

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------



May 2024

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

<p style="text-align: center;">CARTER BURDEN NETWORK CARTER BURDEN LUNCHEON CLUB 351 East 74th Street Phone: 212-203-3541 www.carterburdennetwork.org Hours Open to the Public: Monday - Tuesday 9am-4pm, Wednesday 9am-3pm, Thursday - Friday 9am-4pm</p>		<p style="text-align: center;">PRESENTATION: Seasonal Affective Disorder 11am Natural Care Class with Carmen 1pm-2pm Expressive Movement with Nami 1pm-2pm OATS Computer Basics 1pm-2:15pm</p>	<p style="text-align: center;">Chair Yoga with Marilyn 10:45am-12pm Hunter Nursing Student Blood Pressure Check 11:15am MOVIE: STAR WARS: A NEW HOPE 1:15PM</p>	<p style="text-align: center;">Technology with Robert 9am-4pm Hunter Nursing Student Blood Pressure Check 11:15am</p>
<p style="text-align: center;">Zumba with Dayle 10am-11am Expressive Movement with Nami 1pm-2pm OATS Computer Basics 1pm-2:15pm</p>	<p style="text-align: center;">Chess with Coach Tim 11am-12 pm Chair Yoga with Betty 10:45am -11:45am S.A.I.L with Don 1pm-2pm Drama with Frank 1:30pm-3pm</p>	<p style="text-align: center;">PRESENTATION: The Importance of Socialization 11am Natural Care Class with Carmen 1pm-2pm Expressive Movement with Nami 1pm-2pm OATS Computer Basics 1pm-2:15pm</p>	<p style="text-align: center;">Chair Yoga with Marilyn 10:45 am-11:45pm Hunter Nursing Student Blood Pressure Check 11:15am Jewelry Making with Judy 1-3pm Glamour Gals 1pm</p>	<p style="text-align: center;">Technology with Robert 9am-4pm Hunter Nursing Student Blood Pressure Check 11:15am (Last Day for Hunter) BUCK BINGO! 1:15pm</p>
<p style="text-align: center;">Zumba with Dayle 10am-11am Expressive Movement with Nami 1pm-2pm OATS Digital Tools for Creative Expressions 1pm-2:15pm</p>	<p style="text-align: center;">Chess with Coach Tim 11am-12 pm Chair Yoga with Betty 10:45am -11:45am S.A.I.L with Don 1pm-2pm Drama with Frank 1:30pm-3pm</p> <p style="text-align: center;">BROWNIES AND BINGO w/Cantor Fitzgerald 1pm-3pm</p>	<p style="text-align: center;">Natural Care Class with Carmen 1pm-2pm Expressive Movement with Nami 1pm-2pm OATS Digital Tools for Creative Expressions 1pm-2:15pm</p>	<p style="text-align: center;">Chair Yoga with Marilyn 10:45 am-11:45pm KARAOKE 1:30pm</p>	<p style="text-align: center;">Technology with Robert 9am-4pm MOVIE: WHIPLASH 1:15PM</p>
<p style="text-align: center;">Zumba with Dayle 10am-11am Expressive Movement with Nami 1pm-2pm OATS Digital Tools for Creative Expressions 1pm-2:15pm SENIOR ADVISORY COUNCIL MTG 1:30pm</p>	<p style="text-align: center;">Chess with Coach Tim 11am-12 pm Chair Yoga with Betty 10:45am -11:45am S.A.I.L with Don 1pm-2pm Drama with Frank 1:30pm-3pm</p>	<p style="text-align: center;">Natural Care Class with Carmen 1pm-2pm Expressive Movement with Nami 1pm-2pm OATS Digital Tools for Creative Expressions 1pm-2:15pm</p>	<p style="text-align: center;">Chair Yoga with Marilyn 10:45 am-12pm Jewelry Making with Judy 1-3pm</p>	<p style="text-align: center;">Technology with Robert 9am-4pm TRIP TO CBG 10am CENTER CLOSING EARLY AT 2PM</p>
<p style="text-align: center;">CENTER CLOSED MEMORIAL DAY</p>	<p style="text-align: center;">Chess with Coach Tim 11am-12 pm Chair Yoga with Betty 10:45am -11:45am S.A.I.L with Don 1pm-2pm Drama with Frank 1:30pm-3pm</p>	<p style="text-align: center;">NUTRITION PRESENTATION 11am Natural Care Class with Carmen 1pm-2pm Expressive Movement with Nami 1pm-2pm OATS Digital Tools for Creative Expressions 1pm-2:15pm</p>	<p style="text-align: center;">Chair Yoga with Marilyn 10:45 am-11:45am MOVIE: DUMPLIN 1:15PM</p>	<p style="text-align: center;">Technology with Robert 9am-4pm KARAOKE 1:30pm Expressive Movement Commencement RECITAL</p>