.)</b>  <b>Register in Office for Waitlist</b></p> <hr/> <p><b>4-5:30 Visual Theatre / Playwriting</b> (3rd Fl Painting)  <b>RETURNS 10/22.</b>  <b>Register in office, please!</b></p> <hr/> <p><b>4-5 Yoga for Bone Health w/Chintamani</b> (Auditorium) Participants may enter bet. 4:00-4:25pm</p>	<p><b>10:15-11:45 Jewelry Beading</b> (3rd Fl Painting Studio)  <b>NEW CYCLE DATES TBD</b></p> <hr/> <p><b>Tai Chi Series</b> (Auditorium)  <b>9:15-9:55</b> Sword— Level 3  <b>10:00-10:50</b> Open Level</p> <hr/> <p><b>11:15-12 Self Defense</b> (Audit.)</p> <hr/> <p><b>11-12 Asian Choral Group Morning Sess.</b> (Sm Dining Rm)</p> <hr/> <p><b>1-2:30 Statue of Liberty Sirovich Band</b> (To be Determ)  <b>Check Dates Calendar p2</b></p> <hr/> <p><b>1:30-2:20 Zumba</b> (Auditorium)  <b>Participants may enter@1:15</b></p> <hr/> <p><b>1:30-3:30 Knitting</b>  <b>On Hiatus</b></p> <hr/> <p><b>1:35-2:25 Asian Choral Group Afternoon Sess.</b> (Sm Dining)</p> <hr/> <p><b>2:30-3:20 Intercultural Choral Group</b> (Auditorium)</p> <hr/> <p><b>3:30-5:30 Opera Appreciation</b> w/Simon Saad of AMO (Small Dining Room)  <b>Typically occurs on 2nd &amp; 4th Weeks of Month—Check Class Cancellations on P2 of Events Calendar</b></p>	<p><b>Social Services &amp; Main Offices on 2nd Fl. are CLOSED Thurs until 1 PM.</b></p> <div style="text-align: center;"> </div> <hr/> <p><b>10-10:50 Body Smart</b> (Auditorium)</p> <hr/> <p><b>10-4:45 Ceramics Q&amp;A</b> (3rd Fl.)  <b>Register in Office for Waitlist</b></p> <hr/> <p><b>Line/Jazz Dance</b> (Auditorium)  <b>11:05-11:55</b> Beginning  <b>Participants may enter@10:55</b>  <b>12-12:50</b> Advanced</p> <hr/> <p><b>1-2:30 Adv. Ceramics (3rd Fl.)</b>  <b>Register in Office for Waitlist</b></p> <hr/> <p><b>1-2:55 Bingo</b> (2nd Fl Small Dining Room.)</p> <hr/> <p><b>3:10-4:10 Beginner Yoga</b> (Audit.)  <b>Participants may enter @2:55</b></p> <hr/> <p><b>NOTE TIME CHANGE FOR TAP</b>  <b>4:30-5:10</b> Beginning Tap Dance  <b>5:20-6</b> Advanced Tap (Auditorium)</p>	<p><b>8:30-9:30 Writers &amp; Storytellers</b> (Large Dining Rm)  <b>ON HIATUS until further notice</b></p> <hr/> <p><b>Tai Chi Series</b> (Auditorium)  <b>9:15-9:55</b> Tai Chi Sword-Level 3  <b>10-10:50</b> Tai Chi — Open Level</p> <hr/> <p><b>11:15-12:30 Folk Line Dance</b> (Auditorium)</p> <hr/> <p><b>Technology Workshop Series</b> (Mezzanine Conf. Room)  <b>10:00-10:55</b> Beginner's  <b>11-11:55</b> Intermediate</p> <hr/> <p><b>10-1 Adv. Ceramics (3rd Fl)</b>  <b>Register in Office for Waitlist</b></p> <hr/> <p><b>1-4:45 Ceramics Open Studio &amp; Ceramics Q&amp;A</b> (3rd Fl Studio)  <b>Register in Office for Waitlist</b></p> <hr/> <p><b>Birthday Party w/Host Sarie!</b>  <b>Check Dates &amp; Times on Special Events Calendar Pages</b> (Auditorium)</p> <hr/> <p><b>Drama Series</b> (Auditorium)  <b>1:15-2:10</b> Expressive Arts  <b>2:15-3:10</b> Senior Theater</p> <hr/> <p><b>1:45-2:45 Origami</b> (Large Dining Room)</p> <hr/> <p><b>1:30-3:30 Chinese Dance Performance Rehearsals</b> (Small Dining Room)</p> <hr/> <p><b>3:15-4:15 Vocal Ensemble</b> (Auditorium)</p> <hr/> <p><b>3-5 Film Series</b> (Small Dining Room)</p>	<p><b>11:15-12 Zumba w/Jose</b> (Auditorium)</p> <hr/> <p><b>OPEN JAZZ REHEARSAL</b> (Auditorium) Check Special Events Pages for Dates/Time</p> <hr/> <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  <a href="http://www.edalliance.org">www.edalliance.org</a></p> <hr/> <p><b>Weekday Meals</b>  <b>Mon-Fri ONLY</b> (2nd Fl)</p> <hr/> <p><b>Suggested Donation:</b>  <b>\$1.00 for Breakfast</b>  <b>\$2.00 for Lunch</b>  <b>\$1.50 for Dinner</b></p> <p>Meal tickets are available in the lobby for Breakfast and Lunch and in the Dining Room for Dinner.</p> <hr/> <p><b>Breakfast 7:30-10AM</b>          Tickets available from <b>8:00AM—9:55AM</b></p> <hr/> <p><b>Lunch 12-1PM</b>          Tickets available from <b>10:30 AM—12:55 PM</b></p> <hr/> <p><b>Dinner 5-6PM</b>          Tickets available from <b>3:30 PM—5:45 PM</b></p> <hr/> <p><b>Anyone under age 60 is required to pay:</b>  <b>\$1.50 for Breakfast</b>  <b>\$3 for all other meals</b></p>
<p><b>THIS PAGE REFLECTS THE TYPICAL WEEKLY SCHEDULE. YOU CAN FIND INFO ON SPECIAL CLASS SERIES, SPECIAL EVENTS, TRIPS, CLASS CANCELLATIONS, CENTER CLOSURES, &amp; CHANGES ON THE ADDITIONAL PAGES OF THE CALENDAR.</b></p>					

