

Program Schedule

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

Hours Monday to Friday 8:30 AM - 4:00 PM

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 –

Virtual Programming on the VSC

Virtual Chair Yoga- 10:00 AM

Virtual Selfcare 11:00- AM

Virtual ChairTai Chi- 1:00 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

Selfhelp Maspeth Older Adult Center Special Events for November 2023

Thursday, November 2, 2023

Sunnyside Community Services

Elder Justice Presentation with Lisette

10:15 AM

Sunday November 5th

Turn your clocks back one hour

Friday November 10th

Join us for Lunch to Honor our Veterans

11:45 AM

Monday, November 13th

Podiatry Presentation

10:30 AM

Thursday, November 16, 2023

Thanksgiving Party

Thanksgiving Lunch served at 11:45

Music & Dancing to follow

Center closed November Thursday November 23 & Friday, November 24