

WCBL SPECIAL EVENTS IN APRIL & MAY 2024

197 East Broadway, New York, NY 10002

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WEEK OF 4/3 - ART CLASSES - FIRST WEEK OF SPRING SESSION

WEEK OF 5/6 - MCC SMALL GROUP TRAINING - FIRST WEEK OF SPRING SESSION

MONTH OF MAY - CELEBRATEARTS 2024: *POWERED BY CONNECTION*

MONDAY

4/15 - GAME TIME - NO CLASS

4/15 - NO CONGREGATE BREAKFAST - TAKE-HOME BREAKFAST AT 9:00 AM IN LOBBY

4/15 - Community Passover Seder | Ticketing starts on 4/4 (Tue.) at 11:00 AM on 6th Floor

Join the Weinberg Center as we celebrate Passover, an ancient Jewish springtime tradition. Experience the rituals, customs, and traditional foods at our Community Passover Seder. Whether you're familiar with the holiday or curious to learn, all are welcome to partake in this symbolic journey of freedom, resilience, and renewal. Come share in the joy of the holiday as we gather, share a meal, and embrace the universal message of hope and liberation.

5/27 - CENTER CLOSED FOR MEMORIAL DAY

TUESDAY

4/9 - Trip: NY Botanical Garden Orchid Show | FULL

4/23 - OMNY Presentation with MTA & SALT | 2:30 PM - 3:30 PM

Join us to learn about the OMNY program and how the reduced fare ticket works.

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

WEDNESDAY



5/8 - CELEBRATEARTS: Craft Sale | SAVE THE DATE

Join us to appreciate and support works from older adults' arts programs.

5/15 - CELEBRATEARTS: Community Prom | 3:00 PM - 5:00 PM | MCC Gymnasium

Join us for a fun-filled event with dancing, food, and exciting activities.

THURSDAY

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

4/11 - Stress Less Workshop with Sheryl | 9:00 AM - 10:00 AM | 6th Floor (English)

Join us for some gentle stretches/movements, deep breathing, and a guided visualization activity.

4/25 - Chinese Medicine Workshop with Donna | 1:30 PM - 2:30 PM | 6th Floor (English and Cantonese)

5/30 - CELEBRATEARTS: Closing Event | SAVE THE DATE

FRIDAY

5/3 - CELEBRATEARTS: Gallery Opening & Meet the Artists | SAVE THE DATE

5/24 - CELEBRATEARTS: Mainstage Showcase | SAVE THE DATE | 14Y Theater

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 Tuesday and Thursday from 11:00 AM - 1:00 PM. 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**

