Seniors and staff posed in the Winner’s Circle after the “Carter Burden Network” race at the annual Belmont Racetrack trip held on October 24th. Each year, this much-anticipated outing is generously sponsored by a CBN Board Member.

Continued on next page ➔
Trip to Belmont Park (continued)

More than 120 seniors from all 4 of our senior centers had a day at the races in Queens at Belmont Park! Seniors were able to enjoy a gourmet buffet lunch while watching multiple races. Some seniors even got a Paddock Tour and saw the statue of famous race horse, *Secretariat*. This anticipated annual event definitely won first place in our hearts!
Last year, **Ravenswood Generating Station** generously provided funding to open our sewing studio at RISC. This year they furthered their reach and provided CBN with additional funding to expand sewing classes. On October 8th, they went even further, donating an additional $10,000 to CBN! We are thrilled about this recent donation that will help us provide more support to our members. We are so thankful for this generous community partnership!

On October 22\(^{nd}\), we partnered with **iDig2Learn** and held an earth-friendly Tote Bag Workshop turning fabric remnants into stylish reusable totes!
Lehman Village

Hunter College nursing students joined Lehman Village seniors in making pink ribbons for Breast Cancer Awareness Month.
Seniors took a trip to a local Chinese buffet restaurant!

Seniors participated in a yoga class sponsored by **Humana**.

Seniors celebrated the Autumn Festival with lovely performances.

Seniors at the nutrition class of the DASH Diet project.

Karaoke singers surprised Covello member with a cake for his 72nd birthday!

A volunteer held a special concert for our seniors.

The Cheesecake Factory was filled with our lovely seniors on Oct 28th!
Volunteer Michael helped served lunch at the Club’s temporary location, Church of the Epiphany. As things continue to settle in, we would like to give a warm welcome to our new CBLC Program Director, Jane F.!

Social Service Unit

The Women’s Group celebrated Halloween on Oct 23rd at our main office. They reminisced about holiday memories while decorating pumpkins. A good time was had by all!
CBN Senior Center Locations

Leonard Covello Senior Program
312 East 109th Street, NYC 10029
212-423-9665
M-F, 8-4  Sat & Sun 9-4

Carter Burden Luncheon Club and Senior Program
New location: Church of the Epiphany
1393 York Ave (74th/75th), NYC 10021
212-879-7400
M-F 9-4

Lehman Village Senior Program
1641 Madison Avenue @ 109 St.
NYC 10029
646-370-5642
M-F 9-4

Roosevelt Island Senior Center
546 Main St.
Roosevelt Island, NY, NY 10044
212-980-1888
M-F 9-5

Leonard Covello Senior Program
312 East 109th Street, NYC 10029
212-423-9665
M-F, 8-4  Sat & Sun 9-4

Carter Burden Luncheon Club and Senior Program
New location: Church of the Epiphany
1393 York Ave (74th/75th), NYC 10021
212-879-7400
M-F 9-4

Carter Burden Gallery Exhibition:

COLD

Cold
Werner Bargsten - Olivia Beens - Greg Brown
Karin Bruckner - Stephen Cimini - Ellen Denuto
Etta Ehrlich - Edward Fausty - Sylvia Harnick
Kevin Corbett Hill - Elisabeth Jacobsen
Mitchell Lewis - Laurel Marx - Carol Massa - Joy Nagy
Ira Pearlstein - Sara Petitt - Robert Petrick
Simon Rigg - Jennifer Woolcock Schwartz
Steve Silver - Marlena Vaccaro

On the Wall: Stephen Spiller

Opening: November 21, 2019, 6 - 8 PM
November 21 – December 18, 2019
Tuesday to Friday: 11 - 5; Saturday: 11 – 6

Carter Burden Gallery
548 West 28th Street, #534, New York, NY 10001
Between 10th and 11th Avenues
carterburdengallery.org • 212-564-8405
Marlena Vaccaro, Curator

Generously supported by MACQUARIE

Upcoming Holidays

11/11 – Veteran’s Day
(Centers closed)

11/28 – Thanksgiving

Please note, the Carter Burden Network offices and senior centers will be closed on Thursday, November 28th and Friday, November 29th, in observance of Thanksgiving.
Activities

Current Events  Choreography Lab  Movie Day  Watercolor  Crafts  Jewelry  Sewing  Quilting  Crochet/ Knitting  Clothing Construction  Painting  Drawing  Guitar  Pool  Mixed Media Art  Birthday Party  Special Events  Zumba  Bingo  Museum  Visits & Trips  Asphalt Green Fitness  Walking Club  Computer Classes  Dominoes  Health Workshops

Please see activities calendar for day and time at each location.

Monthly Events

Free Legal Services for Seniors
No appointment needed. First come, first served.

Topics include: Wills & Advance Directives, Government Benefits, Housing Issues, Consumer Issues

First Friday of every month @ 10am  
Covello Senior Center, 312 E 109th St

&
Second Friday of every month @ 2pm  
CBN Headquarters, 415 E 73rd St

Intergenerational Group

A collective across generations to explore how our stories and shared movement can connect us to the spirits, our ancestors and our actions.

Every Friday from 10:30am – 11:30am  
Covello Senior Center, 312 E 109th St