

LETTER FROM THE EXECUTIVE DIRECTOR



Dear Friends,

One of the joys of the Manny Cantor Center is our thriving early-childhood program. We welcome children ranging in age from three months to four years old, and we delight in these magical years of growth and possibility. It is a great gift to peek into our classrooms and see children learning through joyful play, to witness our educators walking with our classes through the neighborhood en route to the park, and to connect with so many parents and caregivers about the day-to-day ups and downs of child-rearing.

Recently, I had the opportunity to visit one of our Universal Pre-K (UPK) classes, and my few moments in this classroom affirmed my belief in our work. Our Community Music Educator, Mariano Wainzstein, was playing his keyboard, and 18 children were actively participating. They were singing, swaying, dancing, giggling, and holding each other's hands. When Mariano began playing the introduction to the song "Stand by Me," the children began clapping their hands in unison and shouting "1-2-3-4" to mirror the rhythm they were hearing. A few children broke out into broad smiles. I noticed that they were demonstrating that they knew the song even before the words began and that they were showing each other this knowledge. I observed the pride they felt in recognizing this song and in recalling its "1-2-3-4" rhythm. These children were building a community around their shared memory of this song and their enthusiasm for singing it, together. These are the tiny and profound moments that make up every day in our classrooms—learning, interacting, observing, understanding the self in relation to others, and—don't forget—dancing and giggling.

We could all use some purposeful play and some time to laugh with friends. I hope you will find opportunities here at MCC to do just that. Whether it is our much-beloved Masala Bhangra group exercise class, one of our painting classes, a meal in our Weinberg Center for older adults, or participating in our vibrant volunteer program, I know that good times—and good friends—await.

See you soon!

Rabbi Joanna Samuels
EXECUTIVE DIRECTOR



GET CONNECTED

MANNY CANTOR CENTER

197 East Broadway, New York, NY 10002 | info@mannycantor.org | 646.395.4280 | mannycantor.org

HOURS OF OPERATION

Monday – Friday | 6 am – 10 pm

Saturday – Sunday | 7 am – 9 pm

HOLIDAY SCHEDULE

Manny Cantor Center will be closed or have limited hours on the following days:

Monday, 12/31/18 | New Year's Eve
MCC Fitness Holiday Hours: 6 am – 6 pm

Tuesday, 1/1/19 | New Year's Day
MCC Fitness Holiday Hours: 10 am – 5 pm

Monday, 1/21/19 | MLK Day
MCC Programs Closed, MCC Fitness Open

Monday, 2/18/19 | Presidents' Day
MCC Programs Closed, MCC Fitness Open

Thursday, 3/21/19 | EA All-Staff Conference
MCC Programs Closed, MCC Fitness Open

Sunday, 4/21/19 | Easter
MCC Programs Closed
MCC Fitness Holiday Hours: 12 – 7 pm

Monday, 5/27/19 | Memorial Day
MCC Programs Closed
MCC Fitness Holiday Hours: 7 am – 3 pm

Thursday, 7/4/19 | Independence Day
MCC Programs Closed
MCC Fitness Holiday Hours: 7 am – 3 pm

➔ For the most up-to-date schedules, visit mannycantor.org.



Manny Cantor Center is part of Educational Alliance's family of community centers throughout lower Manhattan.

FITNESS MEMBERSHIP



MANNY CANTOR FITNESS CENTER

OUR PHILOSOPHY

Manny Cantor Center Fitness is where the Lower East Side community comes together to break a sweat, feel healthy, and work toward being our best selves every day. Members come to MCC Fitness for our diverse selection of classes—like yoga, *Zumba™*, and *Pedal Power*—and stay for basketball, strength equipment, and personal training. Older adults can take advantage of discounted memberships and *Silver Sneakers®* classes, and families can have fun and keep active with *KidFit*.

Membership includes:

- Newly renovated light-filled 7,000-sq.-ft. fitness center with gorgeous city views
- 30+ cutting-edge exercise classes: indoor cycling, *Sunset Yoga*, *Masala Bhangra* and more
- Latest strength-training equipment and free weights
- Complimentary fitness assessment with a certified personal trainer
- Brand-new 5,000-sq.-ft. indoor basketball court
- Spacious locker rooms and showers
- Family fitness programs and supportive fitness staff

FIND YOUR FIT

➔ We offer month-to-month or annual memberships for individuals, couples, friends, families, older adults, and more. Contact us at 646.395.4282 or fitness@mannycantor.org to discuss the best membership type for you and/or your family.

Visit our cardio alley

24 state-of-the-art machines including:

- VersaClimber
- Virtual stationary bikes
- Treadmills
- Elliptical trainers

Fitness Member Discounts and Perks

- Discounts on art classes, preschool, and many other Manny Cantor Center programs
- Medicaid-eligible older adults may qualify for a FREE membership through Silver Sneakers and Optum Health memberships
- Access to year-round community events and workshops
- Head Start Families and Alumni are eligible for low-cost fitness memberships. For more information, stop by the Fitness Center desk.

FITNESS HOURS

Monday – Friday: 6 am – 10 pm
Saturday – Sunday: 7 am – 9 pm

GROUP EXERCISE CLASS SCHEDULE WINTER/SPRING 2019

All classes listed are FREE (except where noted) for Manny Cantor Fitness members and Downtown Fitness Passport members. Instructor/Class Schedule subject to change.

➔ For the most up-to-date version, visit mannycantor.org/fitness.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VINYASA YOGA 9:00 – 10:00 am Stephen M	GENTLE FLOW YOGA 8:00 – 9:00 am Siewli S	SUNRISE YOGA 7:00 – 8:00 am Lynne P 6th Floor	GENTLE FLOW YOGA 8:00 – 9:00 am Siewli S	SCULPT, SHAPE & TONE 6:45 – 7:45 am Ricardo T	PEDAL POWER 9:00 – 9:45 am Brad M	SCULPT, SHAPE & TONE 10:30 – 11:30 am Ricardo T
FUNCTIONAL STRENGTH 10:00 – 11:00 am Katia H	GLOBAL DANCE FITNESS 9:00 – 10:00 am Swara	BOX AND STRENGTH 9:00 – 10:00 am Katia H	PILATES MAT 9:00 – 10:00 am Janine W	SUNRISE YOGA 7:00 – 8:00 am Lynne P	FUNCTIONAL BUTTS & GUTS 9:45 – 10:30 am Staff	SLOW FLOW: INTERMEDIATE LEVEL 11:30 am – 12:30 pm Siewli S
SILVER SNEAKERS: CLASSIC 1:00 – 2:00 pm Roseann B <i>Class only for Silver Sneakers members</i>	PILATES MAT 10:00 – 11:00 am Michelle	PURE STRENGTH 10:00 – 11:00 am Joe N	BARRE CONDITIONING 10:00 – 11:00 am Janine W	GLOBALDANCE FITNESS 9:00 – 10:00 am Swara	MASALA BHANGRA™ WORKOUT 10:30 – 11:15 am Cloe A	SLOW FLOW: BEGINNER LEVEL 12:30 – 1:00 pm Siewli S
BARRE CONDITIONING 6:30 – 7:30 pm Instructor TBD	SILVER SNEAKERS: CARDIO FIT 1:00 – 2:00 pm Florella D <i>Class only for Silver Sneakers members</i>	SILVER SNEAKERS: CLASSIC 2:00 – 3:00 pm Roseann B <i>Class only for Silver Sneakers members</i>	SILVER SNEAKERS: CARDIO FIT 2:00 – 3:00 pm Florella D <i>Class only for Silver Sneakers members</i>	BODY BURN 10:00 – 11:00 am Toni V	TABATA 11:15 am – 12:00 pm Toni V	
ABSOLUTE ABS 7:30 – 8:00 pm Brad M	ZUMBA™ 6:00 – 7:00 pm Demetra T	MASALA BHANGRA™ WORKOUT 6:00 – 7:00 pm Cloe A	PURE STRENGTH 6:00 – 7:00 pm Michelle S	TAI CHI 1:00 – 2:00 pm Jan L		
PILATES MAT 7:30 – 8:30 pm Instructor TBD 6th Floor	VINYASA YOGA 7:00 – 8:00 pm Derek	VINYASA YOGA 7:00 – 7:45 pm Jolene F	TABATA 7:00 – 8:00 pm Michelle S			
BOX AND STRENGTH 8:00 – 9:00 pm Brad	ABSOLUTE ABS 7:45 – 8:00 pm Brad M	VINYASA YOGA 7:00 – 7:45 pm Jolene F	VINYASA YOGA 8:00 – 9:00 pm Staff			
	20:20:20: 8:00 – 9:00 pm Brad M					

