

June 2022



Dear Community Members,

Happy Juneteenth and Happy Pride Month!

Thank you so much for helping to make our 1st Annual Celebrate Arts Festival a grand success! We loved seeing you in person at our galleries, theater, and receptions enjoying and celebrating Older Adults Month!

This month at the center, we share the healing power of movement and the arts. Move your body with emotion and rhythm while you explore the richness of Indian Dance with Sloka. Find ease in your movement and release stress using the Alexander Technique with Gayl. Learn more about how clapping can create circulation and boost your immune system with Nurse Ji. Participate in a groovy and fun dance choreography with the [Pacemakers Group](#), a senior citizens professional dance troupe! We hope to see you soon!

Warmly,
Older Adult Programs Staff at Sirovich Center for Balanced Living

We are closed June 20 for Juneteenth. All programs will resume June 21.

For Virtual Programs

Members will be allowed to enter class for up to 5-minutes after start time.

For In Person Programs

Please remember to wear a well-fitted mask while inside the Sirovich Center, and to [please complete the health screening](#) the day of your scheduled class or event. Please do not arrive more than 15minutes before your activities.

Want to stay updated for special events, announcements and giveaways?

Click Here And Sign Up For Our Weekly Newsletter!

Meals



In Person Lunch

Monday – Friday | 12:00 PM – 12:45 PM

Tickets available for purchase from 11:30 AM - 12:30 PM on the 2nd floor. Grab and Go Breakfast will be provided on your way out. Dining room opens at 11:30 AM. Thank you for your cooperation.

July Pantry

Wednesday, July 6 | 2:10 PM – 4:00 PM

Email Oasinfo@edalliance.org to sign up.

Grab and Go Breakfast and Lunch

Monday – Friday | 1:15 PM – 1:45 PM

Sign up will no longer be needed, it will be first-come first-served. There will be two sign in sheets, one for each meal. Please sign both sheet. We understand the inconvenience, but it is required by Department for the Aging.

[View menu here.](#)

Pop Up Events: Healing Through Movement and the Arts



Concert and Sing-A-Long with the Silver Tones! **In Person**

Friday | 1:30 PM – 2:15 PM | Auditorium (Arts)

June 10

Singing duo + accompanist. Sing a variety of songs, mostly show tunes, and there is an opportunity for audience participation in the sing along portion of the program. Please email OASinfo@edalliance.org to register.

Health Discussion Group with Nurse Ji: Clapping Therapy | In Person (Health Management)

Tuesday | 12:45 PM – 1: 30 PM | 1st Floor Lounge

June 14

Clapping therapy: We'll learn how a simple act of clapping can promote circulation and overall health, and practice it together.

Indian Dance with Sloka | In Person

Friday | 12:45 PM – 1:45 PM | Auditorium (Exercise)

June 17

Sloka Iyengar is a dancer and scientist, with a deep conviction that science and arts can alleviate suffering. She practices Bharatanatyam, a traditional Indian dance that has a rich vocabulary of narration, storytelling, percussive movements, and an elaborate vocabulary of hand gestures, movements, and rhythmic sequences. No registration needed just drop in.

Unravel Stress and Move More Easily through the Alexander Technique with Gayl | In Person (Exercise)

Tuesday | 12:45 PM – 1:15 PM | 1st Floor Lounge

June 21

Do you suffer from stiffness, balance issues, anxiety or general discomfort? Join us for a rejuvenating guided relaxation and brief talk about the Alexander Technique. Short individual 'hands-on' demonstrations with those who volunteer to do so in front of the group. No registration needed just drop in.

Creativity Workshop with Women Who Rock NYC | In Person

Friday | 1:30 PM– 2:30 PM | Auditorium (Exercise)

June 24

Boost wellbeing through breath work and visualization. Clarify creative vision with the use of affirmations. Harness performance energy with posture and presence. Please email OASinfo@edalliance.org to register.

Japanese Bon Odori Dance Community Performance | In Person

Thursday | 11:00 AM – 12:00 PM | Auditorium(Exercise)

June 30

Celebrate Japanese folk culture with dance! See a performance of Japanese folk arts, and then dance with us in the Bon Odori!

