

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 Class Basic - 11:00 AM

Meditation & Healing Group with Barbara
-1:00PM

Computer Class Intermediate - 12:30

Ping Pong - 1:30 PM

Tuesday

Zumba Gold - 10:00 AM

Tai Chi - 11:00 AM

Bingo - 12:30 PM

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

Computer Class Basic - 11:00 AM

Computer Class Intermediate - 12:30

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

Bingo - 12:30 PM

Computer Class Basic - 11:00 AM

Computer Class Intermediate - 12:30

Ping Pong -1:30 PM



Selfhelp Maspeth Older Adult Center
6961 Grand Avenue, Maspeth NY 11378
718.429.3636
www.selfhelp.net

Selfhelp Maspeth Older Adult Center Special Events for November 2024

Sunday November 3rd

Turn your clocks back one hour

Monday, November 4th

Nutrition Presentation with Amelia:
Fill up Your Soup with Nutrients
11:45 AM

Thursday November 7th

Mental Health Bingo with Kendall
10:00 AM

Monday November 11th

Join us for Lunch to Honor our Veterans
11:45 AM



Friday, November 15

Line Dance Group Performance
11:00 AM

Thursday, November 21

Thanksgiving Party
Thanksgiving Meal served at 11:45
Music & Dancing to follow

Center closed –Thursday November 28th & Friday, November 29th



New York City Council



Claims Conference ועידת התביעות
The Conference on Jewish Material Claims Against Germany