BASKETBALL GYM OPEN HOURS

Come join us on our regulation-size basketball court for pickup games with other Manny Cantor members. A court monitor will be present to organize and manage all activity.

ADULT RECREATIONAL PLAY (ages 16+)
Mondays and Fridays | 7:00 pm – 10:00 pm (full court)
Saturdays | 7:00 am – 10:00 am (half court)
10:00 am – 12:00 pm (full court)
NEW! 12:00 pm – 2:00 pm (full court)*
NEW! 2:00 pm – 3:00 pm (half court)*
Sundays | 7:00 am – 10:00 am (full court)

TEEN OPEN GYM (ages 13–15)
Saturdays | 7:00 am – 10:00 am (half court)

*Basketball hours are subject to change. Please see the website for the most up to date schedule.

SILVER SNEAKERS AND OPTUM

Are you a senior? You may qualify for a fitness membership at no cost to you based on your insurance. Visit the MCC fitness desk today or call 646.395.4282 to find out more.

FITNESS CLASS DESCRIPTIONS

Barre Conditioning A total-body conditioning class that will sculpt a long, lean ballet body and toned booty! Exercises include light calisthenics to get your heart pumping as well as traditional ballet choreography.

Body Burn This high-intensity cardiovascular class uses your own body weight to tone muscle and burn fat while giving you that cardio sweat. Express abs at the end.

Box and Strength Take care of your cardio with boxing combinations and strength training using weights and resistance bands in this fun, upbeat class that will give you a full-body workout.

Functional Butts & Guts A low-impact class that aims to strengthen the glutes, hips, abdominal area, lower back, and oblique muscles and finishes with a recuperating stretch.

Functional Strength Focus on toning and strengthening your muscles using various pieces of equipment: dumbbells, a body bar, resistance bands, a step, balls, and more. This class teaches you the proper form and execution of many exercises while emphasizing functional training.

Gentle Flow Yoga A mellow class that combines yoga postures, breathing, and meditation. This class is geared toward students who wish to move at a gentler, slower pace. Ideal for beginners, seniors, and those who enjoy a meditative practice.

Global Dance Fitness An energetic, fun cardio-based dance workout that perfectly blends strength training with groovy dance moves. Revitalize yourself with the latest dance moves and learn a new short choreography routine in every class! The session also features partner and group work, changing formations, and improvisation to keep you on your toes.

Masala Bhangra™ Workout A program based on Indian dance that's for people of all ages and fitness levels who love to stay physically active through dance. It introduces you to high-energy bhangra and Bollywood dance movements in an easy-to-follow fitness format.

Pedal Power (cycling) Take a cardiovascular journey centered on high- and low-intensity heart-rate training. Listen to the music and challenge your body. Whether climbing a steep hill or racing past your opponent, you learn to balance your heart rate and breathing to achieve optimal cardiovascular health.

Pilates Mat Work toward a "long, lean body." This class hones in on the strength and flexibility of major muscle groups based on the traditional studies of Joseph Pilates. The exercises combine core movements and breathing.

Pure Strength This class centers on building strength and adding definition. You will change the shape of your

body using free weights, body bars, resistance bands, stability balls, and your own body weight, all interlaced with effective cardiovascular routines. Exercises are modified to accommodate all fitness levels.

SCULPT, SHAPE & TONE This dynamic and functional-movement Small Group Training Class sculpts, shapes, and tones your whole body! The session fuses weight and bodyweight training with an endless array of fitness tools and techniques for a complete workout. **M: \$215 per 8-week session \$30/class | NM: \$35/class**

Silver Sneakers: Classic For older adults 65+ Have fun and move to the music in a variety of exercises that increase muscular strength and range of movement to improve activities for daily living. Handheld weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. Chairs are available if needed for seated or standing support.

Silver Sneakers: Cardio Circuit For older adults 65+ Try a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that specifically target building upper-body and core strength.

Slow Flow Yoga The focus is on moving and breathing mindfully while learning to get into and out of poses safely. Great for beginners and intermediate/advanced students who would like to refine their alignments.

Sunrise Yoga Start your morning right with a refreshing, calming vinyasa yoga class.

Tabata Following a format of timed sequenced exercises, aka high-intensity interval training, Tabata is designed to tone, strengthen, and condition the entire body, turning it into a lean, mean, fat-burning machine.

Tai Chi Tai Chi Chuan (translated as "Supreme Ultimate Fist") is a meditative martial art proven to enhance balance, circulation, and awareness and strengthen the body, mind, and spirit. Taught by four-time Tai Chi World Cup champion and former U.S. Tai Chi Push Hands Team Captain Jan Lucanus.

20/20/20 A triple dose of some of the most effective exercise techniques, in one class. Clock cardio time, build your strength, and learn boxing technique. This class is open to beginners and advanced participants.

Vinyasa Yoga Mind and body come together as you move smoothly through yoga poses while maintaining awareness of breath. Achieve better posture, flexibility, balance, and strength to improve your focus. All levels welcome.

Zumba™ Zumba combines high-energy, captivating music with Latin-inspired moves that will leave you asking for more! Zumba is a "feel good" workout for all levels.



PERSONAL TRAINING

Our team of experienced and certified fitness professionals is here for you. We specifically design fitness programs to cater to your individual needs, including cardiovascular, resistance, and flexibility training.

Personal-training packages include 30- and 50-minute sessions, individual sessions, and packages.

- Starter packs for first-time clients
- One-on-one training sessions
- Loyalty packs

➔ For complete personal-training packages and pricing or to learn more, contact us at 646.395.4282 or fitness@mannycantor.org.

KIDFIT

Ballet

A class to introduce the kids to ballet and creative movement. They learn basic ballet steps and how to follow directions, and they play games to develop skills in a positive, fun environment. Music inspires these little ones to dance!

