

## **Special Happenings this Month**

Join Ray Bailey, pianist and Allison Gish, vocalist of our Voices of Experience Program. This month enjoy your favorite Holidays songs on Wednesdays (after Silver Sneakers) at 11:00 AM.

### **Mental Health Presentations with Kendall Stark**

Thursday, December 5th at 10:00 AM

Topic: Holiday Harmony Bingo

### **Nutrition Workshop with Amelia**

Thursday, December 12 at 10:00 AM

### **Holiday Party**

December 19th --starting at 11:45 AM

**\*\*Holiday Luncheon\*\***

Santa, Music & Dancing

### **Holiday Concert**

Monday, December 23<sup>rd</sup> 1:00 PM

Performance by: The Selfhelp Austin Street Melodians!

### **New Year Toast**

Tuesday December 31 at 11:45 PM -Let's bring in the New Year together

### **New classes for January 2025**

Exercise Your Brain -January 3<sup>rd</sup> at 11:00 AM

English Language classes Monday & Wednesday at 10:00 AM beginning 1-6 With George. George worked for the NYC Education Department for over 20 years teaching both English Language and Technology



## 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 for Arthritis - 11:00 AM

Bingo - 12:30 PM

Computer Lab - 1:00 PM

Ping Pong - 1:30 PM -

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 Lab- 1:00 PM

Ping Pong -1:30 PM