



WCBL Schedule of In-Person & Virtual Events | January 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CHINESE DANCE

Beginner

9:00 AM - 10:00 AM

Advanced

10:00 AM - 11:00 AM

In English & Chinese.

6th Floor Rooftop

Last Thursday class 1/5

CHAIR YOGA

9:30 AM - 10:15 AM

Join Via Zoom

GAME TIME

2:00 PM - 4:00 PM

6th Floor Rooftop

To join Email

wcbl@mannycantor.org

QI GONG

9:00 AM - 11:00 AM

Taught in Chinese

6th Floor Rooftop

GENTLE MOVEMENT

& BREATHING

9:30 AM - 10:15 AM

Join Via Zoom

WATERCOLOR

PAINTING

10:30 AM - 12:00 PM

Join Via Zoom

SALT

2:00 PM - 3:00 PM

4th Floor, Room 404

Email changemakers@

mannycantor.org to join.

ZUMBA® GOLD w/

MCC Fitness

2:00 PM - 3:00 PM

Registration is not required.

6th Floor Rooftop

ACRYLIC PAINTING

Sessions 1 & 2

3:00 PM - 4:00 PM

4:00 PM - 5:00 PM

Studio C, M-Floor

SELF-DEFENSE

10:00 AM - 11:00 AM

4th Floor, Room 404

DRAWING

10:00 AM - 11:30 AM

Join Via Zoom

CHINESE BEADING

SERIES

10:00 AM - 12:00 PM

Studio C, M-Floor

Self-Defense Classes

for Adults 18+

11:00 AM - 12:00 PM

4th Floor, Room 404

CHAIR YOGA w/ NORC

12:00 PM - 1:00 PM

Join Via Zoom

A-B-C EXERCISE

1:00 PM - 1:45 PM

Join Via Zoom

SPIRITUAL JOURNEYS

GATHERING

1:00 PM - 2:00 PM

Email waysofpeace.org@gmail

to register.

PILATES w/ MCC FITNESS

2:00 PM - 3:00 PM

Registration is not required.

6th Floor Rooftop

JAZZ LINE DANCE

3:15 PM - 4:15 PM

6th Floor Rooftop

YOGA

10:00 AM - 11:00 AM

Join Via Zoom

ART EXPRESSION

10:00 AM - 11:30 AM

Join Via Zoom

To join Email

wcbl@mannycantor.org

ALLIANCE STAGE

COMPANY

ACTING

10:00 AM - 10:45 AM

DRAMA

11:00 AM - 11:45 AM

4th Floor, Room 404

HANDBUILDING

CERAMICS

10:00 AM - 12:00 PM

To register, email

wcbl@mannycantor.org

DOODLES AND DESIGN

12:30 PM - 1:30 PM

Room 404

To join Email

wcbl@mannycantor.org

CHINESE DISCUSSION

GROUP

1:30 PM - 2:30 PM

WATERCOLOR GROUP

2:30 PM - 3:30 PM

Room 404

To join Email

wcbl@mannycantor.org

TAI CHI

ADVANCED

9:00 AM - 9:50 AM

BEGINNER

10:00 AM - 10:50 AM

Taught in Chinese

6th Floor Rooftop

CRAFTS/SEWING

1:00 PM - 3:00 PM

4th Floor, Room 404

HEALING YOUR

INNER CHILD

1:30 PM - 2:30 PM

Taught in Cantonese

To join Email

wcbl@mannycantor.org

TAI CHI w/ MCC Fitness

2:00 PM - 3:00 PM

Registration is not required.

6th Floor Rooftop

AT A GLANCE:

WEEKLY PLANNING

3:00 PM - 4:00 PM

To join Email

wcbl@mannycantor.org

KEY:

Light Grey -
Virtual Activity

White-
In-Person Activity

CLASS

Time

Location

****WCBL will be closed on Sunday, January 1st and Monday, January 2nd in observance of New Year's Day.**

**All in-person classes require registration EXCEPT MCC Fitness classes. Please note that all 6th Floor classes take place indoors.*

Visit mannycantor.org/wcbl to view our events calendar online and access Zoom links to virtual classes and registration forms. Registration is required for most classes. Please contact us at wcbl@mannycantor.org or leave a message with your name and phone number at **646-395-4270**.

Social Services: Contact us to schedule a one-on-one social services phone or in-person appointment for assistance with **benefits, health insurance, housing, SNAP, SCRIE, etc.**

Become a Member: Membership is free for New Yorkers who are at least 60 years of age. Please fill out a form online at mannycantor.org/wcblmembership contact us to schedule an appointment. The WCBL Office is not accepting walk-ins at this time.



The Weinberg Center for Balanced Living is partly funded by the NYC Department for the Aging.