

# SIROVICH CENTER FOR BALANCED LIVING — NOVEMBER 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
<b>9:30-10:20 PACE</b> ( <i>Auditorium</i> ) <b>10-12:30</b> Adv Ceramics ( <i>3rd Fl</i> ) <b>10:30-11:30</b> Short Story Discussion ( <i>1st Fl. MPR</i> ) <b>NO Class on 11/13</b> <b>11:30-12:30 SAIL</b> Register in Main or Health Offices ( <i>Auditorium</i> ) <b>Mosaic Tiles</b> ( <i>Multipurpose</i> ) <b>1-1:55</b> Beginning <b>2-2:50</b> Advanced <b>1-4</b> Beg. Ceramics ( <i>3rd Fl.</i> ) <b>Ballroom Dance</b> ( <i>Auditorium</i> ) <b>1:00-2:10</b> Open Level <b>2:20-3:30</b> Level 1 <b>1:35-2:25</b> Grupo de Empoderamiento con Sujenie ( <i>Mezzanine Peacock Room</i> ) <b>2-2:30</b> Aquabeats ( <i>Off-site: 14th St. Y</i> ) <b>3-4</b> Meditation w/Lyndell ( <i>Mezzanine</i> ) <b>4-5</b> Stretch & Self-Massage—Level 1 ( <i>Auditorium</i> ) <b>5-6</b> Body Sculpting—Level 2/Intermediate ( <i>Auditorium</i> ) <b>6:15-7</b> Zumba ( <i>Auditorium</i> ) <b>NO Zumba on 11/20 or 11/27</b> <b>8pm</b> Morris Group Dancers ( <i>Auditorium</i> ) Members are invited to watch	<b>10:00-10:50</b> Ballroom Dance Instruction ( <i>Auditorium</i> ) <b>10-4:45</b> Ceramics Open Studio & Q&A ( <i>3rd Fl. Studio</i> ) <b>11-12</b> Chair Yoga/Meditation w/Aaron ( <i>1st Fl. MPR</i> ) <b>Chinese Dance Group Series</b> —Open Level ( <i>Auditorium</i> ) <b>11:00-11:50</b> Morn. Session <b>2:30-3:15</b> Aftn. Session 1 <b>3:30-4:15</b> Aftn. Session 2 <b>1-2</b> Fun Fitness Plus ( <i>Mezzanine Group Rm.</i> ) <b>4-5</b> Visual Theatre / Play-writing ( <i>1st Fl. MPR</i> ) <b>4-5 Smartphone Workshop</b> Have your smartphone questions answered! ( <i>Lrg Dining</i> ) <b>ONLY 11/14, 11/21 &amp; 11/28</b> <b>4:30-5:30</b> Gentle Yoga Open to All! ( <i>Auditorium</i> ) <b>ONLY 12/5, 12/12 &amp; 12/19</b>	<b>Tai Chi Series</b> ( <i>Auditorium</i> ) <b>9:15-9:55</b> Sword—Level 3 <b>10:00-10:50</b> Open Level <b>10-4:45</b> Ceramics Open Studio & Q&A ( <i>3rd Fl. Studio</i> ) <b>11-12</b> Ceramics ( <i>3rd Fl.</i> ) <b>11:15-12</b> Self Defense ( <i>Audit.</i> ) <b>11-12</b> Asian Choral Group Morning Sess. ( <i>Sm Dining Rm</i> ) <b>1:30-2:20</b> Zumba ( <i>Auditorium</i> ) <b>Participants may enter@1:15</b> <b>1:30-3:30</b> Knitting ( <i>1st Fl</i> ) <b>1:35-2:25</b> Asian Choral Group Afternoon Sess. ( <i>Sm Dining</i> ) <b>2:30-3:20</b> Reiki Clinic ( <i>Small Dining Room</i> ) <b>2:30-3:20</b> Intercultural Choral Group ( <i>Auditorium</i> ) <b>3:30-4:30 SAIL</b> Register in Main or Health Offices ( <i>Auditorium</i> ) <b>6-6:40</b> Beginning Tap Dance <b>6:50-7:30</b> Advanced Tap ( <i>Auditorium</i> ) <b>ROOM CHANGE ON 11/15—MOVED TO SM DINING RM</b>	<b>CENTER CLOSED ON THURS, NOVEMBER 23rd</b> <b>10-10:50</b> Body Smart ( <i>Audito.</i> ) <b>10-4:45</b> Ceramics Q&A ( <i>3rd Fl.</i> ) <b>10-12 Shadow Puppetry</b> ( <i>1st Fl Multipurpose Room</i> ) Tues 11/14   1-3   Auditorium Thursday 11/14   10-12   Audit. <b>Friday 11/17   Puppetry Show!