

SIROVICH CENTER FOR BALANCED LIVING — SEPTEMBER 2017

Check lobby
bulletin board for
unplanned changes.

Fitness Level Key:

Open Level: Anyone
can participate
Level 1: Easy
Level 2: Intermediate
Level 3: Advanced

Social Services:

Make appointment:
Sujenie 646.395.4524
Andrea 646.395.4521

Computer Lab Hours:

M-W, F — 3-4PM
Mezzanine Floor

Health & Wellness

Office Hours:

M-F — 10AM-5PM

Theater Club Hours:

M-F — 11:30-2:30PM



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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
CENTER CLOSED ON MONDAY, SEPTEMBER 4TH FOR LABOR DAY	10:00-10:50 Ballroom Dance Instruction (<i>Auditorium</i>) NO Ballroom on 9/12	<u>Tai Chi Series</u> (<i>Auditorium</i>) 9:15-9:55 Sword—Level 3 10:00-10:50 Open Level	CENTER CLOSED ON THURSDAY, SEPTEMBER 21ST FOR ROSH HASHANAH	CENTER CLOSED ON FRIDAY, SEPTEMBER 22ND FOR ROSH HASHANAH	10:30-11:45 Gentle Yoga (<i>Auditorium</i>) NO Gentle Yoga on 9/9
9:30-10:20 PACE (<i>Auditorium</i>) 10-12:30 Adv Ceramics (<i>3rd Fl</i>)	10-4:45 Ceramics Open Studio & Q&A (<i>3rd Fl. Studio</i>)	10-4:45 Ceramics Open Studio & Q&A (<i>3rd Fl. Studio</i>)	10-10:50 Body Smart (<i>Audito.</i>) 10-4:45 Ceramics Q&A (<i>3rd Fl.</i>)	8:30-9:30 Writers & Storytellers (<i>Large Dining Room</i>) On hold. Return Date TBD.	1:30-4 Open Jazz Rehearsal (<i>Auditorium</i>) 9/16
10:30-11:30 Short Story Discussion (<i>1st Fl.</i>) Return Date in October	Chinese Dance Group Series —Open Level (<i>Auditorium</i>) 11:00-11:50 Morn. Session 2:30-3:15 Aftn. Session 1 3:30-4:15 Aftn. Session 2 NO Chinese Dance on 9/12	10-12 Jewelry Club (<i>Small Dining Room</i>) 10-12 Matter of Balance (<i>1st Fl. Multipurpose Room</i>) Ends October 11th. Class Full.	10-12 Shadow Puppetry w/ Federico Restrepo & LaMaMa — 11 sessions ONLY (<i>1st Fl Multipurpose Room</i>) BEGINS 9/7. Register in Office. —ROOM CHANGE on 9/7 to Small Dining Room —MAKE UP CLASS on 9/15 @10am-12pm	<u>Tai Chi Series</u> (<i>Auditorium</i>) 9:15-9:55 Tai Chi Sword-Level 3 10-10:50 Tai Chi — Open Level	FIND US AT: 331 East 12th Street NY, NY 10003 MAIN OFFICE 646-395-4532 646-395-4523 SECURITY (After 4pm) 646-395-4534 www.edalliance.org
11:30-12:30 SAIL Monday session begins 9/11 @11:30am. Wednesday session begins 9/13. Register in Main or Health Offices (<i>Auditorium</i>) NO SAIL ON 9/25	1:30-2:30 Chinese Folk Dance with Figure Training provided by Professional Instructor Ms. Qi Lai Ling OPEN TO ALL MEMBERS (Translation Available.) 5 SESSIONS ONLY! ENDS 9/5. (<i>Auditorium</i>)	11:30-12:30 SAIL Monday session begins 9/11 @11:30am. Wednesday session begins 9/13. Register in Main or Health Offices (<i>Auditorium</i>) NO SAIL ON 9/20	<u>Line/Jazz Dance</u> (<i>Auditorium</i>) 11:05-11:55 Advanced Participants may enter@10:55 12-12:50 Beginning	10-1 Adv. Ceramics (<i>3rd Fl</i>)	
