

# WCBL Schedule of In-Person & Virtual Events | April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>GENTLE MOVEMENT AND BREATHING</b> 8:30 AM - 9:15 AM <i>Join Via Zoom</i>	<b>QI GONG</b> Beginner: 9:00 AM - 9:45 AM Advanced: 10:00 AM - 10:45 AM <i>Taught in Chinese</i> 6th Floor Rooftop	<b>A-B-C EXERCISE</b> 8:30 AM - 9:15 AM <i>Join Via Zoom</i>	<b>ALLIANCE STAGE COMPANY</b> Acting: 10:00 AM - 10:45 AM 4th Floor, Room 404	<b>TAI CHI</b> Advanced: 9:00 AM - 9:45 AM Beginner: 10:00 AM - 10:45 AM <i>Taught in Chinese</i> 6th Floor Rooftop
<b>DANCE STRETCHING</b> 9:00 AM - 9:45 AM 6th Floor Rooftop	<b>CHAIR YOGA</b> 9:00 AM - 9:45 AM 4th Floor, Room 404	<b>SELF-DEFENSE</b> 10:00 AM - 11:00 AM 4th Floor, Room 404	<b>ALLIANCE STAGE COMPANY</b> Drama: 11:00 AM - 11:45 AM 4th Floor, Room 404	<b>SUCASA - BEYOND BLOTS</b> 9:45 AM - 12:00 PM <i>Taught in English and Cantonese</i> Room 159R
<b>CONTEMPORARY CHINESE DANCE</b> 10:00 AM - 10:45 AM 6th Floor Rooftop	<b>WATERCOLOR PAINTING</b> Demo: 10:30 AM - 11:15 AM Studio: 11:30 AM - 12:15 PM 1st Floor, Room 156R	<b>CHINESE BEADING SERIES</b> Demo: 10:00 AM - 10:45 AM 1st Floor, Room 159R	<b>HANDBUILDING CERAMICS</b> Demo: 10:00 AM - 10:55 AM Studio: 11:00 AM - 11:55 AM Studio A, M Floor	<b>CRAFTS</b> 1:00 PM - 1:45 PM 4th Floor, Room 404
<b>CHINESE DISCUSSION GROUP</b> 10:00 AM - 11:00 AM <i>Led in Chinese</i> 4th Floor, Room 404	<b>ORIGAMI</b> 1:00 PM - 2:00 PM 4th Floor Boardroom	<b>CHINESE BEADING SERIES</b> Studio: 11:00 AM - 11:45 AM 1st Floor, Room 159R		<b>SEWING</b> 2:00 PM - 2:45 PM 4th Floor, Room 404
<b>GAME TIME</b> 1:30 PM - 3:30 PM 6th Floor Rooftop	<b>SALT</b> 2:00 PM - 3:00 PM 4th Floor, Room 404	<b>DRAWING</b> 10:30 AM - 11:30 AM 6th Floor, Room 604		<b>TAI CHI</b> w/ MCC Fitness 2:00 PM - 3:00 PM 6th Floor Rooftop
	<b>ZUMBA GOLD®</b> w/ MCC Fitness 2:00 PM - 3:00 PM 6th Floor Rooftop	<b>CREATIVITY CONNECTS</b> 10:30 AM - 11:30 AM 1st Floor, Room 156R		
	<b>ACRYLIC PAINTING</b> Demo: 3:00 PM - 3:45 PM Studio: 4:00 PM - 4:45 PM 1st Floor, Room 156R	<b>SELF-DEFENSE CLASSES</b> for Adults 18+ 11:00 AM - 12:00 PM 4th Floor, Room 404		
		<b>CHAIR YOGA w/ NORC</b> 1:00 PM - 2:00 PM <i>Join Via Zoom</i>		
		<b>COLLAGE CREATIONS</b> 1:00 PM - 2:15 PM 4th Floor, Room 404		
		<b>LIFE'S PAGES</b> 1:00 PM - 2:15 PM <i>Mandarin Only</i> 6th Floor, Room 604		
		<b>PILATES</b> w/ MCC FITNESS 2:00 PM - 3:00 PM 6th Floor Rooftop		
		<b>JAZZ LINE DANCE</b> 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.*