AGES: Preschool, 3 – 4 years

Tuesdays | 3:15 – 4:00 pm | 1/15 – 3/26

Wednesdays | 3:15 – 4:00 pm | 1/16 – 3/27

AGES: Youth, 5 – 6 years

Tuesdays | 4:00 – 4:45 pm | 1/15 – 3/26

Wednesdays | 4:00 – 4:45 pm | 1/16 – 3/27

Tuesdays (9 classes): **M: \$180 | NM: \$270**

Wednesdays (10 classes): **M: \$200 | NM: \$300**

Basketball Clinics

For boys and girls who are interested in expanding their skills in and knowledge of basketball. These classes allow kids to improve their fundamental offensive and defensive abilities and help them develop the confidence necessary to succeed in competitive play.

AGES: Youth, 5 – 7 years

Sundays | 10:00 – 11:00 am | 1/20 – 3/24 (9 classes)

AGES: Junior, 8 – 10 years

Sundays | 11:00 am – 12:00 pm | 1/20 – 3/24 (9 classes)

M: \$225 | NM: \$315

➔ Please note that during the week of March 31 – April 6 we hold makeup sessions for all registered participants along with trial classes for prospective participants.

Basketball Skills and Drills

This basketball workshop provides teens with the specific techniques and skill-building drills they need to improve their game and confidence on the court.

AGES: Youth, 11 – 13 years

Mondays | 6:30 – 7:30 pm | 1/14 – 3/25 (9 classes)

AGES: Junior, 14 – 16 years

Mondays | 5:30 – 6:30 pm | 1/14 – 3/25 (9 classes)

M: \$225 | NM: \$315

SSA Training (Strength, Speed, and Agility)

This functional-training class uses a multifaceted approach to improve strength and performance for both sports and daily activities. It focuses on the nine components of fitness: strength, power, agility, balance, flexibility, local muscle endurance, cardiovascular endurance, strength endurance, and coordination. Whether your teen does swimming, basketball, running, baseball, or otherwise, SSA training puts your athlete on the path to achieve ultimate success at the next level.

AGES: 11 – 15 years

Thursdays | 4:00 – 5:00 pm | 1/17 – 3/28 (10 classes)

M: \$250 | NM: \$350

Wrestling

This class is centered around having fun and developing the basic skills of wrestling. We aim to instill the work ethic that will carry them through the rest of their lives. Friendly competition is centered around sportsmanship.

AGES: Youth, 4 – 7 years

Thursdays | 4:45 – 5:30 pm | 1/14 – 3/25 (9 classes)

AGES: Junior, 8 – 15 years

Thursdays | 5:30 – 6:15 pm | 1/14 – 3/25 (9 classes)

M: \$180 | NM: \$270



SOCCER WITH THE ACADEMY

MCC is proud to Partner with The Academy in our updated soccer program!

Youth and Junior Soccer

This program is for boys and girls who want to learn more about the fundamentals of soccer. They build basic necessary skills that will help them succeed when the competitive level increases, though during sessions there is a focus on fun, too. A heavy component of the program is foot skills, which increase confidence with the ball.

AGES: Youth, 5 – 7 years

Sundays | 11:00 am – 12:00 pm | 1/20 – 3/24 (9 classes)

AGES: Junior, 8 – 10 years

Sundays | 10:00 – 11:00 am | 1/20 – 3/24 (9 classes)

M: \$225 | NM: \$315

Academy Kickers

An age-appropriate soccer curriculum designed with a combination of early-childhood education and soccer-skill games to ensure that each child is not only advancing his or her soccer skills but also developing self-confidence and improving motor skills, social skills, and basic teamwork—all while having a great time.

AGES: 3 – 4 years

Mondays | 3:00 – 3:45 pm | 1/14 – 3/25 (9 classes)

Fridays | 3:15 – 4:00 pm | 1/14 – 3/25 (10 classes)

AGES: 5 – 6 years

Mondays | 3:45 – 4:30 pm | 1/14 – 3/25 (9 classes)

Fridays | 4:00 – 4:45 pm | 1/14 – 3/25 (10 classes)

Mondays (9 classes): **M: \$180 | NM: \$270**

Fridays (10 classes): **M: \$200 | NM: \$300**

➔ Register for more than one workshop series for the season and receive 10% off any class.

- Sliding scale rates available for participants in Educational Alliance Head Start. Please inquire at the Fitness Front Desk for details.
- No refunds or exchanges may be applied to any KidFit classes.

KIDFIT SCHEDULE WINTER/SPRING 2019

Our KidFit classes are designed to keep children active and moving while teaching them necessary skills like teamwork, discipline, listening, leadership, and social skills. We pride ourselves in creating fun, supportive fitness environments that encourage sportsmanship and friendly competition.

➔ Schedules are subject to change. For the most up-to-date version, visit mannycantor.org/kidfit.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
ACADEMY KICKERS (SOCCER) Group X Studio 3:00 – 3:45 pm 3 – 4 years 3:45 – 4:30 pm 5 – 6 years	PRESCHOOL BALLET Group X Studio 3:15 – 4:00 pm 3 – 4 years YOUTH BALLET Group X Studio 4:00 – 4:45 pm 5 – 6 years	PRESCHOOL BALLET Group X Studio 3:15 – 4:00 pm 3 – 4 years YOUTH BALLET Group X Studio 4:00 – 4:45 pm 5 – 6 years	SSA TRAINING Fitness center floor 4:00 – 5:00 pm 11 – 15 years	ACADEMY KICKERS (SOCCER) Group X Studio 3:15 – 4:00 pm 3 – 4 years 4:00 – 4:45 pm 5 – 6 years	YOUTH BASKETBALL CLINIC Basketball Court 10:00 – 11:00 am 5 – 7 years JUNIOR SOCCER CLINIC Basketball Court 10:00 – 11:00 am 8 – 10 years JUNIOR BASKETBALL CLINIC Basketball Court 11:00 am – 12:00 pm 8 – 10 years YOUTH SOCCER CLINIC Basketball Court 11:00 am – 12:00 pm 5 – 7 years
WRESTLING Basketball Court 4:45 – 5:30 pm 4 – 7 years 5:30 – 6:15 pm 8 – 15 years					
BASKETBALL SKILLS AND DRILLS Basketball Court 5:30 – 6:30 pm 14 – 16 years 6:30 – 7:30 pm 11 – 13 years					

EARLY CHILDHOOD



The Early Childhood programs at Manny Cantor Center welcome families of all backgrounds. Teachers and children work collaboratively to support children's interests, questions, and theories about the world around them. Families are our partners, joining together with children and teachers to build a seamless connection between home and school. Exploration, play, open-ended questions, and beautiful spaces provide an excellent framework for learning.

In our effort to serve families across the economic spectrum, we offer fee-based and Head Start-funded early-childhood options. Both programs are offered for children as young as three months through pre-K.



Provided in collaboration with the NYC Department of Education, **UPK at MCC** is an inspired, responsive, progressive pre-K program that welcomes all families on the Lower East Side and beyond. UPK at MCC follows an emergent, project-based curriculum inspired by progressive schools around the world. We know that children learn best when engaged in work that is meaningful, ongoing, and authentic to their interests and values. Our teachers create classroom environments that are beautiful, challenging, and full of possibilities, then observe children closely to plan experiences and projects to extend children's meaning making.

Working in close partnership with our colleagues in Educational Alliance Preschool and Educational Alliance Children and Family Services, we offer wraparound services and support to families, including an optional extended day program.

