



WCBL Schedule of In-Person & Virtual Events | January 2024



MONDAY

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

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

TUESDAY

QI GONG
Level 1: 9:00 AM - 9:55 AM
Level 2: 10:00 AM - 10:55 AM
Taught in Chinese
6th Floor Rooftop

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

WATERCOLOR PAINTING
Level 1: 10:30 AM - 11:25 AM
Level 2: 11:30 AM - 12:25 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
Level 1: 3:00 PM - 3:55 PM
Level 2: 4:00 PM - 4:55 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
Level 1: 10:00 AM - 10:55 AM
Level 2: 11:00 AM - 11:55 AM
Studio C
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

OPEN ART STUDIO
10:00 AM - 12:00 PM
Starts 1/25

**HANDBUILDING
CERAMICS**
Level 1: 10:00 AM - 10:55 AM
Level 2: 11:00 AM - 11:55 AM
Studio A, M Floor
Registration Required.

**BOUND BY CREATIVITY:
ZINE MAKING**
1:00 PM - 2:30 PM
Starts 1/25

FRIDAY

**TAI CHI
ADVANCED**
9:00 AM - 9:50 AM
BEGINNER
10:00 AM - 10:50 AM
Taught in Chinese
6th Floor Rooftop

SPIRITUAL JOURNEYS
10:00 AM - 11:00 AM
Room 404.

CRAFTS/SEWING
1:00 PM - 1:55 PM
2:00 PM - 2:55 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

PLEASE NOTE: WCBL WILL ONLY BE SERVING BREAKFAST AND LUNCH DURING THE WEEK OF 1/1 - 1/5. THERE WILL BE NO CLASSES ON THESE DAYS. WCBL WILL BE CLOSED ON MONDAY, JANUARY 15TH IN OBSERVANCE OF MLK DAY.

***All classes are available to WCBL members.
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.



**Department for
the Aging**

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