

SIROVICH AT HOME

JANUARY 2021 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!

Register in advance for the classes via the links below. Class links will be sent directly to your email address. Please note that you must be on time. For your own cyber protection, we will not allow members into class 5 minutes after the class start time.

HEALTH MANAGEMENT & NUTRITION

PHYSICAL HEALTH & EXERCISE

EDUCATION/RECREATION

ARTS & CULTURE

TECHNOLOGY

STAY INFORMED

Want frequent updates about Sirovich's special events, advocacy efforts, resources, projects, and more via email? Please write "Add to Center Email List" in the subject line of an email to [osasinfo\[at\]edalliance\[dot\]\[org\]](mailto:osasinfo@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 [osasinfo\[at\]edalliance\[dot\]\[org\]](mailto:osasinfo@edalliance.org).

MONDAY

Strength & Balance

NO CLASS ON 1/18

Strength and balance class, seated, with a safe option for standing exercises for balance and strength. With weights (could also be cans).

MONDAY

10:00 - 11:00AM

Rob Hofman

EXERCISE

[ZOOM] [CLICK HERE TO REGISTER FOR STRENGTH & BALANCE W/ROB](#)

ZOOM-BA!

NO CLASS ON 1/18

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

[ZOOM] [CLICK HERE TO REGISTER FOR ZOOM-BA W/MICKY](#)

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.

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|----------------|--------------------------|---------------------------------------|-----------------|
| TUESDAY | 11:00AM – 12:00PM | Chintamani Kansas (a.k.a. “C”) | EXERCISE |
|----------------|--------------------------|---------------------------------------|-----------------|

[ZOOM] [CLICK HERE TO REGISTER FOR YOGA WITH C](#)

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.

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| TUESDAY | 12:00 – 1:00PM | Andrew Carter | HEALTH MANAGEMENT |
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[CLICK HERE TO EMAIL ANDREW ABOUT YOUR INTEREST IN BODYSMART-FELDENKRAIS CLASS](#)

Please contact instructor first for an orientation & conversation. Andrew will ask questions regarding any injuries you may have sustained or physical challenges you face in order to ensure a beneficial experience.

TUESDAY, CONTINUED

Chinese Folk Dance

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

"I come back to every single class of his since the first one!" - Anonymous

"He is very patient and kind and teaches with passion and dedication.

He engages everyone and supports our learnings. He taught us a number of new Chinese Folk Dance classes that we performed and everyone loved." - Wan L.

TUESDAY

3:30 - 4:30PM

Jun Zhou AKA Dream

EXERCISE

[ZOOM] [CLICK HERE TO REGISTER FOR CHINESE FOLK DANCE W/DREAM](#)

Visual Theatre/Playwriting

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. We will be creating solo-work themed around "Childhood fascinations & Obsessions." The program will culminate in a performance of your original piece, featuring you or another actor or a puppet.

TUESDAY

4:00 - 5:15/5:30PM

Renee Philippi & Carlo Adinolfi

EDUCATION

[ZOOM] [CLICK HERE TO EMAIL RENEE ABOUT YOUR INTEREST IN PLAYWRITING](#)

Meditation, Mindfulness & Relaxation Practices

Meditation and relaxation practices promote rest, calm, focus and stability. Join us to cultivate and maintain wellness in body and mind. Open to those who have never meditated, as well as those who have an ongoing practice. As facilitators, Chaplain Interns from The NY Zen Center for Contemplative Care will guide participants into learning more about meditation and practicing different techniques. [NYZCCC](#) defines contemplative care as a multi-faith, relationship-centered approach to care. Contemplative caregivers seek to understand causes of suffering and to explore and nurture sources of strength such as resilience and compassion.

TUESDAY

6:00 - 7:00PM

**Bonnie Rose Marcus &
Ollie Gillett, Chaplain Interns**

EDUCATION

[ZOOM] [CLICK HERE TO JOIN MEDITATION WITH NYZCCC](#)

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.

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| WEDNESDAY | 10:00 – 10:30AM | Rev. Susan Turchin | HEALTH MANAGEMENT |
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[ZOOM] [CLICK HERE TO REGISTER FOR MEDITATION W/SUSAN](#)

Contemporary Art Topics with Swiss Institute

LIMITED SERIES – CLASS CURRENTLY ON HIATUS

Join 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.