Bon dance is a simple style of participatory folk dance traditionally performed in Japan during Summer Bon festivals. In addition to some traditional dances, join in and move your body to some new and exciting dances created by our incredible Japanese Bon Dance Class students, including a special unique dance celebrating NYC!

Japanese refreshments will be provided.

In Person Classes & Updates Starting in June



Dance with The Pacemakers | In Person (Exercise)

Mondays | 1:00 PM – 2:00 PM | Auditorium

June 6 – July 25 No class June 20 or July 4

Are you ready to dance into the summer? Let's get pumped with The Pacemakers, New York's groovy senior-citizens dance team! They will teach you real choreography to vintage dance hits. You'll work up a sweat and exercise your brain at the same time!

[Learn more here](#)

To register please email OASinfo@edalliance.org

Empowerment Group with Andrea (Education)

Tuesdays | 12:45 PM – 2:00 PM | 1st Floor Conference Room

Resumes June 7

Tablet Q&A with Rebecca | In Person (Technology)

Wednesdays | 3:00 PM – 4:00 PM | 1st Floor Lounge

New time begins June 1

Drop in to learn how to use a smart tablet. Rebecca will show a beginner friendly demonstration on how to navigate different apps and answer questions. Bring your own tablet to go along with the demonstration.

Conversations and Connections with Linda | In Person (Education)

Thursdays | 10:00 AM – 11:00 AM | 1st Floor Lounge

Why is it so hard to take a compliment? Let's have a conversation, while sharing our experiences of aging. No registration required, just drop-in!

Brain Dance with Julie | (Exercise)

Thursdays 10:30 AM – 11:00 AM | Auditorium

Classes are on hold for the summer.

Creating with Materials with Linda | In Person (Art)

Thursdays | 12:45 PM – 1:45 PM | 1st Floor Lounge

Come engage, design, and connect with open-ended materials—and play! Use

your imagination. The focus is on the creative process rather than the final product. No registration required, just drop-in!

Game Time with Andrea | In Person (Education)
Thursdays | 1:30 PM – 2:30 PM | Small Dining Room
Resumes June 9

Cooking Live with DFTA



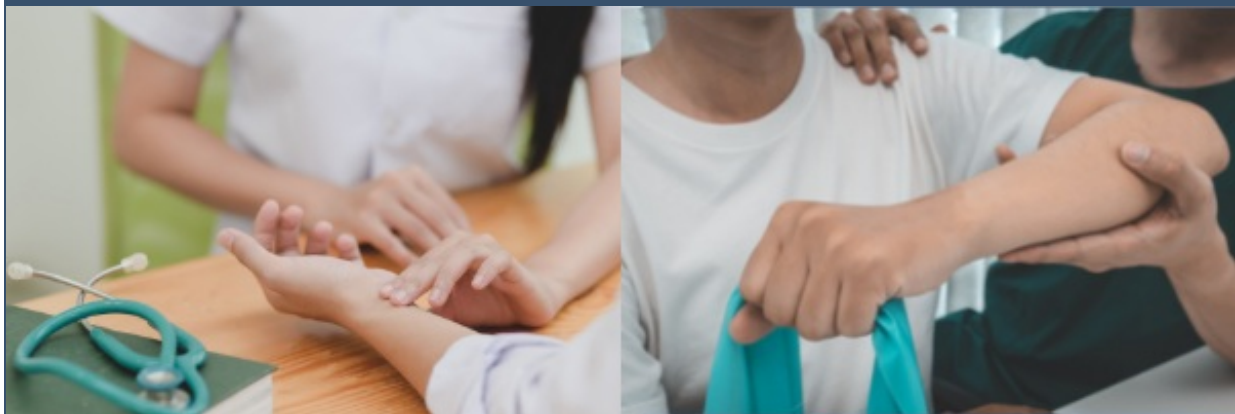
Cooking Live with DFTA ! – Summer Breeze Smoothie| Virtual
Wednesday | 11:00 AM – 12:00 PM
June 15

Who said healthy cooking can't be tasty? Join our nutritionists to learn how to prepare nutritious and delicious recipes!

We'll be learning how to prepare a delicious treat: Summer Breeze Smoothie

Please email SWilson@edalliance.org for the zoom link to attend the class.

