



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



MONDAY

GENTLE MOVEMENT AND BREATHING
8:30 AM - 9:15 AM
Join Via Zoom

CHINESE DANCE
ADVANCED
9:00 AM - 10:00 AM
BEGINNER
10:00 AM - 11:00 AM
6th Floor Rooftop

GAME TIME
1:30 PM - 3:30 PM
6th Floor Rooftop

TUESDAY

QI GONG
9:00 AM - 11:00 AM
Taught in Chinese
6th Floor Rooftop

CHAIR YOGA
9:00 AM - 9:45 AM
4th Floor, Room 404

WATERCOLOR PAINTING
10:30 AM - 12:30 PM
Studio C, M Floor
Registration Required.

ORIGAMI
1:00 PM - 2:00 PM
4th Floor, Room 404

SALT
2:00 PM - 3:00 PM
4th Floor, Room 404

ZUMBA® GOLD w/ MCC Fitness
2:00 PM - 3:00 PM
6th Floor Rooftop

ACRYLIC PAINTING
Sessions 1 & 2
3:00 PM - 4:00 PM
4:00 PM - 5:00 PM
Studio C, M Floor
Registration Required.

WEDNESDAY

A-B-C EXERCISE
8:30 AM - 9:15 AM
Join Via Zoom

SELF-DEFENSE
10:00 AM - 11:00 AM
4th Floor, Room 404

CHINESE BEADING SERIES
10:00 AM - 12:00 PM
Studio C
(9/6 & 9/13 in 4th FL. Boardroom)

DRAWING
10:30 AM - 11:30 AM
6th Floor, Room 604
Registration Required.

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

KNITTING GROUP
1:30 PM - 2:30 PM
4th Floor, Room 404

PILATES w/ MCC FITNESS
2:00 PM - 3:00 PM
6th Floor Rooftop

JAZZ LINE DANCE
3:15 PM - 4:15 PM
6th Floor Rooftop

THURSDAY

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
Studio A, M Floor
Registration Required.

FRIDAY

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

TAI CHI w/ MCC Fitness
2:00 PM - 3:00 PM
6th Floor Rooftop

KEY:

Light Grey - Virtual Activity

White - In-Person Activity

CLASS

Time

Location

WCBL WILL BE CLOSED ON MONDAY, SEPTEMBER 4TH IN OBSERVANCE OF LABOR DAY AND MONDAY, SEPTEMBER 25TH FOR YOM KIPPUR.

*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 NYC Aging.