

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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# April 2024

Center Hours:  
Monday - Tuesday 9am-4pm  
Wednesday 9am-3pm  
Thursday - Friday 9am-4pm

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|--|---|---|---|---|
| <p>1</p> <p>Zumba with Dayle 10-11 am<br/>Expressive Movement with Nami 1-2 pm</p>   | <p>2</p> <p>Chess with Coach Tim 11-12 pm<br/>Chair Yoga with Betty 11-12 pm<br/>S.A.I.L with Don 1-2 pm</p>                      | <p>3</p> <p>TRIP: Metro Card Bus 10 am<br/>TLC Taxi Safety Presentation 11 am<br/>Natural Care Class with Carmen 1-2 pm<br/>Draw with Peter 1-2 pm<br/>Expressive Movement with Nami 1-3 pm<br/>English with Frank (英语) 1:15 pm –2:15pm</p> | <p>4</p> <p>ARMY CITIZEN PREPAREDNESS 11- 12 PM<br/>Chair Yoga with Marilyn 11-12 pm<br/>MOVIE:<br/>AMERICAN FICTION 1:15 PM</p>  | <p>5</p> <p>Technology with Robert 9-4 pm<br/>BUCK BINGO 1:15 PM</p>  |
| <p>8</p> <p>Zumba with Dayle 10-11 am<br/>SNAP Presentation 11 am<br/>OATS Computer Basics 1-2:15 pm<br/>Expressive Movement with Nami 1-2 pm</p>              | <p>9</p> <p>Chess with Coach Tim 11-12 pm<br/>Chair Yoga with Betty 11-12 pm<br/>S.A.I.L with Don 1-2 pm<br/>KARAOKE 1:30 pm</p>  | <p>10</p> <p>DIABETES 101 PRESENTATION 11 am<br/>Natural Care Class with Carmen 1-2 pm<br/>Draw with Peter 1-2 pm<br/>Expressive Movement with Nami 1-3 pm<br/>English with Frank (英语) 1:15 pm –2:15pm</p>                                  | <p>11</p> <p>Chair Yoga with Marilyn 11-12 pm<br/>TAX CREDIT PRESENTATION 11 AM<br/>BUCK BINGO 1:15 PM</p>  | <p>12</p> <p>Technology with Robert 9-4 pm<br/>Glamour Gals 1:45 PM</p>   |
| <p>15</p> <p>Zumba with Dayle 10-11 am<br/>OATS Computer Basics 1-2:15 pm<br/>Expressive Movement with Nami 1-2 pm</p>   | <p>16</p> <p>Chess with Coach Tim 11-12 pm<br/>Chair Yoga with Betty 11-12 pm<br/>S.A.I.L with Don 1-2 pm</p>                     | <p>17</p> <p>NUTRITION PRESENTATION 11 AM<br/>Natural Care Class with Carmen 1-2 pm<br/>Draw with Peter 1-2 pm<br/>Expressive Movement with Nami 1-3 pm<br/>English with Frank (英语) 1:15 pm –2:15pm</p>                                     | <p>18</p> <p>Chair Yoga with Marilyn 11-12 pm<br/>THE ART DECO STORY OF MANHATTAN 10:30 AM<br/>MOVIE:<br/>THE ZONE OF INTEREST 1:30 PM</p>  | <p>19</p> <p>Technology with Robert 9-4 pm<br/>Glamour Gals 1:45 PM<br/>BURDEN BOOK CLUB: FIRST SELECTION MEETING 1:30 PM</p> |
| <p>22</p> <p>Zumba with Dayle 10-11 am<br/>OATS Computer Basics 1-2:15 pm<br/>Expressive Movement with Nami 1-2 pm</p>   | <p>23</p> <p>Chess with Coach Tim 11-12 pm<br/>Chair Yoga with Betty 11-12 pm<br/>S.A.I.L with Don 1-2 pm<br/>KARAOKE 1:30 pm</p> | <p>24</p> <p>Natural Care Class with Carmen 1-2 pm<br/>Draw with Peter 1-2 pm<br/>Expressive Movement with Nami 1-3 pm<br/>English with Frank (英语) 1:15 pm –2:15pm</p>  | <p>25</p> <p>Chair Yoga with Marilyn 11-12 pm<br/>MEDICARE NOW PRESENTATION 11 AM<br/>LUNG CANCER SCREENING PRESENTATION 1PM</p>  | <p>26</p> <p>Technology with Robert 9-4 pm<br/>TALENT SHOW 1:30 PM</p>  |
| <p>29</p> <p>Zumba with Dayle 10-11 am<br/>OATS Computer Basics 1-2:15 pm<br/>Expressive Movement with Nami 1-2 pm<br/>SENIOR ADVISORY COUNCIL MTG 1:30 pm</p> | <p>30</p> <p>Chess with Coach Tim 11-12 pm<br/>Chair Yoga with Betty 11-12 pm<br/>S.A.I.L with Don 1-2 pm</p>                     |   | <p><b>CARTER BURDEN NETWORK</b><br/> CARTER BURDEN LUNCHEON CLUB<br/> 351 East 74<sup>th</sup> Street<br/> Phone: 212-203-3541<br/> <a href="http://www.carterburdennetwork.org">www.carterburdennetwork.org</a><br/> Hours Open to the Public:<br/> Monday - Tuesday 9am-4pm, Wednesday 9am-3pm, Thursday - Friday 9am-4pm</p> |   |

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