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| WEDNESDAY | 10:00AM – 12:00PM | Teaching Artist Stephen Kwok | ARTS |
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[ZOOM] For more info, email Health & Wellness Director Shao at [szhang\[at\]edalliance\[dot\]\[org\]](mailto:szhang@edalliance.org).

WEDNESDAY, CONTINUED

Folk Dance

Have fun and work those dancing bodies with Jaki! This class focuses primarily on international folk dances but incorporates some folk line dances too. No experience necessary. Jaki will teach you all the basics before moving on to more advanced dance routines.

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| WEDNESDAY | 11:00AM - 12:00PM | Jaki Soreff | EXERCISE |
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[CLICK HERE TO REGISTER FOR FOLK LINE DANCE W/JAKI](#)

Chair Fit

Receive individualized attention in this chair exercise class.

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| WEDNESDAY | 11:30AM - 12:30PM | Andrew Carter | EXERCISE |
|-----------|-------------------|---------------|----------|

[CLICK HERE TO EMAIL ANDREW ABOUT YOUR INTEREST IN BODYSMART-FELDENKRAIS CLASS](#)

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 II

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.

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| WEDNESDAY | 3:00 - 3:45PM | Deekee Gaerlan | EXERCISE |
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[ZOOM] [CLICK HERE TO REGISTER FOR ZUMBA GOLD](#)

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.

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| 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@ansoniamusic.org).

THURSDAY

Balance 101

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

[ZOOM] [CLICK HERE TO REGISTER FOR BALANCE 101 W/DEMETRA](#)

Yoga

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. There is a 5-minute grace period to enter this class. Please enter on-time.

THURSDAY

3:00 - 3:45PM

Dianne Galliano AKA Rashmi

EXERCISE

[ZOOM] [CLICK HERE TO REGISTER FOR YOGA W/RASHMI](#)

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.

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| FRIDAY | 11:30AM – 12:10PM | Cory Herman | TECHNOLOGY |
| FRIDAY | 12:15PM – 1:00PM | Cory Herman | TECHNOLOGY |

[ZOOM] [CLICK HERE TO JOIN COMPUTER 101](#)

Meeting ID: 718 3650 4652

Password: 1234567

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

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| FRIDAY | 11:15AM – 12:15PM | Margot Townsend | HEALTH MANAGEMENT |
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[FreeConferenceCall] **DIAL IN #:** 1 (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.

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| 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\[at\]edalliance\[dot\]\[org\]](mailto:Cmherman@edalliance.org).
Follow Alliance Stage Company on [YouTube](#) & [Instagram](#)

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.

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|---------------|----------------------|-----------------------|-----------------|
| FRIDAY | 3:00 - 3:45PM | Jose Fernandez | EXERCISE |
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[ZOOM] [CLICK HERE TO REGISTER FOR ZUMBA GOLD](#)

FRIDAY, CONTINUED II

Sirovich Sing-Along

NO CLASSES ON 12/25 & 1/1

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

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| FRIDAY | 3:30 - 4:30PM | Cory Herman | ARTS |
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[ZOOM] [CLICK HERE TO JOIN SING-ALONG](#)

Meeting ID: 729 2748 8436 | **Password:** 1234567

To join by phone, call: 1 (646) 558-8656 | Meeting ID: 729 2748 8436# | Password: 1234567#

SATURDAY

Circle of Support Group

We all experience loss, whether we're losing a relationship, a skill or ability, a role, our youth, or a way of life. And yet, our culture doesn't openly acknowledge the pain and disorientation that can accompany loss. In this time of many losses, this group aims to help us find balance and support, creatively exploring how to cope with loss and change. This group is open to all, regardless of experience. Facilitated by Chaplain Interns from The NY Zen Center for Contemplative Care. [NYZCCC](#) defines contemplative care as a multi-faith, relationship-centered approach to care. Contemplative caregivers seek to understand causes of suffering and to explore and nurture sources of strength such as resilience and compassion.

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|-----------------|------------------------|---|------------------|
| SATURDAY | 10:00 - 11:00AM | Bonnie Rose Marcus & Ollie Gillett, Chaplain Interns | EDUCATION |
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[ZOOM] [CLICK HERE TO JOIN CIRCLE OF SUPPORT GROUP W/NYZCC](#)