

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GENTLE MOVEMENT AND BREATHING 8:30 AM - 9:15 AM <i>Join Via Zoom</i>	QI GONG Beginner: 9:00 AM - 9:45 AM Advanced: 10:00 AM - 10:45 AM <i>Taught in Chinese</i> 6th Floor Rooftop	A-B-C EXERCISE 8:30 AM - 9:15 AM <i>Join Via Zoom</i>	ALLIANCE STAGE COMPANY Acting: 10:00 AM - 10:45 AM 4th Floor, Room 404	TAI CHI Advanced: 9:00 AM - 9:45 AM Beginner: 10:00 AM - 10:45 AM <i>Taught in Chinese</i> 6th Floor Rooftop
DANCE STRETCHING 9:00 AM - 9:45 AM 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	ALLIANCE STAGE COMPANY Drama: 11:00 AM - 11:45 AM 4th Floor, Room 404	CRAFTS 1:00 PM - 1:45 PM 4th Floor, Room 404
CONTEMPORARY CHINESE DANCE 10:00 AM - 10:45 AM 6th Floor Rooftop	ORIGAMI 1:00 PM - 2:00 PM 4th Floor Boardroom	CHINESE BEADING SERIES Demo: 10:00 AM - 10:45 AM 4th Floor Boardroom	Life in Dialogue 1:00 PM - 2:00 PM Room 404	SEWING 2:00 PM - 2:45 PM 4th Floor, Room 404
CHINESE DISCUSSION GROUP 10:00 AM - 11:00 AM <i>Taught in Chinese</i> Room 404	SALT 2:00 PM - 3:00 PM 4th Floor, Room 404	CHINESE BEADING SERIES Studio: 11:00 AM - 11:45 AM 4th Floor Boardroom		TAI CHI w/ MCC Fitness 2:00 PM - 3:00 PM 6th Floor Rooftop
GAME TIME 1:30 PM - 3:30 PM 6th Floor Rooftop	ZUMBA® GOLD w/ MCC Fitness 2:00 PM - 3:00 PM 6th Floor Rooftop	SELF-DEFENSE CLASSES for Adults 18+ 11:00 AM - 12:00 PM 4th Floor, Room 404		
		CREATIVITY CONNECTS 11:00 AM - 12:00 PM Room 156R		
		CHAIR YOGA w/ NORC 1:00 PM - 2:00 PM <i>Join Via Zoom</i>		
		ACRYLIC & WATERCOLOR PAINTING <i>Mandarin Only</i> 1:00 PM - 2:30 PM Room 155R		
		PILATES w/ MCC FITNESS 2:00 PM - 3:00 PM 6th Floor Rooftop		
		COLLAGE CREATIONS 2:00 PM - 3:30 PM Room 404		
		JAZZ LINE DANCE 3:15 PM - 4:15 PM 6th Floor Rooftop		

KEY
LIGHT GREY: Virtual Activity
WHITE: In-Person Activity



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

WCBL is partly funded by NYC AGING.