

Special Happenings this Month

Black History Month

February is dedicated as **Black History Month**, honoring the triumphs and struggles of African Americans throughout U.S. history.

Nutrition Workshop with Amelia

Thursday, February 6th at 10:00 AM

PAC Meeting

Monday February 10th 10:15 AM

Emergency Preparedness Presentation

Thursday, February 13th 1:00 PM

Party—Celebrate Valentines Day, February Birthdays and Anniversaries

Thursday February 20th --starting at 11:45 AM

****Party Luncheon****

Music & Dancing

Thursday, February 27th

Changes to Medicare & Medicaid--Presentation

Mental Health Presentations with Kendall Stark

Thursday, February 27th at 9:30 AM

Topic: Mental Health Bingo

Benefit Notice:

The 2024-25 Regular HEAP benefit reopened January 25, 2025. If you are eligible, you may receive one regular HEAP benefit per program year to help you pay for heating your home. The benefit can pay for fuel, your utility source, and heating equipment replacement. Income eligibility: 1 person, Monthly Income \$3,322; 2 people, Monthly Income \$4,345

If you are 65 or older, own your home/ co-op, and your annual income is less than \$58,399, you may be eligible for the Senior Citizen Homeowners' Exemption (SCHE) and receive a reduction in your property tax.

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