



SIROVICH AT HOME

AUGUST 2020 EVENTS CALENDAR

STAY CONNECTED

Sirovich Community Center is committed to providing high-quality virtual classes for older adults to participate in safely while at home. Staff is working remotely to socially, artistically, mentally, and physically engage members while the Center is closed due to the COVID-19 pandemic. Connect with us!

HEALTH MANAGEMENT & NUTRITION

PHYSICAL HEALTH & EXERCISE

EDUCATION/RECREATION

ARTS & CULTURE

TECHNOLOGY

STAY INFORMED

Want frequent updates about Sirovich’s virtual events, advocacy efforts, resources, projects, and more via email? Please write “Add to Center Email List” in the subject line of an email to Program Director Xiomara at [xmaldonado\[at\]edalliance\[dot\]\[org\]](mailto:xmaldonado@edalliance.org) or Health & Wellness Director Shao at [szhang\[at\]edalliance\[dot\]\[org\]](mailto:szhang@edalliance.org). Also, staff can be reached at 646.395.4534; leave a message and we’ll return your call.

VOLUNTEER OR PARTNER WITH US

Sirovich is grateful for our volunteers and community partners! If you are interested in making wellness calls to community members or leading a virtual class series or one-time lecture or activity, please email Health & Wellness Specialist Trevor at [tmartindale\[at\]edalliance\[dot\]\[org\]](mailto:tmartindale@edalliance.org).

MONDAY

Visual Theatre/Playwriting **THIS CLASS IS ON HIATUS FOR THE SUMMER.**

Sirovich's community partner [Concrete Temple Theatre](#) leads participants in the writing and creating of plays, from monologues to scenes to short one-act plays, culminating in presentations of the participants' work at Dixon Place, NYC.

MONDAY	4:00 - 5:30PM	Renee Philippi & Carlo Adinolfi	EDUCATION
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[ZOOM]

ZOOM-BA!

Zumba® is cardio dance fitness to world music rhythms. This class features mostly Latin music and low-impact routines you can do safely at home.

"Zumba class was a good workout and fun." – Judith M.

MONDAY	5:30 - 6:15PM	Michal Chorny	EXERCISE
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[ZOOM] <https://nextlevelpractice.zoom.us/j/96876152238?pwd=M0djUi9nUHhHc3h6amNCR2lYbzNTUT09>

TUESDAY

Yoga for Bone Health

Classic yoga class focusing on stretching, joint mobility, balance, posture, and bone density support. Safe for folks with injuries and osteoporosis. Energizing for all. No need to worry about modifications – this class is designed for you. Participants must be able to get down and up off the floor at least twice during class.

“Yoga class was great!” – Judith M.

TUESDAY	11:00AM – 12:00PM	Chintamani Kansas (a.k.a. “C”)	EXERCISE
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[ZOOM] <https://zoom.us/j/99607547661?pwd=UmpYZTJjuSXlsaDIyREduWjZxbmFZdz09>

Body Smart-Feldenkrais

Using very slow and gentle movements, students are guided through movement patterns that improve their alignment, balance and flexibility, while reducing stress and strain in muscles and joints. Often done on a soft carpet or mat, this class is restorative, relaxing and improves posture.

“I have taken Andrew Carter’s Body Smart - Feldenkrais class for a long time and now virtually. I find that each time I take it, I always improve. Everybody shares that this class helps with our body aches.” – Hanne

“I recently tore my rotator cuff, which takes a while to heal. Nothing has helped to abate my pain like Andrew’s Body Smart classes. We discover easier, more efficient ways to use our bodies.” – Priscilla M.

TUESDAY	11:30AM – 12:30PM	Andrew Carter	HEALTH MANAGEMENT
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Please contact instructor for admission: [acfeldie\[at\]aol\[dot\]\[com\]](mailto:acfeldie[at]aol[dot][com])

Please be advised that Andrew will ask you questions regarding any prior injuries you may have sustained or physical challenges you are facing in order to ensure your class experience is safe and beneficial.

TUESDAY, CONTINUED

Contemporary Art Topics with Swiss Institute

THIS WORKSHOP SERIES IS ON HIATUS UNTIL THE FALL.