➔ Registration for the 2019–20 school year opens in early 2019. All families are eligible to apply, regardless of household income. To learn more, please call **646.395.4253**, email **UPK@mannycantor.org**, or visit us at **mannycantor.org/UPK** to sign up for a tour.



EDUCATIONAL ALLIANCE CHILD AND FAMILY SERVICES

Educational Alliance **Child and Family Services Program** consists of Home-Based and Center-Based options for children from birth through 5 years old. We offer high-quality educational experiences along with supportive services to children and families. Our Two-Generation Model is Educational Alliance's pioneering family-education initiative, which provides engagement opportunities for the entire family. We build partnerships with families to construct the foundation for future success through three pathways: Family Well-being & Parenting, Adult Education & Career, and Community Leadership. All families enrolled in our programs receive the extended support of a Family Mentor who works with families on creating a customized plan.

Our programs are located at 5 locations in the Lower East Side, including Manny Cantor Center. We also have programs located at P.S. 142, P.S. 64, and 18 Avenue D.

➔ To learn more, contact us at **212.780.2300** or **cfsinfo@edalliance.org**.

Para español: **646.395.4538**

中文资讯服务: **646.395.4138**

About Our programs:

- Our **Prenatal Program** offers education and customized support to expecting families, ensuring the health and safety of your developing child. Families receive weekly contacts to explore different aspects of labor, delivery, postpartum recovery, maternal depression, and new family dynamics.
- Our **Home-Based Program** provides families with children that are newborn to age 3 years old the opportunity to learn early literacy strategies in the comfort of their own homes, using the home environment as a "classroom." Families receive one-on-one visits tailored to fit their child's needs and to promote their cognitive, physical, social, and emotional skills.
- **Center-Based (Early Head Start/Head Start/Early Learn)** classrooms provide children ages 3 months to 4 years old the opportunity to explore age-appropriate materials and build joyful relationships with peers and teachers in a nurturing, responsive environment. Children explore and create for the majority of the day and engage in socialization to build confidence, self-esteem, and a mutual respect for their peers and teachers. We celebrate diversity among our children, and they are encouraged to develop respect for cultural differences and share them in the classroom. Full Day and Extended Day available.



Our **Educational Alliance Preschool** is inspired by the Reggio Emilia philosophy, Jewish values and traditions, the surrounding Lower East Side community and, most importantly, our children and families.

➔ Enrollment is now open for the 2019–2020 school year. Visit **www.mannycantor.org/preschool** to apply!

About our programs:

- **Infant and Toddler Center** offers children 3 to 24 months the opportunity to explore age-appropriate materials and build joyful relationships with peers and teachers in a nurturing, responsive environment. Flexible 5-day, 3-day, and 2-day options are available.
- **2s Together** program welcomes children 18 to 30 months into their first group experience through a gentle and gradual separation process tailored to each child's needs.
- **2s and 3s** programs are led by inspired and experienced professionals who partner with children and families to build learning environments that support expression, exploration, wonder, and play.

➔ To learn more, contact us at **646.395.4250** or **preschool@mannycantor.org**.



PARENTING



At our Parenting Center, families come together to connect and build friendships within a safe learning environment nurtured by our expert facilitators. This welcoming space within Manny Cantor Center offers neighborhood families a true community while providing support for the trials, tribulations, and triumphs of raising a family. ➔ For the most up-to-date schedule, visit mannycantor.org/parenting.

Newborn Care **FREE**

Find joy and humor in the care routines you create for your new baby while building confidence in your ability and instincts. Topics include preparing your home for a baby's arrival, circumcision and umbilical cord care, bathing and dressing, and bottle and breastfeeding. Your partner, grandparent, or a supportive relative or friend is welcome to join!

FREE | For class dates and times, visit mannycantor.org/parenting.

Breastfeeding Preparation **FREE**

This class offers real-life breastfeeding information and prepares you for the first month with your baby: the newborn period. Topics include various comfortable latch-on positions, how to tell if things are going well, and where to get help. Partners are warmly encouraged to attend.

FREE | For class dates and times, visit mannycantor.org/parenting.

Breastfeeding Support Circle **FREE**

This breastfeeding support circle is led by International Board Certified Lactation Consultant Andrea Syms-Brown and addresses nipple pain, milk intake, your baby's weight gain, and more. You get reassurance and a customized plan to make breastfeeding more manageable—and enjoyable. We have a milk-intake scale on hand so you can find out exactly how much your baby gets during a feeding. Bring your concerns, a snack, an extra blanket, and a few diapers.

FREE | For class dates and times, visit mannycantor.org/parenting.

Toddler Drop-In

Come with your child to engage in an early social experience together. This welcoming and interactive environment is the perfect place to meet other neighborhood families and your toddler's first friends. Feel free to come with questions about behavior, milestones, and next steps for you and your little one.

AGES: 6 – 24 months
For class dates and times, visit mannycantor.org/parenting.

Open Exploration

Children are natural scientists who love to explore and discover the world around them. Join us and other neighborhood families for a fun, creative, hands-on way of learning through exploration. Introduce your child to new friends, wonder, and the opportunity to make a mess in our warm, welcoming classroom environment.

AGES: 6 – 24 months
For class dates and times, visit mannycantor.org/parenting.

Open Studio

Come make a mess in our studio! Children and families explore a variety of expressive art materials in this open-ended class.

AGES: 6 – 24 months
For class dates and times, visit mannycantor.org/parenting.

➔ For pricing information and to register, contact us at **646.395.4250** or preschool@mannycantor.org. Pricing is subject to change. For the most up-to-date schedule information, visit mannycantor.org/parenting.



GET INVOLVED IN OUR RECYCLE and REUSE PROGRAM

Our Community Arts Studio is the creative hub of Manny Cantor Center and houses our MCC Recycle and Reuse program. We collect discarded materials that can be repurposed in creative projects by MCC community members of all ages. Donations from our community support Educational Alliance programming, including MCC Early Childhood and EA after-school programs, the Weinberg Center for Balanced Living, Edgies Teen Center, and the Center for Recovery and Wellness.

We seek the following donations:

- industry samples: fabric, tile, wallpaper, leather, and wood
- home & office: decorative papers, white office stationery, small gift boxes, small toiletries boxes

We accept donations on the first Monday of every month, from 12:00 to 4:00 pm.

➔ To get involved, contact communityarts@mannycantor.org or call **646.395.4441**.



PRIVATE STUDIO LESSONS AND GROUP WORKSHOPS

Looking for new ways to improve your artistic skills? Take a private studio lesson or book a group workshop at the Educational Alliance Art School! Work with our staff of professional artists to customize your own creative experience.

Our private studio lessons and small group workshops have something to offer potters, painters, and printmakers of every skill level. Newcomers learn the basic techniques of an artistic discipline. More experienced artists receive individualized technical instruction to help them improve their existing creative practices and achieve new goals.

Each two-hour private lesson or group workshop includes:

- Professional quality materials and tools
- Personalized instruction from one of our professional artists and instructors
- Artwork to take home (ceramics lessons include bisque and glaze firings for two pieces)

➔ Learn more at mannycantor.org/art-classes/private-lessons. Contact **646.395.4258** or art@mannycantor.org to book a private lesson or a workshop.

➔ Prefer to book an event or party in the Art School? See the back cover for more information!



