

July Activities 2009

Carter Burden Luncheon Club
351 E. 74th, NYC 10021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Exercise 11 Movie 1-3	2 Art 9:30 Dance 10:30 Balance Fitness 1:15 Meditation 3	3 Closed Happy Fourth of JULY!!!	4
5	6 Bingo 1-3	7 Fitness 10:30 Yoga 11-12	8 Exercise 11 Movie 1-3	9 Art 9:30 Dance 10:30 Balance Fitness 1:15 Meditation 3	10 Knit & Crafts Sudoku 1:15 Current Events 1:30 *	11* Friday Summer Yoga will begin July 10th-Aug. 28th
12	13 Bingo 1-3	14 Fitness 10:30 Yoga 11-12	15 Exercise 11 Movie 1-3	16 Art 9:30 Dance 10:30 Balance Fitness 1:15 Meditation 3	17 Knit & Crafts Sudoku 1:15 Current Events 1:30 *	18
19	20 Antiques Roadshow 10 Bingo 1-3	21 Fitness 10:30 Yoga 11-12	22 Exercise 11 Movie 1-3	23 Art 9:30 Dance 10:30 Balance Fitness 1:15 Meditation 3	24 Knit & Crafts Sudoku 1:15 Current Events 1:30 *	25
26	27 Bingo 1-3	28 Fitness 10:30 Yoga 11-12	29 Exercise 11 Movie 1-3	30 Art 9:30 Dance 10:30 Balance Fitness 1:15 Meditation 3	31 Knit & Crafts Sudoku 1:15 Current Events 1:30 *	