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| **SPECIAL ACTIVITIES** | | | | | | | | | | | |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | | **THURSDAY** | | | | **FRIDAY** | | **SATURDAY** |
| ***May 2024*** | | | **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**  COVELlO OLDER ADULT CENTER  312 East 109th Street, NY, NY 10029  Phone: 212-423-9665 [www.carterburdennetwork.org](http://www.carterburdennetwork.org) | | | | 1  9-12 **Common Pantry,** 1st Fl | | | | 2  11-12 **Nutrition Class with Common Pantry,** 1st Fl | 3  1-3 **Mother’s Day Celebration,** 1st Fl | | 4 |
| 5 | 6 | 7 | 8  11:15AM-12PM **Mental Health and the Older Adult In-Person Workshop,** 2nd Fl Dining Hall | | 9  10-2 **River Front Center Mall**  11-12 **Light & Health Presentation,** 1st Fl | | | | 10  1-2 **Spa Day,** 1st Fl | | 11 |
| 12 | 13 | 14 | 15  11-12 **Recreational Cannabis with DFTA – Live Webinar**, 2nd FlDining Hall  1-2 **Glamour Gals Manicures,** 1st 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,** 2nd Fl Dining Hall  1:30-3:30 **Making Art Work Gallery Opening Reception**, 3rd Fl | | | 23  11-12 **Caption Call Phone Presentation,** 2nd Floor | | | 24  1-2 **Virtual Bingo,** 1st Fl  **CENTER CLOSING EARLY**  **AT 2PM** | | 25 |
| 26 | 27  **CENTER CLOSED**  **MEMORIAL DAY** | 28 | 29  10-1 **Trip to Lincoln Center** | | | | 30  12:45-4 **Trip to Carter Burden Gallery,** (Registration on 3rd Floor) | | | 31  10-2 **Golden Coral Trip**  1-2 **Virtual Bingo,** 1st Fl |  |
| **REGULAR WEEKLY ACTIVITIES** | | | | | | | | | | | |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | | **THURSDAY** | | | | **FRIDAY** | | **SATURDAY** |
| 10-12 **Ceramics with Valerie** | 9:30-10:30 **Zumba**, 1st 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**, 1st Fl. | 9:30-10:30 **Covello Glowing Stars**, 1st 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**, 4th Fl.  11-12 **Choreography**, 1st Fl | 9:30-10:30 **Covello Glowing Stars**, 1st 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**, 1st Fl.  11-12 **Chair Yoga**, 4th 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**, 4th Fl. | | | | 9:30-10:30 **Zumba**, 1st 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**, 1st 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**, 1st 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**, 1st Fl. | | | | 1-2 **Printmaking with Karin**  1-4 **Ceramics with Ann**  1-4 **Clothing & Alterations with Shelli**  1-3:30 **Karaoke,** 1st Fl. | | 1-4 **Ceramics with Valerie**  1-4 **Open Sewing with Ann(**  1-3 **Social Afternoon** |