

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 Lab - 1:00 PM

Ping Pong - 1:30 PM

Tuesday

Staywell Exercise - 10:00 AM

Tai Chi - 11:00 AM

Bingo - 12:30 PM

Zumba – 12:30 PM (Starts 6/18)

Computer Lab - 1:00 PM

Ping Pong - 1:30 PM –

HYBRID Virtual Programming on the VSC

Virtual ChairTai Chi- 1:00 P

Wednesday

Silver Sneakers - 10:00 AM

**Voices of Experience -Sing-A-Long –
11:00 AM**

Bingo - 12:30 PM

Ping Pong- 1:30 PM

Computer Lab - 1:00 PM

Thursday

Arts& Crafts - 8:30 AM

- **Jewelry Making**

Zumba -11:00 AM

Bingo - 12:30 PM

Computer Class Basic –

Computer Class Intermediate – 12:30

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

Bingo - 12:30 PM

Computer Class Basic – 12:30

Computer Class Intermediate –

Ping Pong -1:30 PM

Special Happenings this Month

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- **Nutrition Presentations with Amelia**

Monday, July 1st at 10:30 AM

Dairy Foods & its Importance in Healthy Aging &

Monday, July 11th

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- **Mental Health Trivia with Kendall**

Tuesday July 16th @ 10:15 AM

Mental Health Trivia Pt. I &

Tuesday July 30th @ 10:15 am

Mental Health Trivia Pt. II

New Class With Daryl

at 12:30

- **A new weekly session of exercise with Daryl begins**

Thursday, July 20th --starting at noon

PartyParty Luncheon** Music**Dancing*****