

## 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

English 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

English Class - 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

Neurobics Class (Brain Health) 11:00 AM

Bingo - 12:30 PM

Computer Lab- 1:00 PM

Ping Pong -1:30 PM