ARTS & CULTURE



For more than a century, Educational Alliance Art School has provided opportunity for creative expression, skill acquisition, and arts appreciation for New Yorkers of all backgrounds and ages and has hosted renowned artists—including Chaim Gross, Louise Nevelson, and Mark Rothko—as students and as faculty. Today the Art School at Manny Cantor Center is one of New York City’s premier community art schools, offering a fresh selection of classes and workshops.



MIXED MEDIA | 5- AND 10-WEEK COURSES

ADULT PAINTING | PAINTING IN ANY MEDIUM (STUDENT CHOICE)

Painting Your Vision

Whether you are a returning painter or a new artist, this course enables you to explore your personal vision. The diversity of practices within this class creates an inspiring space for each student to experiment. Students work on independent projects at their own pace with personalized instruction and discussion. You can use your choice of oil paint or acrylic. Basic techniques are covered, supplemented by advanced dialogue for intermediate and advanced painters. Each artist receives one-on-one feedback sessions with the instructor.

Mondays | 1/7 – 3/25 | 10:00 am – 12:30 pm
10 classes | \$375 | includes free locker rental and Open Studio time

Painting Studio

This course is for students who wish to continue their painting practice in a studio setting with the one-on-one guidance of an instructor. Experienced painters of all levels are welcome. Each student works independently and is guided on his or her personal painting journey through demonstrations, discussions, and individual artistic advice. Artists can paint in any medium they choose.

Tuesdays | 1/8 – 3/12 | 6:30 – 9:00 pm
10 classes | \$375 | includes free locker rental and Open Studio time

ADULT PAINTING | OIL

Oil Painting from Photographs

Learn the basics of oil painting or build on your existing skills. This class is for students of all levels who want to learn to paint from photographs. Bring a photo of your favorite person, animal, or landscape, and have fun painting in oil. Learn how to set up your palette, mix colors, use color theory, create compositions, make textures, and create a sense of light and dark.

Thursdays | 1/10 – 3/14 | 6:30 – 9:00 pm
10 classes | \$375 | Includes free locker rental and Open Studio time



Introduction to Oil Painting

Students discover the creative and technical advantages of oil painting. Learn the basics, such as setting up the palette and mixing colors, as well as a variety of techniques to accomplish your goals. The exercises presented develop your skills in observation and painting the form to create depth and a sense of light. Students paint from still-life setup as well as from their own photographs.

Saturdays | 1/12 – 3/16 | 3:00 – 5:30 pm
10 classes | \$375 | includes free locker rental and Open Studio time

ADULT PAINTING | WATERCOLOR

Watercolor Painting

Learn the basics without the frustration! In this course, we start by experimenting with watercolor and exploring techniques. Structured for all levels of experience, this course includes demos in color and design, wet-on-wet, and dry-brush techniques. You learn how to create texture, mix color, blend, use your brushes, and understand composition before you move on to more complex techniques. The class uses still lifes as well as reference materials such as sketches, reproductions, and photos. Develop your own style and abilities through individualized, one-on-one instruction as well as small group instruction.

Mondays | 1/7 – 3/25 | 6:30 – 9:00 pm
Thursdays | 1/10 – 3/14 | 10:00 am – 12:30 pm
10 classes | \$375 | includes free locker rental and Open Studio time

ADULT PAINTING | ACRYLIC

Acrylic Painting

Students can express their inner artist by learning the basics of acrylic painting. Through class demonstrations and personalized instruction, students learn about color mixing, tone value, texture, and composition. They can start from a picture or a still life and discover their unique personal expression. Painting in any style, students can create from perception, imagination, or

abstraction. The small class size allows for one-on-one expert instruction that pushes students’ work to the next level. Beginners and advanced students are all welcome.
Sundays | 1/13 – 3/17 | 10:30 am – 1:00 pm
10 classes | \$375 | includes free locker rental and Open Studio time

For the Winter 2019 term starting Monday, January 7, at Educational Alliance Art School, we are continuing 10-week courses, which means more time with our expert instructors, more time in our studios, and more time to get creative. As always, our classes feature personalized instruction in a small group setting and ample Open Studio time on weekdays and weekends. To learn more, contact us at 646.395.4258 or art@mannycantor.org.

CERAMICS | 5- AND 10-WEEK COURSES

Adult Ceramics

In our pottery courses, students of all skill levels are welcome! Beginners are introduced to the foundations of using the potter’s wheel, hand-building, and glazing. Intermediate students can learn new skills such as creating handles, lids, spouts, and other finishing touches to basic vessel forms. Advanced students have the opportunity to customize their instructional experience based upon their interests and ability.

WEEKNIGHTS & WEEKENDS

Mondays | 1/7 – 3/25 | 6:30 – 9:00 pm | 10 classes
Tuesdays | 1/8 – 3/12 | 6:30 – 9:00 pm | 10 classes
Wednesdays | 1/9 – 3/13 | 6:30 – 9:00 pm | 10 classes
Thursdays | 1/10 – 3/14 | 6:30 – 9:00 pm | 10 classes
Fridays | 1/11 – 3/15 | 6:30 – 9:00 pm | 10 classes
Saturdays | 1/12 – 3/16 | 10:30 am – 1:00 pm | 10 classes
Sundays | 1/13 – 3/17 | 10:30 am – 1:00 pm | 10 classes

WEEKDAY MORNINGS

Tuesdays | 10 am – 12:30 pm
1/8 – 3/12 | 10 classes (session 1 & 2)
1/8 – 2/5 | 5 classes (session 1)
2/12 – 3/12 | 5 classes (session 2)
Wednesdays | 1/9 – 3/13 | 10 am – 12:30 pm | 10 classes
Thursdays | 1/10 – 3/14 | 10 am – 12:30 pm | 10 classes
Fridays | 1/11 – 3/15 | 10 am – 12:30 pm | 10 classes
10 classes (both sessions): \$475
5 classes (one session): \$285
Includes all materials, an individual shelf, 1,000 cubic inches of firing, and Open Studio time

Young Artist Ceramics

AGES 9 – 13

Our after-school courses are designed for curious youth to explore the world of three-dimensional art through clay and to create decorative and functional pottery to bring home. Students make vessels using the slab or coil method and the pottery wheel, and they learn how to glaze their own creations. Supportive, small classes allow for personalized instruction.

Tuesdays | 1/15 – 4/2 | 4:00 – 6:00 pm
Thursdays | 1/17 – 3/28 | 4:00 – 6:00 pm
Arrival time begins at 3:30 pm.

10 classes | \$350 | includes all materials and firing
No classes when NYCDOE schools are closed.

Teen Ceramics

AGES 14 – 18

New and experienced high-school-aged potters are welcome to join our class specifically for 14- to 18-year-olds. Using both hand-building and wheel throwing techniques, students make bowls, cups, vases, and other vessel forms. On the wheel, students are introduced to the important basics of wedging, centering, throwing a unique form, trimming, and glazing. Through hand-building, students learn pinch, coil, and slab construction. Individualized instruction for each student is based on his or her level.

Wednesdays | 1/16 – 3/27 | 4:00 – 6:00 pm
Arrival time begins at 3:30 pm.
10 classes | \$350 | includes all materials and firing
No classes when NYCDOE schools are closed.

