

WCBL Schedule of In-Person & Virtual Events | October 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</i> 6th Floor Rooftop	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 4th Floor, Room 404	TAI CHI Advanced: 9:10 AM - 10:05 AM Beginner: 10:15 AM - 11:10 AM <i>Taught in Chinese</i> 6th Floor Rooftop <i>Registration required.</i>
DANCE STRETCHING 9:00 AM - 9:45 AM 6th Floor Rooftop	CHAIR YOGA 9:00 AM - 9:45 AM 4th Floor, Room 404	SELF-DEFENSE 10:00 AM - 11:00 AM 4th Floor, Room 404	HANDBUILDING CERAMICS 10:00 AM - 12:00 PM Studio A, M Floor <i>Registration required.</i>	CRAFTS & SEWING 1:00 PM - 3:00 PM 4th Floor, Room 404 <i>Registration required.</i>
CONTEMPORARY CHINESE DANCE 10:00 AM - 10:45 AM 6th Floor Rooftop	WATERCOLOR PAINTING 10:30 AM - 12:30 AM 1st Floor, Room 156R <i>Registration required.</i>	CHINESE BEADING SERIES 10:00 AM - 11:45 AM 1st Floor, Room 159R	BOOM BABY BOOM Writing Workshop 1:00 PM - 2:00 PM 4th Floor, Room 404	TAI CHI w/ MCC Fitness 2:00 PM - 3:00 PM 6th Floor Rooftop
CHINESE DISCUSSION SUPPORT GROUP 10:00 AM - 11:00 AM Led in Chinese 4th Floor, Room 404	ORIGAMI RESUMES FROM 9/15 12:45 PM - 2:15 PM 4th Floor Boardroom	DRAWING 10:30 AM - 11:30 AM 6th Floor Classroom <i>Registration required.</i>	KEY LIGHT GREY: Virtual Activity WHITE: In-Person Activity	
BINGO 1:30 PM - 3:30 PM 6th Floor Rooftop	SALT 2:00 PM - 3:00 PM 4th Floor, Room 404	SELF-DEFENSE CLASSES for Adults 18+ 11:00 AM - 12:00 PM 4th Floor, Room 404		
	ZUMBA GOLD® w/ MCC Fitness 2:00 PM - 3:00 PM 6th Floor Rooftop	PILATES w/ MCC FITNESS 2:15 PM - 3:00 PM 6th Floor Rooftop		
	ACRYLIC PAINTING 3:00 PM - 5:00 PM 1st Floor, Room 156R <i>Registration required.</i>	JAZZ LINE DANCE 3:15 PM - 4:15 PM 6th Floor Rooftop		

*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 | October 2026

CANCELLATIONS/ ROOM CHANGES	BUILDING CLOSURES	SPECIAL EVENTS
<u>NO ZUMBA GOLD</u> 10/6	WCBL OFFICE CLOSED FOR ELECTION DAY 11/3	MOON FESTIVAL CELEBRATION CONCERT 10/1 After Lunch 6 th Floor
JAZZ LINE DANCE MOVED TO BASKETBALL COURT, CR 1:00PM-2:00PM 10/7		NUTRITION WORKSHOP SERIES BY UA3 Wednesdays, 10/7, 10/14, 10/21, 10/28 1:00-2:30PM Room 404 Registration Required
<u>PILATES</u> MOVED TO BASKETBALL COURT, CR LEVEL 10/7		HISPANIC HERITAGE MONTH CONCERT 10/14 1:30PM 6 th Floor
<u>PILATES</u> MOVED TO BASKETBALL COURT, CR LEVEL 1:00PM - 1:45PM 10/14		FLU SHOT CLINIC W/ MT SINAI KARPAS HEALTH 10/28 10:00 AM - 1:00 PM Room 154R Appointment Required
<u>NO JAZZ LINE DANCE</u> 10/28		MCC HALLOWEEN HARVEST FESTIVAL 10/28 3:00-5:00PM 6 th Floor
<u>NO PILATES</u> 10/28		

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