</b> All Members Invited to Watch! <b>Line/Jazz Dance</b> ( <i>Auditorium</i> ) <b>11:05-11:55</b> Advanced <b>Participants may enter@10:55</b> <b>12-12:50</b> Beginning <b>NO Jazz Beg or Adv on 11/16</b> <b>Painting Series</b> ( <i>3rd Fl.</i> ) <b>12:30-1:30</b> Oil   <b>1:30-2:30</b> Acrylics Register in office. New Cycle begins 11/16. <b>1-2:30</b> Statue of Liberty Band <b>NO Band on 11/23 or 11/30</b> <b>1:30-2:00</b> Current Events <b>2-2:55</b> Bingo ( <i>1st Fl. MPR</i> ) <b>3:10-4:10</b> Beginner Yoga ( <i>Audit.</i> ) <b>Participants may enter @2:55</b> <b>4-5 Smartphone Workshop</b> ( <i>Lrg Dining Rm</i> ) <b>ONLY 11/16 &amp; 30</b> <b>5:45-6:30</b> Masala Bhangra: Indian-Dance Based Exercise ( <i>Auditorium</i> ) <b>6:15-7</b> Meditation/Relaxation w/ Bonnie of ZenCare ( <i>Mezzanine</i> ) <b>7:30-9:30</b> Riffs & Suites: Intergenerational Vocal Group—Audition Required ( <i>Small Dining</i> )	<b>CENTER CLOSED ON FRIDAY, NOVEMBER 24th</b> <b>Tai Chi Series</b> ( <i>Auditorium</i> ) <b>9:15-9:55</b> Tai Chi Sword-Level 3 <b>10-10:50</b> Tai Chi — Open Level <b>NO Tai Chi on 11/17</b> <b>10-1</b> Adv. Ceramics ( <i>3rd Fl</i> ) <b>Folk Dance Series</b> ( <i>Auditorium</i> ) <b>11:15-12:05</b> Folk Line Dance I <b>12:10-12:50</b> Folk Line Dance II <b>Room Change—Moved to 1st Floor MPR on 11/17</b> <b>1-4:45</b> Ceramics Open Studio & Ceramics Q&A ( <i>3rd Fl Studio</i> ) <b>1:15-2:15</b> Birthday Party ( <i>Dining Room</i> ) <b>ONLY 12/1</b> Celebrate November Babies with dessert and dancing! <b>Drama Series</b> ( <i>Auditorium</i> ) <b>1:15-2:10</b> Expressive Arts <b>2:15-3:10</b> Senior Theater <b>Time Change—2-4 on 11/17</b> <b>3:15-4:15</b> Vocal Ensemble ( <i>Auditorium</i> ) <b>No Class on 11/17</b> <b>3:30-5 Film Series</b> Film selection is based upon NYPL availability. Please contact Shao for more info. ( <i>Small Dining Room</i> ) <b>4:30-6:30</b> Chinese Dance Performance Rehearsals ( <i>Auditorium</i> ) <b>ONLY 11/3 &amp; 11/10</b>	<b>10:30-11:45</b> Gentle Yoga ( <i>Auditorium</i> ) <b>NO Yoga on 12/2, 12/9, or 12/16.</b> <b>Make Up dates on Tuesdays, 12/5, 12/12 &amp; 12/19   4:30-5:30 in Auditorium</b> <b>FIND US AT:</b> 331 East 12th Street NY, NY 10003 <b>MAIN OFFICE</b> 646-395-4532 646-395-4523 <b>SECURITY (After 4pm)</b> 646-395-4534 <a href="http://www.edalliance.org">www.edalliance.org</a> <b>Weekday Meals</b> <b>Mon-Fri ONLY (2nd Fl)</b> <b>Suggested Donation:</b> <i>\$1 for Breakfast</i> <i>\$1.50 for all other meals</i> Meal tickets are available in the front lobby. <b>Breakfast 8:30-10AM</b> Tickets available from <b>8:30AM—9:55AM</b> <b>Lunch 12-1PM</b> Tickets available from <b>10:00 AM—12:55 PM</b> <b>Dinner 5-6PM</b> Tickets available from <b>3:30 PM—4:45 PM</b> <b>Anyone under age 60 is required to pay:</b> <b>\$1.50 for Breakfast</b> <b>\$3 for all other meals</b>