Join our community partner [SI](#) to explore various themes in contemporary art in this intergenerational discussion-based workshop series, featuring collaborative activities, virtual exhibitions, video and more.

“OMG, this class is wonderful! Thanks so much!” – MonaLisa O.R.

“Thank you so much for the gift of this series – the thoughtful planning and documentation, the inclusion of interactive activities and discussions, and the addition of interesting artist attendees from near and far.” – Sarie T.

TUESDAY

2:00 – 4:00PM

Teaching Artist Stephen Kwok

ARTS

[ZOOM]

Chinese Folk Dance

Mr. Dream offers an authentic experience, teaching easy-to-pick-up movements from Chinese culture. You will enjoy it for both recreational & learning purposes. Bilingual instruction provided in English & Mandarin.

“I come back to every single class of his since the first one!”

TUESDAY

10:00 – 11:00AM

Jun Zhou AKA Dream

EXERCISE

[ZOOM] <https://us02web.zoom.us/j/81817861568?pwd=bFUxck1JdnQ5UEp4SzBScFQ5QmgwUT09>

WEDNESDAY

Mindful Meditation

Want to inject peace into your day or share your peace with others? Battle pandemic-related anxiety by relaxing and grounding yourself in this workshop led by fellow Sirovich member and volunteer Susan. Nourish yourself with a guided mindful meditation practice, dropping into a place of tranquility in service to ourselves and all beings.

WEDNESDAY	10:00 – 10:30AM	Rev. Susan Turchin	HEALTH MANAGEMENT
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[ZOOM] Register here: <https://www.1spirit.org/2020/06/wednesday-meditation-with-susan-turchin/>

Chair Fit

Receive individualized attention in this gentle chair exercise class.

WEDNESDAY	11:30AM – 12:30PM	Andrew Carter	EXERCISE
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Please be advised that Andrew will ask you questions regarding any prior injuries you may have sustained or physical challenges you are facing in order to ensure your class experience is safe and beneficial.

WEDNESDAY, CONTINUED

Zumba Gold®

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. How it works: the design of the class choreography introduces easy-to-follow Zumba® that focuses on balance, range of motion and coordination.

"I did Zumba yesterday... the [instructors] were terrific." – Sherry T.

WEDNESDAY	3:00 - 3:45PM	Deekee Gaerlan & Jose Fernandez	EXERCISE
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[ZOOM] <https://us02web.zoom.us/j/3379419320>

Opera Appreciation

On the 2nd & 4th weeks of each month, community partner [Ansonia Music Outreach](#) leads music-drenched and visually stimulating multi-media workshops in appreciation of opera and the arts.

"Simón has us all on the edge of our seats, looking forward to the upcoming opera season. Nothing better than hope for the future to overcome the doldrums of the pandemic." – Priscilla M.

WEDNESDAY	3:30 - 5:30PM	Simón Saad	EDUCATION
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[Platform: ZOOM] Students without computers or smartphone/tablet ZOOM apps can call in to workshops. AMO leads several virtual classes for NYC community centers that are open to all older adults! **Register and learn more about AMO's class offering: Email [voxoperae\[at\]ansoniamusic\[dot\]org](mailto:voxoperae[at]ansoniamusic[dot]org).**

THURSDAY

Yoga

THIS CLASS RESUMES SEPTEMBER 10TH. NOTE NEW TIME BELOW.

Whether live or virtual, in a chair, or on a mat, Yoga cultivates Resilience by balancing effort with ease through gentle yoga postures, relaxation, breathing techniques, and meditation.

THURSDAY	3:00 - 3:45PM	Dianne Galliano, M.S. in Yoga Therapy	EXERCISE
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[ZOOM] <https://us02web.zoom.us/j/85754308305?pwd=ejlqOGNqZUVad0V0dVJHUHhQQ08rdz09>
 Meeting ID: 857 5430 8305 | Password: EAYoga

Chair Exercise

This chair class focuses on strengthening muscles and improving flexibility to allow for the joint stability and mobility we need for walking and completing everyday tasks around the home like carrying groceries and doing the laundry. People of all abilities, including anyone who uses an assistive walking device or wheelchair or is recovering from knee, foot, hip injuries, etc, can participate. You also have the option of completing standing work, with the chair in arms-reach.

