

# WCBL Schedule of In-Person & Virtual Events | June 2026

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 6th Floor Rooftop</i>	<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 <i>4th Floor, Room 404</i>	<b>TAI CHI</b> Advanced: 9:10 AM - 10:05 AM Beginner: 10:15 AM - 11:10 AM <i>Taught in Chinese 6th Floor Rooftop Registration required.</i>
<b>DANCE STRETCHING</b> 9:00 AM - 9:45 AM <i>6th Floor Rooftop</i>	<b>CHAIR YOGA</b> 9:00 AM - 9:45 AM <i>4th Floor, Room 404</i>	<b>SELF-DEFENSE</b> 10:00 AM - 11:00 AM <i>4th Floor, Room 404 No class in June, returning in July.</i>	<b>ALLIANCE STAGE COMPANY</b> Drama: 11:00 AM - 11:45 AM <i>4th Floor, Room 404</i>	<b>CRAFTS</b> 1:00 PM - 1:45 PM <i>4th Floor, Room 404</i>
<b>CONTEMPORARY CHINESE DANCE</b> 10:00 AM - 10:45 AM <i>6th Floor Rooftop</i>	<b>WATERCOLOR PAINTING</b> Demo: 10:30 AM - 11:25 AM Studio: 11:30 AM - 12:25 PM <i>1st Floor, Room 156R Registration required.</i>	<b>CHINESE BEADING SERIES</b> Demo: 10:00 AM - 10:45 AM <i>1st Floor, Room 159R</i>	<b>HANDBUILDING CERAMICS</b> Demo: 10:00 AM - 10:55 AM Studio: 11:00 AM - 11:55 AM <i>Studio A, M Floor Registration required.</i>	<b>SEWING</b> 2:00 PM - 2:45 PM <i>4th Floor, Room 404 Registration required.</i>
<b>CHINESE DISCUSSION GROUP</b> 10:00 AM - 11:00 AM Led in Chinese <i>4th Floor, Room 404</i>	<b>ORIGAMI</b> 12:45 PM - 2:15 PM <i>4th Floor Boardroom</i>	<b>CHINESE BEADING SERIES</b> Studio: 11:00 AM - 11:45 AM <i>1st Floor, Room 159R</i>		<b>TAI CHI</b> w/ MCC Fitness 2:00 PM - 3:00 PM <i>6th Floor Rooftop</i>
<b>GAME TIME</b> 1:30 PM - 3:30 PM <i>6th Floor Rooftop</i>	<b>SALT</b> 2:00 PM - 3:00 PM <i>4th Floor, Room 404</i>	<b>SELF-DEFENSE CLASSES</b> for Adults 18+ 11:00 AM - 12:00 PM <i>4th Floor, Room 404 No class in June, returning in July.</i>		
	<b>ZUMBA GOLD®</b> w/ MCC Fitness 2:00 PM - 3:00 PM <i>6th Floor Rooftop</i>	<b>PILATES</b> w/ MCC FITNESS 2:00 PM - 3:00 PM <i>6th Floor Rooftop</i>		
	<b>ACRYLIC PAINTING</b> Demo: 3:00 PM - 3:55 PM Studio: 4:00 PM - 4:55 PM <i>1st Floor, Room 156R Registration required.</i>	<b>JAZZ LINE DANCE</b> 3:15 PM - 4:15 PM <i>6th Floor Rooftop</i>		

KEY
<b>LIGHT GREY:</b> Virtual Activity
<b>WHITE:</b> In-Person Activity

\*Some in-person classes require registration. Please refer to the specific class requirements for details. All 6th Floor classes take place indoors.



# WCBL Special Events/Cancellations | June 2026

CANCELLATIONS /ROOM CHANGES	BUILDING CLOSURES	SPECIAL EVENTS
<b>ZUMBA GOLD®</b> MOVED TO BASKETBALL COURT (CR) NO VIRTUAL CLASS 6/2 & 6/16	<b>WCBL OFFICE CLOSING EARLY FOR TALENT IS TIMELESS LOCAL ROUND</b> 1:00 PM 6/12	<b>FIRE SAFETY PRESENTATION</b> 10:30 AM - 11:15 AM   ROOM 404 6/9
<b>NO SELF-DEFENSE</b> 6/3, 6/10, 6/17 & 6/24	<b>CENTER CLOSED FOR JUNETEENTH</b> 6/19	<b>CANCER SURVIVORSHIP CIRCLE</b> 1:00 PM-2:00 PM   6TH FLOOR CLASSROOM 6/10
<b>NO TAI CHI w/ MCC FITNESS</b> 6/5	<b>WCBL OFFICE CLOSED FOR PROFESSIONAL DEVELOPMENT</b> 10:30 AM - 2:00 PM 6/24	<b>TALENT IS TIMELESS LOCAL ROUND HOSTED AT SCBL</b> 6/12
<b>TAI CHI w/ MCC FITNESS</b> MOVED TO BASKETBALL COURT (CR) 6/26		<b>NUTRITION WORKSHOP WITH DOUG</b> 10:00 AM - 11:00 AM   ROOM 404 6/16
<b>JAZZ LINE DANCE</b> MOVED TO BASKETBALL COURT (CR) 12:30 PM - 1:30 PM 6/10 & 6/17		<b>FATHER'S DAY CONCERT WITH CONCERTS IN MOTION</b> 1:30 PM   6TH FLOOR 6/22
<b>NO SEWING AND CRAFTS</b> 6/12		
<b>CHINESE DISCUSSION GROUP</b> EXTENDED TO 11:30 AM 6/15		
<b>NO GAME TIME</b> 6/15 & 6/22		
<b>MEAL CHANGE</b> TAKE HOME BREAKFAST AND LUNCH 6/24		
<b>NO JAZZ LINE DANCE</b> 6/24		

Weinberg Center for Balanced Living  
 Manny Cantor Center | 197 East Broadway, 4th Floor  
 (646) 395-4270 | [wcbl@mannycantor.org](mailto:wcbl@mannycantor.org)