Visit Nurse Ji



Blood Pressure Monitoring | In Person (Health Management)
Tuesdays | 11:30 AM – 12:30 PM | 2nd Floor Dining Room

Health Consultations with Nurse Ji | In Person (Health Management)
Tuesdays | 1:00 PM – 4:00 PM | Mezzanine

Join Nurse Ji after lunch to find out strategies and guidance on asking the right questions for different purposes of visits. Please email OASinfo@edalliance.org or your social worker to schedule your consultation.

Health and Wellness



Participate in a Research Study | *In Person* (Health Management)
Thursdays | 11:30 AM – 2:00 PM | 1st Floor Conference Room
June 9, 16, 23, 30

Lonnie Stewart, village resident and Assistant Professor at Columbia University's graduate program in Physical Therapy, is interviewing community residents 75 years old or older about their quality of life living in New York City. Interviews last about 30-40 minutes, and each study participant receives a "File of Life" refrigerator magnet that holds important medical and contact information in case of emergencies.

Lonnie will be available in our lounge for folks who would like to participate in the research study with him. **No appointments needed, please drop in!**

A Toolbox for Aging-in-Community with Lonnie | *In Person* (Health Management)
Thursday | 12:45 PM – 1:30 PM | 2nd Floor Small Dining Room
June 2

Lonnie Stewart, village resident and Assistant Professor at Columbia University's graduate program in Physical Therapy, will share valuable information about aging in place in NYC.

No appointments needed, please drop in!

Social Worker Meet and Greet with Dana | *In Person* (Health Management)
Mondays | 10:30 AM - 11:30 AM | 1st Floor Conference Room
June 13, 27

Need help with an application? Looking for some support? Join Dana Ly, Sirovich Social Worker, in our 1st Floor Lounge. Learn about how a social worker can help you. Dana will share about the services offered free of charge at Sirovich Center such as supportive counseling, housing services, referrals, benefits/services, and more! Light refreshments will be served.

Interested? Just drop in! To connect with Dana directly, email DLy@edalliance.org.

Fitness Group at the 14Y with Caroline | In Person (Exercise)

Mondays | 3:30 PM – 4:00 PM | June 13 – July 25

Thursdays | 11:00 AM – 12:00 PM | 14Y Fitness Center

June 2 – July 28

Are you interested in using the fitness center at the 14th Street Y? Join a fitness professional at the 14Y for an orientation in using the equipment as well as time to workout.

Please note: This is a small group class.

To enter the 14Y, guests must provide proof of vaccination and the Sirovich membership card. Masks are optional in the Fitness Center, but required in common areas such as the lobby.

Interested? Feel free to email OASinfo@edalliance.org with the day and time block you are interested in.

Open Swim Pool Time at the 14Y | In Person (Exercise)

Tuesdays | 2:30 PM – 3:00 PM | 14Y Pool

Last class June 28

Come and enjoy open swim at 14Y pool.

[Read more about 14Y Pool Etiquette and Policies here](#)

Please note: This is not a class, and there will be no instructor.

Must be a member of the Sirovich Center to register. To register please email OASinfo@edalliance.org

Introductory Fall Stop...Move Strong with Celeste | In Person (Exercise)

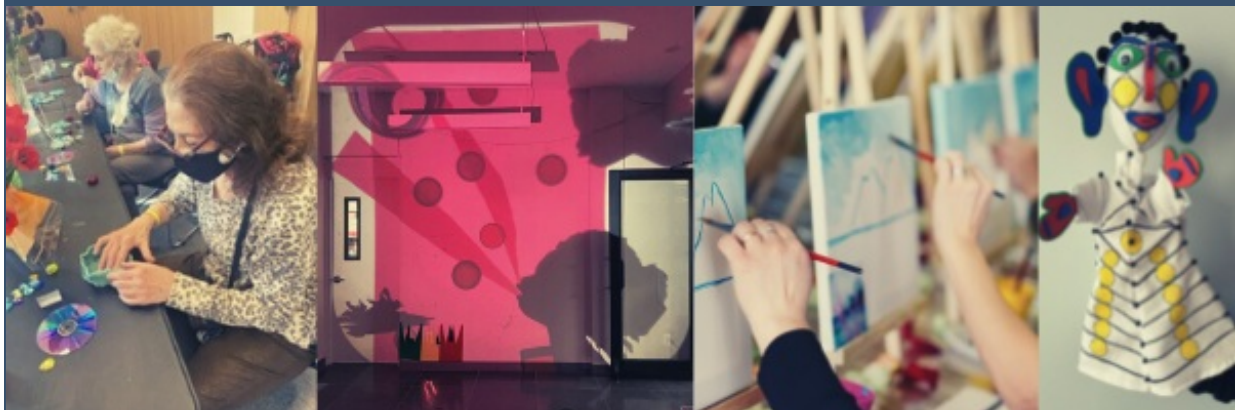
Fridays | 11:00 AM – 12:00 PM | Auditorium

