

## Program Schedule

Maspeth Senior Center 69-61 Grand Avenue Maspeth NY 11378 (718) 429-3636

**Breakfast 8:30 AM to 9:30 AM -- Lunch 11:45 AM to 1:00 PM**

**Daily Leisure Games 8:30 to 3:00 PM**

### Monday

**Arts& Crafts - 8:30 AM to 3:00 PM**

- Needlepoint
- Embroidery
- Painting

**American Mah Jongg Class – 10:00 AM**

**Tai Chi for Arthritis -11:00 AM**

**Bingo - 12:30 PM**

**Computer Class Basic – 11:00 AM**

**Computer Class Intermediate – 12:30**

**Ping Pong - 1:30 PM**

### Tuesday

**Staywell Exercise - 10:00 AM**

**Tai Chi - 11:00 AM**

**Bingo - 12:30 PM**

**Computer Lab - 1:00 PM**

**Ping Pong - 1:30 PM –**

### Wednesday

**Silver Sneakers- 10:00 AM**

**Voices of Experience -Sing-A-Long --**

**Will Resume in November**

**Bingo - 12:30 PM**

**Computer Class - Basic – 11:00 AM**

**Computer Class- Intermediate – 12:30 PM**

**1:00 PM – 3:00 PM**

**Ping Pong- 1:30 PM**

### Thursday

**Arts& Crafts - 8:30 AM**

- Jewelry Making

**Zumba -11:00 AM**

**Bingo - 12:30 PM**

**Computer Lab - 1:00 PM**

**Ping Pong - 1:30 PM**

### Friday

**Silver Sneakers- 10:00 AM**

**English Conversation Class-10:00 AM**

**Line Dance Class- 10:00**

**Staywell Exercise -11:00 AM**

**Tai Chi Class with Phillip -11:00**

**Bingo - 12:30 PM**

**Computer Lab - 1:00 PM**

**Ping Pong -1:30 PM**

## **Special Events & Happenings October, 2023**

### **Selfhelp Maspeth Older Adult Center**

**Phone Number 718-429-3636**

**Monday, October 2nd**

- Make-up Class –Silver Sneakers with Davon 10:00 AM
- Tai Chi-- new weekly session with Tack Chu begins at 11:00 AM.

**Tuesday, October 3<sup>rd</sup>**

- Staywell Exercise—new weekly session with Gaetana begins @10:00 AM.

**Wednesday, October 4th**

- PAC Meeting 10:00 AM

**Thursday, October 19th**

- Costume Parade & Prizes for best costumes
- Party Luncheon served from 11:45 to 1:00 PM
- Music and dancing with Tony Grant

**Thursday, October 26th (Tentative Date) Please check for updates**

- 10:15 Open Enrollment Presentation followed by:
- Individual Counseling with Kelly Ann Murray, Coordinating Attorney, Evelyn Frank Legal Resources Program-you must pre-register