**DEAR SIROVICH MEMBER,  
WE ARE THANKFUL FOR YOU!**

**SIROVICH WOULDN'T BE THE LIVELY CENTER IT IS WITHOUT ALL OF OUR VIVACIOUS MEMBERS.**

**THANK YOU TO ALL WHO PARTICIPATE IN ACTIVITIES, DONATE TO THE CENTER AND VOLUNTEER WITH US!**

**LOVE,  
SIROVICH STAFF**

**Happy Thanksgiving!**



# SPECIAL EVENTS — NOVEMBER 2017

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
<p><b>November 6th [10-11]</b> <b>Conflict Resolution Workshop</b> Attorney-at-law Marcy Einhorn Basic Mediation Training! (Small Dining Room)</p>	<p><b>November 7th</b> <b>[6:00am-9:00pm]</b> <b>ELECTION DAY</b> <b>EXERCISE YOUR RIGHT TO VOTE!</b>  Up for election: Mayor; Comptroller; Public Advocate; Manhattan Borough President; and City Council. Visit <a href="https://www.nyccfb.info/voterguide">https://www.nyccfb.info/voterguide</a> for info on candidates!</p> <p><b>Since Sirovich is a polling site, all classes held in the Auditorium will be cancelled, BUT we are still open for meals and activities that take place in other spaces.</b></p>	<p><b>November 15th</b>  <b>[9:30—1:30]</b> <b>Trip to the Bronx Zoo</b> <b>FREE.</b> Bus departs Sirovich @9:30am and returns by 1:30pm. Open to all Sirovich &amp; ORE members. <b>Register in Main Office.</b></p>	<p><b>CENTER CLOSED ON FRIDAY, NOVEMBER 23rd (THANKSGIVING)</b></p> <p><b>REMINDER:</b> <b>SIROVICH IS NO LONGER A NY COMMON PANTRY DISTRIBUTION SITE.</b> The nearest site to Sirovich is Emmanuel Presbyterian Church located at 737 East 6th St. (between Ave C &amp; D). They distribute on 1st Tuesday of every month. All current registered members of Pantry may start picking up there on <b>Tuesday, November 7th from 10am-2pm.</b> Call Nourish Office at 917-982-2564 if need help.</p>	<p><b>CENTER CLOSED ON FRIDAY, NOVEMBER 24th (THANKSGIVING)</b></p> <p><b>November 3rd &amp; November 10th</b> <b>[Meet in Lobby @10:30am]</b> <b>Trip to Farmers' Market</b></p> <p><b>November 10th [1:45]</b> <b>Medication Review</b> (Sm Dining Rm) w/Touro College Pharmacy Students</p> <p><b>November 10th through November 16th [10am-3pm]</b> <b>THANKSGIVING TICKETS</b> Pick up ticket in Main Office. Suggested Donation: \$4. <b>NO ONE WILL BE TURNED AWAY IF UNABLE TO PAY. DONATE WHAT YOU CAN.</b></p> <p><b>November 17th [11:30am &amp; 1:00pm]</b> <b>THANKSGIVING LUNCH</b> <b>[3:00pm]</b> <b>SHADOW PUPPETRY SHOW</b> Sirovich members perform with shadow puppets they created in SU-CASA workshop w/Federico Restrepo &amp; La MaMa!</p>	<p><b>November 11th</b> <b>[5-8]</b> <b>Open Jazz Rehearsal w/Just Jazz Friends</b> (Audit.) Members are invited to listen in!</p> <p><b>November 25th</b> <b>[2-5]</b> <b>Just Jazz Friends Holiday Open Jam</b> Members are invited to listen in!</p>	<p><b>LOOKING AHEAD:</b> <b>December 17th</b> <b>[1:00pm &amp; 2:30 pm]</b> <b>Chinese Ribbon Dance Fundraiser!</b> (Auditorium) Join Margaret Yuen &amp; the Red Silk Dancers for an afternoon of beautiful dance in support of the Hurricane Relief Efforts taking place in Puerto Rico.</p>