ADULT PRINTMAKING

NEW! Silk Screening

Come and develop a series of single and multiple color-edition prints. In our new course, students gain basic mastery of various techniques for making prints using water-based screen-printing techniques. Our course includes a special emphasis on the photo-emulsion process. Students learn how to prepare and transfer the image or design to the screen (either manually or digitally), mix ink, and print multiple editions. Students are encouraged to investigate their own interests and concepts in terms of content and image making in the process of printing.

Wednesdays | 6:30 – 9:00 pm

1/9 – 3/13 | 10 classes | \$475 (session 1 & 2)

1/9 – 2/6 | 5 classes | \$285 (session 1)

2/13 – 3/13 | 5 classes | \$285 (session 2)

Includes free locker rental and Open Studio time

ADULT DRAWING

Introduction to Drawing

Discover the joy of drawing in this beginners' class! Explore your creativity through drawing, and experiment with a variety of art materials including pencil, charcoal, and ink. Working from still lifes, artists learn fundamentals such as line, form, shading, composition, personal self-expression, and more. Receive encouraging, one-on-one art instruction in a supportive class. Each session ends with figure drawing of a live nude model.

Saturdays | 1/12 – 3/16 | 10:30 am – 1:00 pm

10 classes | \$375 | includes free locker rental and

Open Studio time

YOUTH AND TEEN | MIXED-MEDIA CLASSES

Explorations in Drawing and Painting

AGES 9 – 13

Calling all creative young minds! Come have fun while learning the basics of drawing and painting. Create mixed-media art projects and discover your artistic voice. Get inspiration from teacher demonstrations, group and individual projects, artist studies, and by exploring various artistic styles. Students learn the basic elements of drawing, including line, value, shape, and texture. They gain confidence through understanding lighting, form, and composition. Through experimentation with acrylic paint, students also learn the core concepts, techniques, and painting principles to create successful works.

Mondays | 1/14 – 4/1 | 4:00 – 6:00 pm | arrival time

begins at 3:30 pm | 10 classes | \$350 | includes

all materials

No classes when NYCDOE schools are closed.

Fun with Pop-Up Book Making

AGES 9 – 13

A special kind of magic happens when you bring your stories to life through art. In this 5- or 10-week course, students learn the basics of telling their stories through narrative art. Using on-the-fold pop-up structures and then progressing through a series of more surprising three-dimensional constructions, students develop their own artistic style and create pop-up books using mixed media. Through creative exercises and independent exploration, youth create one hand-bound book in each session.

Wednesdays | 4:00 – 6:00 pm | arrival time begins

at 3:30 pm

1/16 – 3/27 | 10 classes | \$350 (session 1 & 2)

1/16 – 2/13 | 5 classes | \$185 (session 1)

2/27 – 3/27 | 5 classes | \$185 (session 2)

Includes all materials

No classes when NYCDOE schools are closed.

Teen Stenciling and Murals

AGES 14 – 18

This course gives students the opportunity to learn about the world's oldest printmaking process and how it has stayed relevant in our modern world. Students study how to produce their own multilayer stencils and how to apply their image to a new surface. They use their stencils to create a collaborative piece that will be on display in the Manny Cantor Center.

Thursdays | 1/17 – 3/28 | 4:00 – 6:00 pm | arrival time

begins at 3:30 pm | 10 classes | \$350

No classes when NYCDOE schools are closed.

GALLERY EXHIBITIONS

“Haggadah: Storytelling in our Immigrant City”

In the coming year, we are proud to continue our popular center-wide project “Haggadah: Storytelling in our Immigrant City.” This year we focus on the culinary traditions that immigrants in our community have brought with them to this country, and we will create a Manny Cantor Center cookbook.

“On the Consequences of Hate Speech”

Group Exhibition | December 5 – January 18

In collaboration with the Jewish Art Salon, this group exhibition illuminates the historically destructive manifestations of hate speech and its consequences for humanity. Artists from various faiths confront the intersection of faith and hate speech as well as its implications.

ART SCHOOL SCHEDULE WINTER/SPRING 2019

To register for Winter 2019 term, visit mannycantor.org/art. No adult classes on 1/21 and 2/18 due to holidays. No youth and teen classes when NYCDOE schools are closed: 1/21, 2/5 and 2/18 – 2/24. To learn more, contact us at 646.395.4258 or art@mannycantor.org. Schedules are subject to change. For the most up to date version visit mannycantor.org/art.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PAINTING YOUR VISION 10:00 am – 12:30 pm 1/7 – 3/25 Jodie Niss	PAINTING OPEN STUDIO 9:30 am – 12:30 pm Enrolled students ONLY	PAINTING OPEN STUDIO 9:30 am – 12:30 pm Enrolled students ONLY	WATERCOLOR PAINTING 10:00 am – 12:30 pm TBD	CERAMICS 10:00 am – 12:30 pm 1/11 – 3/15 Evan Hagan
CERAMICS OPEN STUDIO 10:00am – 2:00pm Enrolled students ONLY	CERAMICS 10:00 am – 12:30 pm 1/8 – 3/12: Sessions 1 & 2 1/8 – 2/5: Session 1 2/12 – 3/12: Session 2 Evan Hagan	CERAMICS 10:00 am – 12:30 pm 1/9 – 3/13 Jaleh Fazal	CERAMICS 10:00 am – 12:30 pm 1/10 – 3/14 Demetria Chappo	CERAMICS OPEN STUDIO 12:30 – 5:30 pm Enrolled students ONLY
PAINTING OPEN STUDIO 12:30 – 3:30 pm Enrolled students ONLY	YOUNG ARTIST CERAMICS 4:00 – 6:00 pm 1/15 – 4/2 Doreen Baskin	CERAMICS OPEN STUDIO 12:30 – 3:30 pm Enrolled students ONLY	YOUNG ARTIST CERAMICS 4:00 – 6:00 pm 1/17 – 3/28 Doreen Baskin	PAINTING OPEN STUDIO 12:30 – 5:30 pm Enrolled students ONLY
EXPLORATIONS IN DRAWING AND PAINTING 4:00 – 6:00 pm 1/14 – 4/1 Jacqueline Riutort	PAINTING STUDIO 6:30 – 9:00pm 1/8 – 3/12 Jodie Niss	TEEN CERAMICS 4:00 – 6:00 pm 1/16 – 3/27 Liz Lohr	TEENS STENCILING & MURALS 4:00 – 6:00 pm 1/17 – 3/28 Evan Hagan	CERAMICS 6:30 – 9:00pm 1/11 – 3/15 Kyle Lee
WATERCOLOR PAINTING 6:30 – 9:00 pm 1/7 – 3/25 Jodie Niss	CERAMICS 6:30 – 9:00 pm 1/8 – 3/12 Flo Kaczorowski	FUN WITH POP-UP BOOK MAKING 4:00 – 6:00 pm 1/16 – 3/27: Sessions 1 & 2 1/16 – 2/13: Session 1 2/27 – 3/27: Session 2 Jacqueline Riutort	CERAMICS 6:30 – 9:00 pm 1/10 – 3/14 Lynn Goodman	CERAMICS 10:30 am – 1:00 pm 1/12 – 3/16 Lynn Goodman
CERAMICS 6:30 – 9:00 pm 1/7 – 3/25 Kyle Lee		SILK SCREENING 6:30 – 9:00 pm 1/9 – 3/13: Sessions 1 & 2 1/9 – 2/6: Session 1 2/13 – 3/13: Session 2 Mauricio Trenard	OIL PAINTING FROM PHOTOGRAPHS 6:30 – 9:00 pm 1/10 – 3/14 Jodie Niss	CERAMICS OPEN STUDIO 1:00 – 6:00 pm Enrolled students ONLY
		CERAMICS 6:30 – 9:00 pm 1/9 – 3/13 Kyle Lee		INTRODUCTION TO OIL PAINTING 3:00 – 5:30 pm 1/12 – 3/16 Julia Chen

GET CREATIVE

“Young Voices Through Art”

March 11 – March 29

An annual collaboration between Educational Alliance's many Boys and Girls Club House after-school programs. This exhibition offers our young artists an opportunity to express their creativity and share their worldview with our community.

