

Special Happenings this Month

Voices of Ascension Vocalist Alison and Pianist Ray Return--WELCOME BACK
Wednesdays, starting October 2 and every Wednesday to follow, at 11:00 AM

»»»

FLU Shot Clinic with Colombo Pharmacy

Covid Shot available

Thursday, October 3, at 10:00 AM

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Nutrition Lecture with Amelia at 10:00 AM

Thursday, October 3, 2024 at 10:00 AM

»»»

Mental Health Bingo with Kendall

Thursday October 10th at 10:00 AM

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Medicare Annual Open Enrollment

Thursday, October 24 at 10:00 AM Presentation

Sign up for Individual Counseling with NYLAG (New York Legal Assistance Group)

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Halloween Party

Thursday, October 17th --starting at noon

Halloween Costume Parade –Best Costume Prizes

Party**Party Luncheon** Music**Dancing***

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Selfhelp Austin Street Melodians Halloween Concert

Thursday, October 31 at 1:00 PM

Refreshments served





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

Balance & Stability 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

Zumba Gold - 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 Chair Tai Chi- 1:00 PM -Computer
Lab

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 - 11:00 AM

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

Bingo - 12:30 PM

Computer Class Basic - 11:00 AM

Computer Class Intermediate - 12:30

Ping Pong -1:30 PM