<p><b>November 20th</b> <b>[10-2]</b> <b>Bernie the Watchman</b> Get your watches repaired at the cost of parts! (Large Dining Room)</p> <p><b>[1:15]</b> <b>Vegetable Distribution &amp; Presentation</b> (Large Dining)</p> <p><b>[2]</b> <b>NYU Dental Screening &amp; Oral Health Presentation</b> <b>FREE!</b> (Large Dining Room) Register for screening in Main or Health &amp; Wellness Offices</p>	<p><b>November 14th [5:30—6:30]</b> <b>Memorial for Sandy Lofaso</b> Join the Sirovich Theater Ensemble as they honor Sandy Lofaso by performing pieces he wrote.</p>	<p><b>[6:30-7:30]</b> <b>NYPD Community Meeting</b> Join the NYPD for a community meeting. Open to all neighborhood residents to voice your concerns. (Auditorium)</p>	<p><b>November 16th &amp; November 30th</b> <b>4-5 Smartphone Workshop</b> Have your questions answered! (Large Dining Rm)</p>	<p><b>November 17th [11:30am &amp; 1:00pm]</b> <b>THANKSGIVING LUNCH</b> <b>[3:00pm]</b> <b>SHADOW PUPPETRY SHOW</b> Sirovich members perform with shadow puppets they created in SU-CASA workshop w/Federico Restrepo &amp; La MaMa!</p>	<p><b>November 25th</b> <b>[2-5]</b> <b>Just Jazz Friends Holiday Open Jam</b> Members are invited to listen in!</p>	<p><b>LOOKING AHEAD:</b> <b>December 9th</b> <b>[10-4]</b> <b>Sirovich Holiday Flea Market &amp; Ceramics Sale</b> Purchase gifts just in time for the Holidays!</p>
<p><b>DATE TBD</b> <b>[12:30-2]</b> (Depart from Sirovich Lobby @12pm) <b>Trip to MYC for FREE Senior Swim</b> Join us on an introductory trip to the Manhattan Youth Center @120 Warren Street where you'll find a full 25-yard, 4-lane pool kept at a warm 86-88 degrees. Lunch provided. Transportation provided by Project CART.</p> <p><b>Max of 9ppl. Must by 65 yrs or older. Register &amp; fill out an application in Main Lobby.</b> Best news is you can go to FREE Senior Swim on your own once you've registered!</p>	<p><b>November 14th, 21st &amp; 28th</b> <b>4-5 Smartphone Workshop</b> Have your questions answered! (Large Dining Room)</p> <p><b>November 21st [1:45]</b> <b>Nutrition Workshop &amp; Food Demo</b> w/Delma from NY Food Bank (Small Dining Room)</p> <p><b>Looking Ahead: December 5th</b> <b>[9:30-1:30]</b> <b>Trip to Whitney Museum of American Art</b> Guided Tour of Exhibition <i>An Incomplete History of Protest.</i> \$2 donation. Lunch provided. Leave @9:30; Return by 1:30pm. <b>Register in Main Office.</b></p>		<p><b>November 16th &amp; November 30th</b> <b>4-5 Smartphone Workshop</b> Have your questions answered! (Large Dining Rm)</p>	<p><b>LOOKING AHEAD:</b> <b>December 1st [1:15-2:15]</b> <b>Birthday Party &amp; Dance w/Sarie!</b> <b>December 8th [10-4]</b> <b>Holiday Flea Market &amp; Ceramics Sale</b> Purchase gifts in time for the holidays!</p> <p><b>December 15th</b> <b>Winter Holiday Lunch</b> Stay tuned for more information!</p>	<p><b>December 9th</b> <b>[10-4]</b> <b>Sirovich Holiday Flea Market &amp; Ceramics Sale</b> Purchase gifts just in time for the Holidays!</p> <p><b>December 16th</b> <b>[2-4]</b> <b>Just Jazz Friends Concert!</b> (Auditorium)</p>	