June 3 – July 8

Open to both *new* participants and participants *who have taken* the

Introductory class already. To register please email OASinfo@edalliance.org

Arts and Culture



Mosaic Tiles with Alexandra | In Person (Arts)

Mondays | 9:30 AM – 11:30 AM | 1st Floor Lounge

Design and craft your own mosaic tile using multi-media materials.

To register email OASinfo@edalliance.org

Creative Writing Workshop with Rhonda | In Person
Tuesdays | 1:00 PM – 2:00 PM | 2nd Floor Small Dining Room
June 7 – July 26, No Class July 12

In this workshop, participants will write in response to prompts and share their work in a fun, supportive environment. Through group discussion, writers will find ways to frame their stories, try different forms, discover their voices and craft engaging narratives. Writers of all skill levels are welcome. Limited to 10. To register, email OASinfo@edalliance.org

Playwriting & Visual Theatre with Concrete Temple Theatre Intensive | In Person (Education)

Tuesdays | 4:00 PM – 5:30 PM | 2nd Floor Small Dining Room
June 7 – June 23

This intensive will focus on writing a monologue and then creating a video presentation that will accompany it. (No worries if you don't know how to create a video presentation, Renee, Carlo, and Eric will be there to help!) The reader of the monologue will be seated and the visual(s) will happen around the individual. The illustration or the projections represent the inner monologue. We are calling the June intensive: *Do You Know What I'm Thinking?*

Class dates include: Tuesday, June 7, Tuesday, June 14, Tuesday, June 21, Wednesday, June 22, and Thursday, June 23. The work created will be presented on Sunday, June 26 at Dixon Place.

Participation is limited to 10 people. To register, please e-mail Renee: renee@concretetempletheatre.com

Thank You ZoomBA Instructor Micky!



Congratulations Micky! Micky has found a new career opportunity and will be leaving us. We are sad to see her go but we are happy that she is starting another great journey. Thank you Micky for being a great instructor, and creating a space for members to exercise through these last 8 years. She will continue to substitute when she is available. We will miss you, Micky!

MONDAYS

In Person Classes

Mosaic Tiles with Alexandra (Arts) | 1st Floor Lounge

Session 1 | 9:30 AM – 10:25 AM
Session 2 | 10:30 AM – 11:30 AM
No Class June 20

To register email OASinfo@edalliance.org

Ceramic Session 1 with Nick (Education)
10:00 AM – 1:00 PM | 3rd Floor Ceramic Studio
No Class June 20

To register for the waitlist email SWilson@edalliance.org If you have not taken a beginner's class with us, you will be added to our beginner's class waitlist.

Social Worker Meet and Greet with Dana
Mondays | 10:30 AM - 11:30 AM | 1st Floor Conference Room
June 13, 27

Interested? Just drop in! To connect with Dana directly, email DLy@edalliance.org.

Walk with Ease with Demetra (Evidence Based Exercise Class)
12:45 PM – 1:30 PM | Auditorium
Last Class June 6
To register email OASinfo@edalliance.org

Dance with The Pacemakers (Exercise)
Mondays | 1:00 PM – 2:00 PM | Auditorium
Starts June 6 – July 25, No Class June 20 or July 4
[Learn more here](#)

Fitness Group with Caroline (Exercise)
Mondays | 1:00 PM – 2:00 PM | 14Y Fitness Center
No Class June 20

Interested? Feel free to email OASinfo@edalliance.org, for more information and to sign up. You will receive confirmation email to verify your registration.

Ceramic Session 2 with Nick (Education)
1:30 PM – 4:30 PM | 3rd Floor Ceramic Studio
No Class June 20

To register for the waitlist email SWilson@edalliance.org If you have not taken a beginner's class with us, you will be added to our beginner's class waitlist.