**CLASS CHANGES IN JANUARY & FEBRUARY 2020**

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

**MONDAYS**

**CENTER IS CLOSED ON MONDAY, JANUARY 20<sup>TH</sup> for MARTIN LUTHER KING JR. DAY**

**CENTER IS CLOSED ON MONDAY, FEBRUARY 17<sup>TH</sup> for PRESIDENTS' DAY**

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

**TUESDAYS**

**CENTER IS CLOSED ON TUESDAY, MARCH 17<sup>TH</sup> for STAFF DEVELOPMENT**

**WEDNESDAYS**

**3<sup>rd</sup> 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 | 3<sup>RD</sup> 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**

**Short Stories Discussion | Mondays 10:30-11:30AM | Small Dining Room**  
 Cycle #2: Starts 1/13 (stories available in the Small Dining Room)

**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](mailto:ReneePhillippi@gmail.com) to register.

**Beginners Ceramics | Tuesdays (Starts Feb; Dates TBD) @2-4pm | 3<sup>rd</sup> 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.

## SPECIAL EVENTS HAPPENING IN JAN

**Bernie the Watchman Will Be Here, Thursday, Jan 16<sup>th</sup> @10am-2pm | 2<sup>nd</sup> 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 | 2<sup>ND</sup> 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 |**  
**2<sup>ND</sup> 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 | 2<sup>ND</sup> FL, LARGE DINING ROOM**  
 Celebrate January Birthdays with us over dessert and dancing!

## HEALTH & WELLNESS EVENTS IN JAN & FEB

### FOOD DEMO AND NUTRITION WORKSHOP BY CHARLES THE VEGAN CHEF

Thursdays, 1/16, 3/19, 4/16 & 6/18| 1:30pm | Large Dining Room

### Taller de Alzheimer, Jueves, 23 de Enero, 2020 | 1:30pm | Large Dining Room

Aprenda sobre las primeras etapas de la enfermedad de Alzheimer y las cosas que debe saber como cuidador de alguien que vive con la enfermedad de Alzheimer.

### KOREAN HAND CLAPPING WORKSHOP W/NURSE JI ON TUESDAY, 2/4 | 1:30pm |

Small Dining Room

### FALL PREVENTION AND HOW TO STAY HEALTH WORKSHOP WITH Stephen

Ingrassia from JAG-One Physical Therapy

TUESDAY, 2/11 | 11:30am | Large Dining Room

## SPECIAL EVENTS HAPPENING IN FEB

### STELLA ADLER TRAVELING SHAKESPEARE COMPANY PRODUCTION WILL

BE HERE, THURSDAY, 2/6 | 2pm | Auditorium

Come watch their play and have a chance to talk to the actors and actresses in the Q&A session afterwards.

### VALENTINE'S DAY'S TAP DANCE SHOW, THURSDAY, 2/13 | 4pm |

Auditorium

Featuring Sirovich's very own talented tap dancers. Come watch their performance and join in on it.

### SIROVICH'S WINTER BALL/VALENTINE'S DAY PARTY

FRIDAY, 2/14 | 1:30-3:30pm | Auditorium

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!

### VALENTINE'S DAY CONCERT, SATURDAY, 2/15 | 2PM | Auditorium

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.

### LUNAR NEW YEAR LUNCH CELEBRATION AND PERFORMANCE

TUESDAY, 2/18 | 12:00-3:30pm | Dining Room and Auditorium

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.

### BLACK HISTORY MONTH LUNCH CELEBRATION AND PERFORMANCE

FRIDAY, 2/28 | 12:00-2:30pm | Dining Room and Auditorium

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.