"It's a great class! Demetra is a super teacher." -Susan N.

THURSDAY	11:30AM - 12:30PM	Demetra Tsantes	EXERCISE
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[ZOOM] <https://us04web.zoom.us/j/76891765366?pwd=dElxUEFQVTJHRWt2TjNOUi9vWFBXUT09>

FRIDAY

Computer 101 (Sessions 1 & 2)

Computer for beginners, covering the basics of Zoom, E-mail, YouTube, social media, Word, and more! All are welcome to join. No commitment required.

"I was feeling a little behind the technology experience curve as far as my knowledge and skills were concerned, and I was glad to have the opportunity to brush up on my skills with the Computer 101 class at Educational Alliance's Sirovich Center. I found that this class is a great place to meet and ask computer related questions as well as to test my skills at a pace I am comfortable with. I am very glad that our teacher is Cory Michael Herman! He has the proven ability, talent and knowledge to teach many different classes and the skills, patience and sensitivity needed for teaching seniors in our new technological age." – Dolores L.

FRIDAY	11:00 – 11:40PM	Cory Herman	TECHNOLOGY
FRIDAY	11:45AM – 12:30PM	Cory Herman	TECHNOLOGY

[ZOOM] <https://us04web.zoom.us/j/71836504652?pwd=eUEzOUtPUXZGZGw2ampHUXNSTklTZz09>
 To join by phone, call: 1 (646) 558-8656 | Meeting ID: 718 3650 4652# | Password: 1234567#

Feldenkrais

With the Feldenkrais method of gentle, guided lessons, we explore ways to improve flexibility and coordination as well as rediscover the ability to be graceful and efficient in everyday movement.

"Margot Townsend is an excellent Feldenkrais teacher." – Hanne

FRIDAY	11:15AM – 12:15PM	Margot Townsend	HEALTH MANAGEMENT
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[FreeConferenceCall] DIAL IN #: (425)-436-6331 | ACCESS CODE: 596289

FRIDAY, CONTINUED

Drama Series: Expressive Arts & Sirovich Senior Theatre

The show must go on! Sirovich drama classes go digital. All are welcome to join.

"Cory Herman's drama class gives me a sense of joy, great fun and, in this time of much isolation, a tremendous feeling of community. It's a very important thing in my life." - Toby L.

"I love taking the online drama class with Cory Herman. He makes it fun and challenges us to do our best whether it be a skit or a monologue. For anyone who enjoys performing, I highly recommend this class." - Jackie S.

FRIDAY	1:30 - 2:25PM	Cory Herman	ARTS
FRIDAY	2:30 - 3:25PM	Cory Herman	ARTS

[ZOOM] E-mail the instructor for more information: [Cmherman\[at\]jedalliance\[dot\]\[org\]](mailto:Cmherman@jedalliance.org).
Follow Alliance Stage Company on [YouTube](#) & [Instagram](#)

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[ZOOM] <https://us02web.zoom.us/j/3379419320>



FRIDAY – AFTERNOON/EVENING CONT'D.

Sirovich Sing-Along

Sing-along to a curated selection of the American Songbook and golden standards!
All are welcome to join. No commitment required.

“The Sirovich Vocal Ensemble is one of my favorite classes, and Cory is my favorite facilitator. He has made the transition from live group to digital quite seamlessly. Not only does he provide song sheets, but there is taped accompaniment to most of the songs and also to a vocal warmup. All participants are given the option to perform a solo, acapella. And each week is a different theme, for which we're invited to dress in character, e.g., Disney, Cole Porter, etc. Cory is very supportive and non-judgmental, which makes this class fun, as well as educational.” - Topaz Chanteuse

FRIDAY

3:30 - 4:30PM

Cory Herman

ARTS

[ZOOM] <https://us04web.zoom.us/j/72927488436?pwd=ZWcrZ0JzZVdqUjMde8vS2hqdmXUT09>
To join by phone, call: 1 (646) 558-8656 | Meeting ID: 729 2748 8436# | Password: 1234567#