“Early Childhood Art Exhibition”

April 8 – May 3

In accordance with the week of the Young Child Celebration, our annual “Early Childhood Art Exhibition” highlights the delightful and thoughtful work of our Preschool and Head Start students.

“Older Adults Art Exhibition”

May 20 – June 21

In honor of Older Americans Month—a tradition dating to 1963 to honor the legacies and contributions of older Americans—our annual May exhibition showcases the artistic talents of participants in Educational Alliance's Older Adults programming across our community centers and sister sites. The exhibition features works across mediums, including painting, drawing, ceramics, sewing, and mixed media.

For a calendar of events, visit mannycantor.org/events or contact us at 646.395.4280 or info@mannycantor.org.

SUNDAY

CERAMICS

10:30 am – 1:00 pm
1/13 – 3/17 | Liz Lohr

ACRYLIC PAINTING

10:30 am – 1:00 pm
1/13 – 3/17
Alex Pimienta

PAINTING OPEN STUDIO

1:00 – 6:00 pm
Enrolled students ONLY

CERAMICS OPEN STUDIO

1:00 – 6:00 pm
Enrolled students ONLY

TEENS



The New Edgies Teen Center is committed to empowering New York City teens ages 13 to 18, ensuring that they have the skills, resources, and opportunities to achieve their full potential. In our program, Edgies teens receive individual guidance from highly qualified staff as well as access to immersive professional studios, academic enrichment like college prep, sports and recreation activities, and leadership-development programs.

➔ To learn more, contact us at **646.395.4295**, or visit mannycantor.org/teencenter.

EDGIES TEEN CENTER WINTER/SPRING 2019 BOYS & GIRLS CLUB @MANNY CANTOR CENTER

➔ Schedules are subject to change. For the most up-to-date version, visit mannycantor.org/teencenter.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:00 – 4:00 pm SNACK & COMMUNITY TIME Teen Lounge C-57	3:00 – 4:00 pm SNACK & COMMUNITY TIME Teen Lounge C-57	3:00 – 4:00 pm SNACK & COMMUNITY TIME Teen Lounge C-57	3:00 – 4:00 pm SNACK & COMMUNITY TIME Teen Lounge C-57	3:00 – 4:00 pm SNACK & COMMUNITY TIME Teen Lounge C-57
4:00 – 6:00 pm SENIOR ADVISORY 159R	4:00 – 6:00 pm SENIOR ADVISORY 159R	4:00 – 6:00 pm SENIOR ADVISORY 159R	4:00 – 6:00 pm BASKETBALL INTRAMURALS – GAME Basketball Court	4:00 – 5:30 pm <i>All Friday classes will end at 5:30 pm</i>
CODING & VIDEO GAME DESIGN Teen Lounge C-57	FASHION STUDIO M-Floor-Studio C	BASKETBALL INTRAMURALS PRACTICE Basketball Court	YOUTH LEAP Teen Lounge C-57	TUBE IT FRIDAYS #WEOWNFRIDAYS Teen Lounge C-57
EXPRESS YOURSELF: CREATIVE WRITING STUDIO 6th Floor Classroom	BASKETBALL INTRAMURALS – GAME Basketball Court	FASHION STUDIO M-Floor-Studio C	5:30 – 8:00 pm JR ADVISORY/ SAT PREP 4th Floor Boardroom	CREATE & DESIGN STUDIO M-Floor-Studio C
4:45 – 6:00 pm DANCE STUDIO Fitness Center	6:00 – 8:00 pm SENIOR MENTORING 4th Floor Boardroom	E-LINE MEDIA VIDEO GAME DESIGN Teen Lounge C-57		OPEN GYM Basketball Court
6:00 – 8:00 pm KEYSTONE CLUB Teen Lounge C-57	SOPHOMORE SKILLS WITH NEW YORK CARES 4th Floor Boardroom	5:30 – 8:00 pm JR ADVISORY/ SAT PREP 4th Floor Boardroom		



TEEN CLASS DESCRIPTIONS

Basketball Intramurals Hone your skills on and off the court through this amazing collaboration with NIKE Ambassadors. Participants improve their strength, skill, speed, and confidence while building their leadership and collaborative abilities through a series of competitive tournaments.

The BEE Exchange Creative Writing Studio This new group is a collaborative storytelling studio that combines creative writing with team building and group-work skills to construct innovative stories. Students across various ages and skill levels generate these tales—everyone can add something! Stories are presented at the end of the term.

Community Hour Students take time to relax and enjoy a snack while getting to know their fellow Edgies members. Staff are available for students who have something on their mind or need support, advice, resources, or help problem-solving.

Coding & Video-Game Design Students learn how to conceptualize and create original video games from scratch! No prior experience is required. Our amazing partner E-line Media walks you through creating a theme, characters, and a story line and helps you develop coding and virtual-reality skills.

Create & Design Studio This open-ended workshop encourages students to get creative in our recycled arts center. Edgies teens can build their college art portfolios, complete Fashion Studio designs, or work on their own creative projects.

Dance Studio with EDGIES! Teens learn techniques and fundamentals through multiple styles of dance and creative movement expression. Instructors introduce the basic elements of dance in a positive way through mind, body, and spirit while promoting self-expression and creativity.

Express Yourself: Creative Writing Studio This new collaborative writing workshop with the BEE Exchange offers teens the opportunity to find their voices through poetry, spoken word, screenwriting and other written mediums. Workshops combine creative writing with team building and group work skills to construct innovative stories. Written work is generated together by students across ages and skill level, and culminates in a literary magazine at the end of the cycle.

Fashion Youth Intensive Edgies Teen Center and Fashion Institute of Technology created FYI, a collaborative 10-week youth-enrichment program taught by two faculty members from FIT. Students explore every aspect of fashion, from designing to marketing to launching a collection. FYI is founded on the principle that fashion can be a platform for personal growth through creative thinking, collaboration, and self-expression.

Junior Advisory Gain the tools and skills needed for college applications and future careers. Instructors

walk Juniors through the college-application process, fiscal responsibility, summer-internship and job placement, and career planning.

Keystone Club Keystone Club provides leadership development opportunities for young people. Teens participate in activities in three focus areas: academic success, career preparation and community service. With the guidance of an adult advisor, teens learn how to have a positive impact on members, the Club and community.

Open Gym Teens can use this unstructured gym time to improve their jump shot, speed, and confidence on the court or jump into a scrimmage with friends! They can also unwind from their week while playing volleyball, jump rope, or dodgeball.

