

Program Schedule

Maspeth Older Adult 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–
11:00 AM

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- 10:15 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 Happenings this Month

Please join us in song

Voices of Ascension professional artists-- Ray Bailey, pianist and Allison Gish , vocalist of our Voices of Experience Program.

Wednesdays after Silver Sneakers at 11:00 AM.

Thursday, February 8th (rescheduled)

Hand Massage Therapy at 10:00 AM

Meditation with Kendall Stark

- Tuesday, February 6th at 10:00 AM in Computer Room

And

- Tuesday, January 13 at 10:00 AM in Computer Room

Party

February 15--starting at noon to celebrate the Lunar New Year and Valentine's Day

****Party Luncheon****

Music & Dancing & a celebration of February Birthdays and Anniversaries

Nutrition Education Presentation

February 26--10:00 AM

The importance of Primary Healthcare

February 28--10:00 AM