


SPECIAL ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1 style="font-size: 2em; margin: 0;">May 2024</h1>		 <p style="font-size: 0.8em; margin: 0;">carter burden network leading the way in aging services</p>	Center Hours: Monday to Friday: 8am – 4pm Saturday and Sunday: 9am – 4pm *Individual Tech Support available daily, Monday-Friday by both walk-ins and appointment. Please visit the 3rd Floor Computer Lab for details.			
CARTER BURDEN NETWORK COVELIO OLDER ADULT CENTER 312 East 109 th Street, NY, NY 10029 Phone: 212-423-9665 www.carterburdennetwork.org			1 9-12 Common Pantry, 1 st Fl	2 11-12 Nutrition Class with Common Pantry, 1 st Fl	3 1-3 Mother's Day Celebration, 1 st Fl	4
5	6	7	8 11:15AM-12PM Mental Health and the Older Adult In-Person Workshop, 2 nd Fl Dining Hall	9 10-2 River Front Center Mall 11-12 Light & Health Presentation, 1 st Fl	10 1-2 Spa Day, 1 st Fl	11
12	13	14	15 11-12 Recreational Cannabis with DFTA – Live Webinar, 2 nd Fl Dining Hall 1-2 Glamour Gals Manicures, 1 st Fl	16 10-2 Botanical Garden Trip	17	18
19	20	21	22 11:15-12 Fall Prevention in the Home with CBN Healthy Aging Tech Center, 2 nd Fl Dining Hall 1:30-3:30 Making Art Work Gallery Opening Reception, 3 rd Fl	23 11-12 Caption Call Phone Presentation, 2 nd Floor	24 1-2 Virtual Bingo, 1 st Fl CENTER CLOSING EARLY AT 2PM	25
26	CENTER CLOSED MEMORIAL DAY	27	28 10-1 Trip to Lincoln Center	29 12:45-4 Trip to Carter Burden Gallery, (Registration on 3 rd Floor)	30 10-2 Golden Coral Trip 1-2 Virtual Bingo, 1 st Fl	31

REGULAR WEEKLY ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10-12 Ceramics with Valerie	9:30-10:30 Zumba , 1 st Fl. 10-12 Pool Room Open 10-12 Easy Quilts with Diane 10-12 Crochet and Clay with Ann 10-11:30 Open Painting Studio 11-12 Healing Through Music , 1 st Fl.	9:30-10:30 Covello Glowing Stars , 1 st Fl. 9:30-11:30 Gym Open 10-11 Introduction to Facebook (registration required) 10-12 Pool Room Open 10-12 Hand Embroidery with Diane 10-12 Open Painting Studio 10-12 Ceramics with Jennifer 10-11 Tai Chi for Arthritis , 4 th Fl. 11-12 Choreography , 1 st Fl	9:30-10:30 Covello Glowing Stars , 1 st Fl 10-12 Ceramics with Olivia 10-12 Pool Room Open 10-12 Clothing and Open Sewing with Lameeka 10-12 Open Painting Studio 11-12 Choreography , 1 st Fl. 11-12 Chair Yoga , 4 th Fl.	10-11 Introduction to Facebook (registration required) 10-12 Pool Room Open 10-12 Open Painting Studio 10-12 Open Quilting Time with Diane 10-12 Ceramics with Jennifer 10-11 Tai Chi for Arthritis , 4 th Fl.	9:30-10:30 Zumba , 1 st Fl. 10-12 Pool Room Open 10-12 Clothing & Alterations with Shelli 10-12 Ceramics with Ann 10-12 Printmaking with Karin 11-12 Healing Through Music , 1 st Fl.	10-12 Ceramics with Valerie 10-12 Social Morning
12 – 1 Lunch (Almuerzo), 2nd Fl. Cafeteria						
1-3 Karaoke 1-4 Ceramics with Valerie	1-4 Pool Room Open 1-4 Open Sewing with Diane 1-4 Crochet and Clay with Ann 1-3 Printmaking with Karin 1-4 Chinese Painting with Ming	1-4 Pool Room Open 1-2:30 Basic Computer Class (no registration necessary) 1-4 Open Sewing with Diane 1-4 Ceramics with Jennifer 1:30-3:30 Bingo , 1 st Fl. 1-3 Drawing Class with Alex	1-4 Ceramics with Olivia 1-4 Mixed Media with Liz 1-4 Clothing and Open Sewing with Lameeka	1-4 Pool Room Open 1:30-2:30 Basic Computer Class (no registration necessary) 1-4 Creative Sewing with Liz 1-4 Ceramics with Jennifer 1-4 Painting with Phyllis 1-3:30 Bingo , 1 st Fl.	1-2 Printmaking with Karin 1-4 Ceramics with Ann 1-4 Clothing & Alterations with Shelli 1-3:30 Karaoke , 1 st Fl.	1-4 Ceramics with Valerie 1-4 Open Sewing with Ann 1-3 Social Afternoon