

WCBL SPECIAL EVENTS IN MARCH & APRIL 2024

197 East Broadway, New York, NY 10002

WEEK OF 3/11 - ART CLASSES - LAST WEEK OF WINTER SESSION

WEEK OF 3/11 - SMALL GROUP TRAINING - MCC FITNESS - LAST WEEK OF SESSION

TBD - [Passover Seder](#) | More information will be shared

4/22 to 4/30 - Passover Catered Meals | 6th Floor Community Room

MONDAY

NO KNOWN CHANGES AT THIS TIME

TUESDAY

4/23 and 4/30 - ORIGAMI WITH KAM - NO CLASSES

4/16 - [Trip: NY Botanical Garden Orchid Show](#) | Ticketing starts on 3/25 (Monday)

WEDNESDAY

3/6 - JAZZ LINE DANCE - MOVED TO THE BASKETBALL COURT, CR Level

3/20 - [LiveOnNY Organ Donation Presentation](#) | 11:30 AM - 12:30 PM | 6th Floor

Learn how to become an organ donor and how your donation could save lives.

THURSDAY

3/7 - PAINTING FLOWERS - FIRST CLASS

3/7 - NO CONGREGATE BREAKFAST - TAKE-HOME BREAKFAST AT 9:00 AM IN LOBBY

3/14 - [Brain Activation Workshop](#) | 9:00 AM - 10:00 AM | Room 604

It's Brain Awareness Week! Join Sheryl for breakfast and learn about ways to improve brain health.

3/14 - [Manage Credit Scores Presentation](#) with JPMC | 1:30 PM - 2:30 PM | 6th Floor

Learn how to improve your credit score with JPMC!



3/21 - Social Dance - Purim Celebration | 1:45 PM - 3:00 PM | 6th Floor

Celebrate the Jewish holiday of Purim with dancing. This holiday is full of funny costumes, hamantaschen cookies, and festivities! We remember a time when the Jewish people were under attack, and we celebrate our survival. Happy Purim! Chag Purim Sameach! חג פורים שמח!

3/28 - Chinese Medicine Workshop with Donna | 1:30 PM - 2:30 PM | 6th Floor (English)**4/4 - Chinese Medicine Workshop with Donna | 1:30 PM - 2:30 PM | 6th Floor (English)**



FRIDAY**3/8 - TAI CHI WITH JAN - MOVED TO THE BASKETBALL COURT, CR Level****3/15 - TAI CHI WITH JAN - MOVED TO THE BASKETBALL COURT, CR Level****3/15 - SPIRITUAL JOURNEYS - FINAL CLASS****3/22 - TAI CHI WITH JAN - NO CLASS****3/29 - 12-WEEK CLASS SERIES WITH SU-CASA ARTIST ANNYSA YUN CHI NG -
BEYOND BLOTS: MIXED MEDIA AND INK BLOT ART | 10:00 AM - 12:30 PM**

The New York City Council chose our center to host SU-CASA artist [Annysa Yun Chi Ng](#)! Together, we will learn how to transform inkblots into personal art with AI-generated poems, collage, and drawings. The series will end with a public exhibition of our artwork. Check out Annysa's art here: "[Salmon Friday.](#)" To register, email wcbl@mannycantor.org, call (646) 395-4270, or visit Room 402.

SU-CASA is supported by public funds from the New York City Council, in partnership with the New York City Department of Cultural Affairs (DCLA) and Department for the Aging (DFTA). It is carried out in collaboration with New York City's local arts councils. Additional support is provided by the Tiger Baron Foundation. [LMCC.net](#).

3/29 - TAI CHI WITH JAN - NO CLASS**3/15 - [Brain Health Dance Salon](#) | 2:00 PM - 3:30 PM | 6th Community Room**

In celebration of Brain Awareness Week, join Magda Kaczmarek for an afternoon of learning and dance. We will learn the science behind why dance and movement make us stronger. Get fitness recommendations and participate in dance activities (done seated or standing.) No prior dance experience required! Email wcbl@mannycantor.org, call (646) 395-4270, or visit Room 402 to register.

Visit mannycantor.org/wcbl to view our events calendar online and access Zoom links for virtual classes. All classes are available to WCBL members.

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 social services 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. Walk-in membership registration time is every Wednesday from 10:00 AM - 11:00 AM. Contact us to schedule an appointment if you would like to visit at another time.

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



* **PROGRAM CANCELLATION**

* **PROGRAM CHANGES (ROOM / DATE)**

* **SPECIAL EVENT / WORKSHOP**

