



WCBL Schedule of In-Person & Virtual Events | March 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
Demo: 10:30 AM - 11:25 AM
Studio: 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, M Floor

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
1:00 PM - 2:00 PM
Join Via Zoom

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

PAINTING FLOWERS
10:00 AM - 12:00 PM

**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

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

NYC Department for
the Aging

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