

WCBL Schedule of In-Person & Virtual Events | May 2026

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: 9:10 AM - 10:05 AM Beginner: 10:15 AM - 11:10 AM <i>Taught in Chinese 6th Floor Rooftop Registration required.</i>
DANCE STRETCHING 9:00 AM - 9:45 AM <i>6th Floor Rooftop</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>	BEYOND BLOTS: MIXED MEDIA AND INKBLOT 10:00 AM - 12:00 PM <i>1st Floor, Room 159R</i>
CONTEMPORARY CHINESE DANCE 10:00 AM - 10:45 AM <i>6th Floor Rooftop</i>	WATERCOLOR PAINTING Demo: 10:30 AM - 11:25 AM Studio: 11:30 AM - 12:25 PM <i>1st Floor, Room 156R Registration required.</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 Registration required.</i>	CRAFTS 1:00 PM - 1:45 PM <i>4th Floor, Room 404</i>
CHINESE DISCUSSION GROUP 10:00 AM - 11:00 AM Led in Chinese <i>4th Floor, Room 404</i>	ORIGAMI 12:45 PM - 2:15 PM <i>4th Floor Boardroom</i>	CHINESE BEADING SERIES Studio: 11:00 AM - 11:45 AM <i>1st Floor, Room 159R</i>		SEWING 2:00 PM - 2:45 PM <i>4th Floor, Room 404 Registration required.</i>
GAME TIME 1:30 PM - 3:30 PM <i>6th Floor Rooftop</i>	SALT 2:00 PM - 3:00 PM <i>4th Floor, Room 404</i>	SELF-DEFENSE CLASSES for Adults 18+ 11:00 AM - 12:00 PM <i>4th Floor, Room 404</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>	PILATES w/ MCC FITNESS 2:00 PM - 3:00 PM <i>6th Floor Rooftop</i>		KEY
	ACRYLIC PAINTING Demo: 3:00 PM - 3:55 PM Studio: 4:00 PM - 4:55 PM <i>1st Floor, Room 156R Registration required.</i>	JAZZ LINE DANCE 3:15 PM - 4:15 PM <i>6th Floor Rooftop</i>		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 Special Events/Cancellations | May 2026

CANCELLATIONS /ROOM CHANGES	BUILDING CLOSURES	SPECIAL EVENTS
<u>NO PILATES</u> 5/6	CENTER CLOSED FOR MEMORIAL DAY 5/25	CELEBRATEARTS CRAFT SALE 5/6
JAZZ LINE DANCE MOVED TO BASKETBALL COURT (CR) 12:30PM-1:30PM 5/6		MOTHER'S DAY CONCERTS IN MOTION CHINESE MUSIC 1:00 PM 5/11
MEAL CHANGE TAKE HOME BREAKFAST AND LUNCH 5/8		MANDARIN PLAY BACK THEATRE: "REDISCOVERING HAPPINESS IN LIFE - FINDING WARMTH AND MEANING TOGETHER" 10:00 AM - 11:30 AM ROOM 404 5/18
TAI CHI WITH MCC FITNESS MOVED TO BASKETBALL COURT 5/8 & 5/29		CELEBRATEARTS 2026. VISIT MANNYCANTOR.ORG/CELEBRATEARTS OR PICK UP A PROGRAM ON THE 4TH FLOOR OR MCC LOBBY TO VIEW THE FULL FESTIVAL SCHEDULE.
<u>NO GAME TIME</u> 5/11		
ZUMBA GOLD®, IN-PERSON ONLY MOVED TO BASKETBALL COURT 1:00PM-2:00PM 5/12		
<u>NO TAI CHI WITH PHIL</u> 5/15 & 5/22		
<u>NO CHINESE DISCUSSION GROUP</u> 5/18		
ZUMBA, VIRTUAL ONLY 5/26		
<u>NO CHINESE BEADING</u> 5/27		
<u>NO SEWING AND CRAFTS</u> 5/29		

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