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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GENTLE MOVEMENT AND BREATHING 8:30 AM - 9:15 AM *Join Via Zoom*	**QI GONG** Beginner: 9:00 AM - 9:45 AM Advanced: 10:00 AM - 10:45 AM *Taught in Chinese* *6th Floor Rooftop* *Registration required.*	**A-B-C EXERCISE** 8:30 AM - 9:15 AM *Join Via Zoom*	**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 Taught in Chinese *6th Floor Rooftop* *Registration required.*
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* *Registration required.*	**SEWING CIRCLE (CRAFTS & SEWING)** 1:00 PM - 3:00 PM *4th Floor, Room 404* *Registration required.*
CONTEMPORARY CHINESE DANCE 10:00 AM - 10:45 AM *6th Floor Rooftop*	**WATERCOLOR PAINTING** 10:30 AM - 12:30 AM *1st Floor, Room 156R* *Registration required.*	**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* *Registration required.*		
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* *Registration required.*	**JAZZ LINE DANCE** 3:15 PM - 4:15 PM *6th Floor Rooftop*		

KEY
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.**

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MC MANNY CANTOR CENTER EDUCATIONAL ALLIANCE

WCBL Special Events/Cancellations | November 2026

CANCELLATIONS/ ROOM CHANGES	BUILDING CLOSURES	SPECIAL EVENTS
NO DRAWING 11/11 & 11/25	**ELECTION DAY** 11/3	**NUTRITION WORKSHOP SERIES BY UA3** Wednesday, 11/4 1:00-2:30PM | Room 404 Registration is Closed.
NO QI GONG 11/24	**WCBL OFFICE CLOSED AT 3:00PM** 11/25	**LUNCHTIME CONCERT | MANNES SCHOOL OF MUSIC** 11/10 | 11:30 AM - 12:00 PM
NO ZUMBA 11/24	**THANKSGIVING** 11/26 & 11/27	**MEDICARE MADE SIMPLE: AN EDUCATIONAL SEMINAR WITH SASHA MILLSTEIN** Wednesday, 11/11 1:00-2:30PM | Room 404 Registration Encouraged.
NO WATERCOLOR PAINTING 11/24		**THANKSGIVING LUNCHEON** 11/24 | 11 AM - 1 PM Tickets available beginning 11/16
NO ACRYLIC PAINTING 11/24		**8-WEEK INTERGENERATIONAL CREATIVITY CONNECTS PROGRAM** Wednesdays, 11/18-1/20 | 2:00-3:00PM Registration Required. To learn more, contact Sheryl Jaffe, LCSW at sjaffe@edalliance.org.
MEAL CHANGE *TAKE HOME BREAKFAST* 11/24		
NO PILATES 11/25		
NO JAZZ LINE DANCE 11/25		

Weinberg Center for Balanced Living
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