

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><div><div>cbn</div><div>carter burden network</div><div>leading the way in aging services</div></div><div>March 2024</div></div>		Center Hours: Monday - Tuesday 9am-4pm Wednesday 9am-3pm Thursday - Friday 9am-4pm		
<div>CARTER BURDEN NETWORK</div> <div>CARTER BURDEN LUNCHEON CLUB</div> <div>351 East 74th Street</div> <div>Phone: 212-203-3541</div> <div>www.carterburdennetwork.org</div> <div>Hours Open to the Public:</div> <div>Monday - Tuesday 9am-4pm,</div> <div>Wednesday 9am-3pm,</div> <div>Thursday - Friday 9am-4pm</div>				1 <div>Technology with Robert 9-4 pm</div> <div>TRIVIA: Who Am I? BHM edition</div>
4 <div>Zumba with Dayle 10-11 am</div>	5 <div>Chess with Coach Tim 11-12 pm</div> <div>Chair Yoga with Betty 11-12 pm</div> <div>S.A.I.L with Don 1-2 pm</div>	6 <div>Classic Oldies by DJ Vincent 11:45 am</div> <div>Natural Care Class with Carmen 1-2 pm</div> <div>Draw with Peter 1-2 pm</div> <div>Expressive Movement with Nami 1-3 pm</div>	7 <div>Chair Yoga with Marilyn 11-12 pm</div> <div>Spanish with Carlos 1-3 pm</div>	8 <div>Technology with Robert 9-4 pm</div> <div>Poetry Open Mic Hosted by Frank Craven 1:15 pm</div>
11 <div>Zumba with Dayle 10-11 am</div> <div>MOVIE: Priscilla 1:15 pm</div>	12 <div>Chess with Coach Tim 11-12 pm</div> <div>Chair Yoga with Betty 11-12 pm</div> <div>S.A.I.L with Don 1-2 pm</div>	13 <div>Classic Oldies by DJ Vincent 11:45 am</div> <div>Natural Care Class with Carmen 1-2 pm</div> <div>Expressive Movement with Nami 1-3 pm</div> <div>BINGO 1:15 PM</div>	14 <div>Chair Yoga with Marilyn 11-12 pm</div> <div>Jewelry with Judy 1-3pm</div> <div>Spanish with Carlos 1-3pm</div>	15 <div>Technology with Robert 9-4 pm</div> <div>IRISH STEP DANCE Performance 1-2 pm</div>
18 <div>TRIP: MET Museum 10 am</div> <div>Zumba with Dayle 10-11 am</div> <div>Hypertension 101 Presentation 11 am</div>	19 <div>Chess with Coach Tim 11-12 pm</div> <div>Chair Yoga with Betty 11-12 pm</div> <div>S.A.I.L with Don 1-2 pm</div>	20 <div>AARP Tax Prep Presentation 11 am</div> <div>Natural Care Class with Carmen 1-2 pm</div> <div>Draw with Peter 1-2pm</div> <div>Expressive Movement with Nami 1-3 pm</div>	21 <div>Health Jeopardy with Clewert 11-12 pm</div> <div>Chair Yoga with Marilyn 11-12 pm</div> <div>Spanish with Carlos 1-3pm</div>	22 <div>Technology with Robert 9-4 pm</div> <div>MOVIE: May December 1:15 pm</div>
25 <div>TRIP: American Museum of Natural History 10 am</div> <div>Zumba with Dayle 10-11 am</div> <div>Classic Oldies by DJ Vincent 11:45 am</div> <div>Senior Advisory Council OPEN meeting 1:30pm</div>	26 <div>Chess with Coach Tim 11-12 pm</div> <div>Chair Yoga with Betty 11-12 pm</div> <div>S.A.I.L with Don 1-2 pm</div>	27 <div>OMNY PRESENTATION 11AM</div> <div>Natural Care Class with Carmen 1-2 pm</div> <div>Expressive Movement with Nami 1-3 pm</div>	28 <div>Army Citizen Preparedness Presentation 11am</div> <div>Chair Yoga with Marilyn 11-12 pm</div> <div>Jewelry with Judy 1-3 pm</div> <div>Spanish with Carlos 1-3 pm</div>	29 <div>Technology with Robert 9-4 pm</div> <div>BINGO! 1:15 pm</div>