<u>Mosaic Tiles</u> (<i>Multipurpose</i>) 1-1:55 Beginning 2-2:50 Advanced		11-12 Ceramics (<i>3rd Fl.</i>)	<u>Painting Series</u> (<i>3rd Fl.</i>) 12:30-1:30 Oil 1:30-2:30 Acrylics Register in office.	<u>Folk Dance Series</u> (<i>Auditorium</i>) 11:15-12:05 Folk Line Dance I 12:10-12:50 Folk Line Dance II	
1-4 Beg. Ceramics (<i>3rd Fl.</i>)	1-2 Fun Fitness Plus Class Full. (<i>Mezz. Group Rm.</i>)	11:15-12 Self Defense (<i>Audit.</i>)	1-2:30 Statue of Liberty Band ONLY ON 9/14	1-4:45 Ceramics Open Studio & Ceramics Q&A (<i>3rd Fl Studio</i>)	Weekday Meals Mon-Fri ONLY (<i>2nd Fl</i>)
<u>Ballroom Dance</u> (<i>Auditorium</i>) 1:00-2:10 Open Level 2:20-3:30 Level 1	4-5 Visual Theatre / Play-writing Workshop w/Renee & Carlo of Concrete Temple Theatre Class Returns October 24th. Register in Main Office.	11-12 Asian Choral Group Morning Sess. (<i>Sm Dining Rm</i>)	1:30-2:00 Current Events 2-2:55 Bingo (<i>1st Fl. MPR</i>)	1:15-2:15 Birthday Party (<i>Dining Room</i>) ONLY 9/29	Suggested Donation: \$1 for Breakfast \$1.50 for all other meals
1:35-2:25 Grupo de Empoderamiento con Sujenie (<i>Mezzanine Peacock Room</i>)	IF THERE IS A RUN-OFF ELECTION ON 9/26, CLASSES IN AUDITORIUM MAY BE CANCELLED AGAIN. PLEASE CHECK BULLETIN BOARD AND FLYERS STARTING 9/18.	1:30-2:20 Zumba (<i>Auditorium</i>) Participants may enter@1:15	3:10-4:00 Beginner Yoga — Level 1 (<i>Auditorium</i>) C subs 9/7 Participants may enter @2:55	<u>Drama Series</u> (<i>Auditorium</i>) 1:15–2:10 Expressive Arts 2:15-3:10 Senior Theater	Meal tickets are available in the front lobby.
2-2:30 Aquabeats (<i>Off-site: 14th St. Y</i>)		1:30-3:30 Knitting (<i>1st Fl</i>)	5:45-6:30 Masala Bhangra: Indian-Dance Based Exercise (<i>Auditorium</i>)	3:15-4:15 Vocal Ensemble (<i>Auditorium</i>)	Breakfast 8:30-10AM Tickets available from 8:30AM—9:55AM
3-4 Meditation w/Lyndell (<i>Mezzanine</i>)		1:35-2:25 Asian Choral Group Afternoon Sess. (<i>Sm Dining</i>)	7:30-9:30 Riffs & Suites: Intergenerational Vocal Group—Audition Required (<i>Small Dining</i>)	3:30-5 Film Series Film selection is based upon NYPL availability. Please contact Shao for more info. (<i>Small Dining Room</i>)	Lunch 12-1PM Tickets available from 10:00 AM—12:55 PM
4-5 Stretch & Self-Massage—Level 1 (<i>Auditorium</i>)		2:30-3:20 Intercultural Choral Group (<i>Auditorium</i>)		4:30-6:30 Chinese Dance Performance Rehearsals (<i>Auditorium</i>) ONLY 9/1, 9/8, 9/15 & 9/29	Dinner 5-6PM Tickets available from 3:30 PM—4:45 PM
5-6 Body Sculpting—Level 2/ Intermediate (<i>Auditorium</i>)		6-6:40 Beginning Tap Dance 6:50-7:30 Advanced Tap (<i>Auditorium</i>) NO TAP ON 9/20			Anyone under age 60 is required to pay: \$1.50 for Breakfast \$3 for all other meals
6:15-7 Zumba (<i>Auditorium</i>)					
8pm Morris Group Dancers (<i>Auditorium</i>) Cycle Begins again on 9/11					

