



# WCBL Schedule of In-Person & Virtual Events | July 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GENTLE MOVEMENT AND BREATHING 8:30 AM - 9:15 AM Join Via Zoom	QI GONG Level 1: 9:00 AM - 9:55 AM Level 2: 10:00 AM - 10:55 AM Taught in Chinese 6th Floor Rooftop	A-B-C EXERCISE 8:30 AM - 9:15 AM Join Via Zoom	ALLIANCE STAGE COMPANY Acting: 10:00 AM - 10:45 AM Drama: 11:00 AM - 11:45 AM 4th Floor, Room 404	TAI CHI Advanced: 9:00 AM - 9:50 AM Beginner: 10:00 AM - 10:50 AM Taught in Chinese 6th Floor Rooftop
GAME TIME 1:30 PM - 3:30 PM 6th Floor Rooftop	CHAIR YOGA 9:00 AM - 9:45 AM 4th Floor, Room 404	SELF-DEFENSE 10:00 AM - 11:00 AM 4th Floor, Room 404	HANDBUILDING CERAMICS Level 1: 1:00 PM - 1:55 PM Level 2: 2:00 PM - 3:00 PM Studio A, M Floor	CRAFTS/SEWING 1:00 PM - 1:55 PM 2:00 PM - 2:55 PM 4th Floor, Room 404
	WATERCOLOR PAINTING Demo: 10:30 AM - 11:25 AM Studio: 11:30 AM - 12:30 PM Studio C, M Floor	CHINESE BEADING SERIES Level 1: 10:00 AM - 10:55 AM Level 2: 11:00 AM - 12:00 PM 4th Floor Boardroom		TAI CHI w/ MCC Fitness 2:00 PM - 3:00 PM 6th Floor Rooftop
	ORIGAMI 1:00 PM - 2:30 PM 4th Floor, Room 404 Paused until September	DRAWING 10:30 AM - 11:30 AM 6th Floor, Room 604		
	SALT 2:00 PM - 3:00 PM 4th Floor, Room 404	SELF-DEFENSE CLASSES for Adults 18+ 11:00 AM - 12:00 PM 4th Floor, Room 404		
	ZUMBA® GOLD w/ MCC Fitness 2:00 PM - 3:00 PM 6th Floor Rooftop	CHAIR YOGA w/ NORC 1:00 PM - 2:00 PM Join Via Zoom		
	ACRYLIC PAINTING Level 1: 3:00 PM - 3:55 PM Level 2: 4:00 PM - 5:00 PM Studio C, M Floor	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		

KEY
LIGHT GREY Virtual Activity
WHITE In-Person Activity

Please note the Center is closed on Thursday, July 4th in observance of Independence Day.

\*All in-person classes require registration EXCEPT MCC Fitness classes. Please note that all 6th Floor classes take place indoors.