Jazz Line Dance with Bernard (Exercise)
2:30 PM – 3:30 PM | Auditorium
No Class June 20

To register email OASinfo@edalliance.org

Virtual Classes

Strength & Balance with Rob Hofman (Exercise)
10:00 AM – 11:00 AM
No Class June 20

[Register here.](#)

Circle Group with Sarie Teichman (Education)

5:00 PM – 6:00 PM

No Class June 20

This group focuses on exploring healthy and creative aging by building relationships and support.

Class is full. Email sarieteichman@gmail.com to be put on the list for future classes.

ZOOM-BA! with Michal Chorny (Exercise)

5:30 PM – 6:15 PM

Last Class June 6

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.

[Register here.](#)

TUESDAYS

In Person Classes

Tai Chi Class with Annie (Exercise)

9:00 AM – 10:00 AM | Auditorium

To register email OASinfo@edalliance.org

Intermediate Fall Stop...Move Strong with Celeste (Exercise)

10:30 AM – 11:30 AM | Auditorium

For class participants who have already taken the Introductory level class. To register email OASinfo@edalliance.org

For more information on the class, please visit: <https://fallstop.net/>

Blood Pressure Monitoring with Nurse Ji (Health Management)

11:30 AM – 12:30 PM | 2nd Floor Dining Room

Empowerment Group with Andrea

12:45 PM – 2:00 PM | 1st Floor Conference Room

Resumes June 7

Health Consultations with Nurse Ji (Health Management)

1:00 PM – 4:00 PM | Mezzanine

Please email OASinfo@edalliance.org to schedule your consultation.

Memoirs with Rhonda (Arts)

1:00 PM – 2:00 PM | 2nd Floor Small Dining Room

Writers of all skill levels are welcome. Limited to 10. To register, email

OASinfo@edalliance.org

Open Swim Pool Time at the 14Y (Exercise)

2:30 PM – 3:00 PM | 14Y Pool

Last Class June 28

Come and enjoy open swim at 14Y pool.

Must be a member of the Sirovich Center to register. To register please email

OASinfo@edalliance.org

Chinese Dance Group Sessions 1 and 2 (Exercise)

1:00 PM – 4:00 PM
Class is currently full.

Playwriting & Visual Theatre with Concrete Temple Theatre Intensive
(Education)
Tuesdays | 4:00 PM – 5:30 PM | 2nd Floor Small Dining Room
June 7 – June 23

Participation is limited to 10 people. To register, please e-mail Renee:
renee@concretetempletheatre.com

Virtual Classes

Tai Chi with Roberto (Exercise)
9:00 AM – 10:00 AM
[Register here.](#)

Brain Dance with Julie Gayer Kris (Health Management)
10:00 AM – 10:30 AM
No Class June 14 or 28
[Join Zoom Meeting Here.](#)

Yoga for Bone Health with Chintamani Kansas "C" (Exercise)
11:00 AM – 12:00 PM
No Class June 28
[Register here.](#)

Body Smart-Feldenkrais with Andrew Carter (Exercise)
12:00 PM – 1:00 PM
To join [Please email Andrew](#) about your interest in attending this class.

WEDNESDAYS

In Person Classes

Zumba with Jose (Exercise)
11:00 AM – 12:00 PM | Auditorium
Class is full. To register for the waitlist email OASinfo@edalliance.org

Smart Tablet Q & A with Rebecca (Technology)
3:00 PM – 4:00 PM | 1st Floor Lounge
For new and beginner smart tablet users. No registration needed. Just drop in.

Virtual Classes

Pilates Mat with Gail (Exercise)
9:30 AM – 10:30 AM
[Register here.](#)

Chinese Traditional Dance with Jiao Li (Exercise)
9:30 AM – 10:30 AM
[Register here.](#)

Folk Dance with Jaki Soreff (Exercise)
11:00 AM – 12:00 PM
[Register here.](#)

Chair Fit with Andrew Carter (Exercise)

11:30 AM – 12:30 PM

To join [Please email Andrew](#) about your interest in this class.

Opera Appreciation with Simón Saad (Education)

3:30 PM – 5:30 PM

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.

