

WCBL Schedule of In-Person & Virtual Events | January 2025

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 6th Floor Rooftop</i>	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 <i>4th Floor, Room 404</i>	TAI CHI Advanced: 9:00 AM - 9:45 AM Beginner: 10:00 AM - 10:45 AM <i>Taught in Chinese 6th Floor Rooftop</i>
CHINESE DISCUSSION GROUP 10:00 AM - 11:00 AM <i>Led in Chinese 4th Floor, Room 404</i>	CHAIR YOGA 9:00 AM - 9:45 AM <i>4th Floor, Room 404</i>	SELF-DEFENSE 10:00 AM - 11:00 AM <i>4th Floor, Room 404</i>	ALLIANCE STAGE COMPANY Drama: 11:00 AM - 11:45 AM <i>4th Floor, Room 404</i>	CRAFTS 1:00 PM - 1:45 PM <i>4th Floor, Room 404</i>
GAME TIME 1:30 PM - 3:30 PM <i>6th Floor Rooftop</i>	WATERCOLOR PAINTING Demo: 10:30 AM - 11:15 AM Studio: 11:30 AM - 12:15 PM <i>1st Floor, Room 156R</i>	CHINESE BEADING SERIES Demo: 10:00 AM - 10:45 AM <i>1st Floor, Room 159R</i>	HANDBUILDING CERAMICS Demo: 10:00 AM - 10:55 AM Studio: 11:00 AM - 11:55 AM <i>Studio A, M Floor</i>	SEWING 2:00 PM - 2:45 PM <i>4th Floor, Room 404</i>
	SALT 2:00 PM - 3:00 PM <i>4th Floor, Room 404</i>	CHINESE BEADING SERIES Studio: 11:00 AM - 11:45 AM <i>1st Floor, Room 159R</i>		TAI CHI w/ MCC Fitness 2:00 PM - 3:00 PM <i>6th Floor Rooftop</i>
	ZUMBA® GOLD w/ MCC Fitness 2:00 PM - 3:00 PM <i>6th Floor Rooftop</i>	DRAWING 10:30 AM - 11:30 AM <i>6th Floor, Room 604</i>		
	ACRYLIC PAINTING Demo: 3:00 PM - 3:45 PM Studio: 4:00 PM - 4:45 PM <i>1st Floor, Room 156R</i>	SELF-DEFENSE CLASSES for Adults 18+ 11:00 AM - 12:00 PM <i>4th Floor, Room 404</i>		
		CREATIVITY CONNECTS 11:00 AM - 12:00 PM <i>1st Floor, Room 156R</i>		
		CHAIR YOGA w/ NORC 1:00 PM - 2:00 PM <i>Join Via Zoom</i>		
		COLLAGE CREATIONS 1:00 PM - 2:00 PM <i>4th Floor, Room 404</i>		
		LIFE'S PAGES 1:00 PM - 2:15 PM <i>Mandarin Only 1st Floor, Room 155R</i>		
		PILATES w/ MCC FITNESS 2:00 PM - 3:00 PM <i>6th Floor Rooftop</i>		
		JAZZ LINE DANCE 3:15 PM - 4:15 PM <i>6th Floor Rooftop</i>		

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.*