SAT Prep Juniors strengthen their test-taking skills to increase their chances of getting into their top college. This free intensive familiarizes students with SAT math and English content aligned to the newly redesigned SAT Exam. Sessions consist of large group instruction with highly qualified SAT instructors and individualized mentoring sessions with volunteers from New York Cares. *Dinner is provided.*

Senior Advisory Tailored specifically for graduating high-school seniors, Senior Advisory walks students through the college-application process and allows them to attend free college financial-aid workshops. All senior class participants must select one day a week to attend (Monday through Wednesday).

Senior Mentoring Volunteers work one-on-one with students throughout their college-application process. Students learn about volunteers' career trajectory and how to job search successfully. Volunteers include Educational Alliance staff, community members, and staff from corporate partner organizations such as Facebook, *The New York Times*, NYU, Barclays, Deloitte, and BlackRock. Students must choose a day for senior advisory to be eligible for senior mentoring. *Dinner is provided.*

Sophomore Skills (Starts in February) Nail the PSAT! Students learn key testing strategies and sharpen their math and English skills in preparation for PSAT, SAT, and Regents exams. *Dinner is provided.*

Tube It Fridays Time for a little friendly competition! Staff and Teen Volunteers lead "Minute to Win It" challenges, board games, pool tournaments, and more. Students build connections and community.

Youth LEAP *Teens can receive community service hours through this program. Resilience Advocacy Project's mission is to empower youth to become leaders in the fight against poverty. LEAP combines innovative youth-leadership training with targeted system-level advocacy initiatives to leverage the natural resilience of teens and support them in becoming catalysts for change in their community.

COMMUNITY PROGRAMS

All community programs are free and open to the public.



FAMILY AND COMMUNITY EVENTS

Join us for these family-friendly holiday celebrations that are free and open to the entire community.

LUNAR NEW YEAR CELEBRATION

Join us on **January 31** for a celebration of the Lunar New Year (Chinese New Year). We'll celebrate with traditional Lion Dancing, Fan Dancing, Calligraphy and Origami Arts, and a performance from our WCBL chorus. Time and location TBD. Check mannycantor.org/events for details!

PURIM CELEBRATION **Back by popular demand!**

Join us on **March 17** for crafts, games, food, live music, face painting and more! For children, parents, caretakers, and friends of all ages. Come in costume!

OLDER ADULTS

As perceptions of aging continue to evolve, older adults are redefining what it means to age in place. At Manny Cantor Center, the Weinberg Center for Balanced Living provides older adults in the community with empowering classes, a jam-packed calendar of events, cultural celebrations, and innovative health and wellness programs—free of charge. Case workers are available to answer questions about benefits and entitlements, and an on-site geriatric mental-health clinician (in partnership with Service Program for Older People) offers counseling.

Mondays through Fridays, the Center also serves hot, healthy kosher breakfast and lunch for a suggested donation of \$1 and \$2, respectively.

➔ To learn more, contact us at **646.395.4270**, or visit mannycantor.org/weinberg-center.

THE EAST BROADWAY THEATRE PROJECT is coming to Manny Cantor Center this spring. The Project presents professional actors, directors, and writers in readings of musicals, plays, and films that speak to and reflect the diverse community of the Lower East Side.

This season includes:

THE AMERICAN JEWISH SONGBOOK by NY Cabaret | a reading of a collaboration of 10 playwrights

MORE WOMEN DESERVE STATUES IN NEW YORK | a reading of a collaborative work in progress from 10 notable playwrights.

CHINESE COUPLETS | by award-winning filmmaker Felicia Lowe

Readings take place the **first Monday of every month at 7:00 pm: 2/4, 3/4, 4/1, 5/6.**

➔ For details and ticketing information visit mannycantor.org/theatre

SERVICE & CIVIC ENGAGEMENT

Direct Service

Educational Alliance's Manny Cantor Center is a certified Service Enterprise. Our nationally recognized volunteer program, More Hands, More Hearts, creates meaningful short-term, long-term, and occasional volunteer opportunities that meet the strategic needs of our agency while also matching individual skills and interests.

Opportunities include:

- Staffing member-service desks and special events
- Prepping and serving meals to older adults
- Helping community members learn and practice the English language

➔ Get started by filling out a volunteer profile at mannycantor.org/volunteer/volunteerprofile.



Through More Hands, More Hearts launched at Manny Cantor Center, Educational Alliance is certified as a Service Enterprise, joining a small cohort of nonprofits committed to effectively delivering on their mission through strategic volunteer engagement.

Civic Education

Democracy only works if we participate. The first step is to understand the issues we face as a community, as a city, and as a nation. In the fall, we launched a series called **Why We Vote** in partnership with the America 101 Project to explore current issues from a variety of lenses so we can better understand why we need to be engaged civically, what actions we can take, and how to create the community and future we want to live in.

Join us as we continue this series of free events:

Why We Vote: Topic TBD
Wednesday, February 27 | 6:30 – 8:00 pm

Why We Vote: Topic TBD
Wednesday, May 29 | 6:30 – 8:00 pm

GET INVOLVED

➔ We believe everyone has the ability to serve their community and use their voice and that civic engagement leads to meaningful social change. Join us at MCC in getting engaged, educated, and mobilized. To get involved, contact Deb Scher at **646.395.4184** or dscher@mannycantor.org or visit mannycantor.org/getinvolved.

Advocacy & Engagement

At MCC, we are committed not only to ensuring our community has the opportunity to vote but also to advocating for the issues and ideas we hold valuable and to supporting the voices of our community. This winter and spring, look out for new ways to get involved with us on the issues you care about.

DATES TO SAVE:

Women's March Sign-Making Party
Thursday, January 17 | 4:00 – 8:00 pm

Drop by to make signs and organize with other members of the community at this event held in partnership with Forward March and America 101.

MLK Day of Service, Learning & Advocacy
Monday, January 21 | 10:00 am – 2:00 pm

Created for teens, by teens, this is a platform for engaging deeply on a specific issue by focusing on building a meaningful service and advocacy project that ignites change. The event is sponsored by UJA Federation-NY and created in partnership with Resilience Advocacy Project and United Neighborhood Houses.

EMPLOYMENT AND JOB-SEARCH SUPPORT

Be one of the many we have helped to land a great job. We are the job resource to get you where you want to go.

Our Employment Services Team offers free employment and career services for those looking for a new job or wanting to go further in their career. Our Career Counselors, former HR professionals, assist job seekers in a wide variety of industries and roles from entry- to mid- and senior-level executives. We provide one-on-one sessions and group workshops to help guide people successfully toward their next job.

Come meet one-on-one with a Career Counselor to create your individualized job-search plan:

- Acing an interview
- Building an impactful résumé
- Successfully leveraging networks
- Utilizing social media
- Focusing on strategic job-search focus

➔ For the current job-search workshop schedule, visit mannycantor.org.

➔ To schedule a meeting with a Counselor or attend a workshop, contact us at **646.395.4260** or employmentservices@edalliance.org.

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Educational Alliance brings together and partners with diverse communities in Lower Manhattan, offering individuals and families high-quality, multi-generational programs and services that enhance their well-being and socioeconomic opportunities. We are a place where everyone is welcome and where progress is powered one relationship at a time. We are proud of our legacy as a Jewish organization and we provide high-quality, transformational services and programs to all New Yorkers through our network of community centers on Manhattan's Lower East Side and East Village. As we have for 130 years, we offer best-in-class programming—now across 15 sites—focusing on a mix of education, health and wellness, arts and culture, and civic engagement.

