

## 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**

# **Selfhelp Maspeth Older Adult Center May, 2024**

## **Special Happenings this Month**

**Monday, May 13th at 10:00 AM**

- **Elder Abuse Prevention Education**

with Arnold Raphael Jamaica Hospital Medical Center

### **Group Meetings with Kendall Stark**

**Thursday, May 16th & Tuesday, May 21 at 11:00 AM**

- **Stress & Mental Health**
- Computer Room- 2nd floor**

**Thursday, May 16 --starting at noon**

- **Mother's Day Party - Get your ticket for the party from Sylvia**
  - **\*\*Holiday Luncheon\*\* Music & Dancing**

**Monday, May 27**

- **Center closed for Memorial Day**

**Thursday, May 30th at 1:30 PM**

- **Musical Entertainment with the  
Selfhelp Austin Street Melodians—  
Cake & Coffee will be served after the performance.**