To join: Please email AMO at voxoperae@ansoniamusic.org, they will provide login information to join the 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! [Email them here](#) to learn more about AMO's class offering

Ceramic Show-and-Tell Over Zoom with Instructor Nicholas Biscardi and Studio Manager Sherman Sussman (Arts)

3:30pm – 4:30pm

Class is currently full.

THURSDAYS

In Person Classes

Ceramic Session 1 with Sherman (Education)

10:00 AM – 1:00 PM | 3rd Floor Ceramic Studio

To register for the waitlist email SWilson@edalliance.org If you have not taken a beginner's class with us, you will be added to our beginner's class waitlist.

Conversations and Connections with Linda (Education)

Thursdays | 10:00 AM – 11:00 AM | 1st Floor Lounge

No registration needed. Just drop in !

Creating with Materials with Linda (Art)

Thursdays | 12:45 PM – 1:45 PM | 1st Floor Lounge

No registration needed. Just drop in !

Japanese Bon Odori Dance Class with Kevin (Arts)

11:00 AM – 12:00 PM | Auditorium

Last Class June 30

To register email OASinfo@edalliance.org

Fitness Group with Caroline (Exercise)

Thursdays | 11:00 AM – 12:00 PM | 14Y Fitness Center

Interested? Feel free to email OASinfo@edalliance.org for more information and to sign up. You will receive confirmation email to verify your registration.

Participate in a Research Study (Health Management)

Thursdays | 11:30 AM – 2:00 PM | 1st Floor Conference Room

June 9, 16, 23, 30

Asian Choral Group (Arts)

Session 1 - 1:15 PM – 2:25 PM | Auditorium

Session 2 - 2:30 PM - 4:00 PM | Auditorium
Class is currently full.

Ceramic Session 2 with Sherman (Education)
1:30 PM – 4:30 PM | 3rd Floor Ceramic Studio

To register for the waitlist email SWilson@edalliance.org If you have not taken a beginner's class with us, you will be added to our beginner's class waitlist.

Game Time with Andrea I (Education and Recreation)
1:30 PM – 2:30 PM | 2nd Floor Small Dining Room

No class June 2, Resumes June 9

To register email OASinfo@edalliance.org

Virtual Classes

Balance 101 with Demetra (Exercise)

12:00 PM – 1:00 PM

June 9

[Register here.](#)

Yoga with Dianne Galliano AKA Rashmi (Exercise)

3:00 PM – 3:45 PM

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.

[Register here.](#)

FRIDAYS

In Person Classes & Hybrid Classes

Tai Chi Class with Annie (Exercise)

10:00 AM – 11:00 AM | Auditorium

To register email OASinfo@edalliance.org

Technology Classes with Sonia (Technology)

11:00 AM – 1:00pm | 1st Floor Lounge

Class Schedule:

Smart Tablet Q&A | 11:00 AM – 12:00 PM

Computer Q&A | 12:00 PM – 1:00 PM

To register please email OASinfo@edalliance.org

Introductory Fall Stop...Move Strong with Celeste (Exercise)

11:00 AM – 12:00 PM | Auditorium

To register please email OASinfo@edalliance.org

Alliance Stage Company: Expressive Arts with Cory (Arts)

1:30PM – 2:10 PM | Auditorium

No Class June 17

To join, Please email the instructor for more information at Cmherman@edalliance.org

Alliance Stage Company: Sirovich Senior Theater with Cory (Arts)

2:15 PM – 3:15 PM | Auditorium

No Class June 17

To join, Please email the instructor for more information
at Cmherman@edalliance.org

Sirovich Vocal Ensemble (Sing - Along)(Arts)

3:30 PM – 4:30 PM | Auditorium

No Class June 17

[Join Zoom Meeting Here.](#)

Meeting ID: 729 2748 8436

Password: 1234567

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

Password: 1234567#

Virtual Classes

Feldenkrais with Margot Townsend (Exercise)

11:15 AM – 12:15 PM

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.

FreeConferenceCall, DIAL IN #: 1(425) 436-6331

ACCESS CODE: 596289#

[Register Here](#)

Zumba Gold[®] with Deekee Gaerlan (Exercise)

3:00 PM – 3:45 PM

[Register Here.](#)

331 EAST 12TH STREET

NEW YORK, NY 10003

(646) 395-4534

Not a member of Sirovich Center for Balanced Living? [Register Here](#)



NYC Department for
the Aging