

WCBL Schedule of In-Person & Virtual Events | July 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 and Drama 10:00 AM - 12:00 PM <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> | HANDBUILDING CERAMICS 10:00 AM - 12:00 PM <i>Studio A, M Floor Registration required.</i> | CRAFTS & SEWING 1:00 PM - 3:00 PM <i>4th Floor, Room 404 Registration required.</i> |
| CONTEMPORARY CHINESE DANCE 10:00 AM - 10:45 AM <i>6th Floor Rooftop</i> | WATERCOLOR PAINTING 10:30 AM - 12:30 AM <i>1st Floor, Room 156R Registration required.</i> | CHINESE BEADING SERIES 10:00 AM - 12:00 PM <i>1st Floor, Room 159R</i> | BOOM BABY BOOM 1:00 PM - 2:00 PM <i>4th Floor, Room 404</i> | TAI CHI w/ MCC Fitness 2:00 PM - 3:00 PM <i>6th Floor Rooftop</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> | DRAWING 10:30 AM - 11:30 AM <i>6th Floor Classroom Registration required.</i> | | |
| BINGO 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 for Adults 18+ 11:00 AM - 12:00 PM <i>4th Floor, Room 404</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> | | |
| | ACRYLIC PAINTING 3:00 PM - 5:00 PM <i>1st Floor, Room 156R Registration required.</i> | JAZZ LINE DANCE 3:15 PM - 4:15 PM <i>6th Floor Rooftop</i> | | |

| KEY |
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| LIGHT GREY: Virtual Activity |
| WHITE: 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 | July 2026

| CANCELLATIONS /ROOM CHANGES | BUILDING CLOSURES | SPECIAL EVENTS |
|--|--|--|
| NO BINGO GAME 7/6 | CENTER CLOSED FOR INDEPENDENCE DAY 7/3 | LIFE AFTER LOSS 1:00 PM - 2:00 PM 6 TH FLOOR CLASSROOM 7/15, 7/22, 7/29, 8/5, 8/12 |
| NO A-B-C EXERCISE 7/15 | | |
| CHINESE BEADING CLASS MOVED TO ROOM 154R 7/29 | | |
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