SPECIAL EVENTS — SEPTEMBER 2017

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
<p>CENTER CLOSED ON MONDAY, SEPTEMBER 4TH FOR LABOR DAY</p>	<p>IF THERE IS A RUN-OFF ELECTION ON 9/26, CLASSES IN AUDITORIUM MAY BE CANCELLED AGAIN. PLEASE CHECK BULLETIN BOARD AND FLYERS STARTING 9/18.</p> <hr/> <p>Every Tuesday [1:45-2:45] Nutrition & Cooking Demo Workshop Series With Anna & Delma from NY Common Pantry & Food Bank <i>(Small Dining Room)</i></p> <hr/> <p>Looking Ahead: October 10th [1:30-4] Mid-Autum Moon Festival <i>(Auditorium)</i></p> <hr/> <p>Looking Ahead: October 24th [4-5] Visual Theater/ Playwriting Class Begins Again! <i>(1st Floor Multipurpose Rm)</i></p>	<p>September 20th [2:30 or 3] Non-Kosher Take-Home Dinner <i>(Dining Room)</i></p> <hr/> <p>September 27th [2—4] Fall Prevention Day <i>(Small Dining Rm)</i> Presentation and screening by Columbia Univ. Occupational Therapy Students</p> <hr/> <p>Looking Ahead: October 25th [9-11:30] FREE VISION SCREENING By SUNY Optometry <i>(1st Floor Multipurpose Room)</i> Register in Health & Wellness Office MAX OF 50 PPL.</p> <hr/>	<p>CENTER CLOSED ON THURSDAY, SEPTEMBER 21ST FOR ROSH HASHANAH</p> <hr/> <p>September 7th [9-12] NY Common Pantry/Food Bank <i>(1st Floor Multipurpose Rm.)</i> Please bring your pantry card and NY State Photo ID or NYCID. Pantry is not registering new members at this time.</p> <hr/> <p>[10-12] Shadow Puppetry with Federico of Loco7 & La MaMa <i>(1st Fl. Multipurpose Room)</i> Must register in Main Office. ROOM CHANGE ON FIRST DAY OF CLASS: SMALL DINING ROOM</p> <hr/> <p>TBD Opera Appreciation <i>(Off-Site—14th St Y Community Rm B)</i></p> <hr/> <p>September 14th [1:45] Ear Health Presentation [2:30-4:15] FREE Hearing Screenings by NY Eye & Ear Infirmary Audiologist <i>(Small Dining Room)</i> Register in Health & Wellness Office</p> <hr/> <p>September 28th [1:30] Medicare, Obamacare, & Trumpcare: Open Enrollment Intro By Sarie Teichman <i>(Small Dining Rm)</i></p>	<p>CENTER CLOSED ON FRIDAY, SEPTEMBER 22ND FOR ROSH HASHANAH</p> <hr/> <p>September 8th [10-2] Bernie the Watch Man <i>(Dining Room)</i> Repairs watches at cost of parts!</p> <hr/> <p>September 15th [1:30-2:15] Performance by Dell Willard & Ron Sorum <i>(Auditorium)</i> —Dell performs “Heart to Heart with Woody” —Ron performs a vocal theatre piece</p> <hr/> <p>September 29th [1:15-2:15] Birthday Party & Dance w/Sarie! <i>(Large Dining Room)</i></p> <hr/> <p>Looking Ahead: October 13th [9-11:30] FREE FLU SHOT With Nurse Nina of Mount Sinai & Beth Israel <i>(1st Fl Multipurpose Room)</i> Register in Health & Wellness Office</p>	<p>September 16th [1:30-4] Open Jazz Rehearsal <i>(Auditorium)</i></p>	<p>September 24th [10-12] Sweet Fall Celebration <i>(Dining Room)</i> Hosted by the Family Mitzvah Club! Enjoy a live musician, a delicious brunch, and art activities. Everyone is invited to join!</p> <p>Please RSVP with a Sirovich staff member by 9/18/14. Max of 80 ppl.</p>