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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 CENTER312 East 109th Street, NY, NY 10029Phone: 212-423-9665 [www.carterburdennetwork.org](http://www.carterburdennetwork.org) | 19-12 **Common Pantry,** 1st Fl | 211-12 **Nutrition Class with Common Pantry,** 1st Fl | 31-3 **Mother’s Day Celebration,** 1st Fl | 4 |
| 5 | 6 | 7 | 811:15AM-12PM **Mental Health and the Older Adult In-Person Workshop,** 2nd Fl Dining Hall | 910-2 **River Front Center Mall**11-12 **Light & Health Presentation,** 1st Fl | 101-2 **Spa Day,** 1st Fl | 11 |
| 12 | 13 | 14 | 1511-12 **Recreational Cannabis with DFTA – Live Webinar**, 2nd FlDining Hall1-2 **Glamour Gals Manicures,** 1st Fl | 1610-2 **Botanical Garden Trip** | 17 | 18 |
| 19 | 20 | 21 | 2211:15-12 **Fall Prevention in the Home with CBN Healthy Aging Tech Center,** 2nd Fl Dining Hall1:30-3:30 **Making Art Work Gallery Opening Reception**, 3rd Fl | 2311-12 **Caption Call Phone Presentation,** 2nd Floor | 241-2 **Virtual Bingo,** 1st Fl**CENTER CLOSING EARLY****AT 2PM** | 25 |
| 26 | 27**CENTER CLOSED****MEMORIAL DAY** | 28 | 2910-1 **Trip to Lincoln Center** | 3012:45-4 **Trip to Carter Burden Gallery,** (Registration on 3rd Floor) | 3110-2 **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 Fl10-12 **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** |