

Special Happenings this Month

Tuesday April 2nd

- **Wellness Screening with Kendall 11AM to 12:00**

Monday April 8th, 2024

The total solar eclipse visits New York on April 8, 2024 beginning at 3:16 pm EDT with the final exit of the Moon's shadow from the state at 3:29 pm EDT.

Tuesdays in April 12:00 PM to 1:00 PM

- **Wellness Screenings with Kendall**
- **Participate and win a gift card to Iavarone Bros**

Thursday, April 18 --starting at noon

- **Holiday Party**
- ****Holiday Luncheon** Music & Dancing**

Saturday April 20th 1:00 PM - 4:00 PM

- **Recycle Day at Maspeth Federal 56-18 69th Street Maspeth, NY 11378**

Stop by the Main Office where the bank will be offering the following services for FREE to our community:

- Paper shredding
- Electronics recycling
- Vin-etching by the NYPD (sponsored by C.O.M.E.T.)
- Catalytic converter kit distribution
- Pet adoption - all adoption fees will be covered by MFS!

Monday April 22 - 10:15 AM

- **Nutrition Workshop with Amelia**

Saturday, April 27

- **Grand Avenue Street Fair**

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