

Friday, July 4th

- Center Closed

New Classes with Caryn

Mondays, (Starting) July 7th at 10:00 AM

- Chair-Core Strengthening

Tuesdays (Starting) July 8th at 9:45

- Chair Yoga

New group with Kendall

Thursdays (Starting) July 10th at 1:30 PM

- Life Talks

Explore the emotional journey of aging, reflect on personal life stories, process current events, and find strength through conversation

Thursday, July 17th

- 9:00 AM - Nutrition Workshop with Amelia
- **Party Day-4th of July Picnic Lunch**, Music & Dancing -Lunch starts at 11:45
- Celebrate July Birthdays & Anniversaries

Thursday, July 24th at 10:00 AM

- Ridgewood Savings Bank—Financial Scams & How to Protect yourself.



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 from 8:30 to 3:00 p.m.

Monday

Arts & Crafts - 8:30 AM to 3:00 PM

- Embroidery
- Painting

American Mah Jongg Class – 10:00 AM

Chair Core Strengthening - 10:00 AM

Chair Tai Chi for Arthritis - 11:00 AM

Bingo - 12:30 PM

Ping Pong - 1:30 PM

Tuesday

Chair Yoga – 9:45 AM

Tai Chi for Arthritis - 11:00 AM

Spirituality & Healing – 12:20 PM

Bingo - 12:30 PM

Zumba - 1:00 PM

Computer Lab - 1:00 PM

Ping Pong - 1:30 PM -

Tai C Chair - 1:00 PM - Computer Lab

Wednesday

Silver Sneakers - 10:00 AM

English Class – 10:00 AM

Bingo - 12:30 PM

Basic Computer Class – 11:00 AM

Intermediate Computer Class – 12:30

Ping Pong- 1:30 PM

Thursday

Arts & Crafts - 8:30 AM

Jewelry Manufacturing

English Class- 10:00 AM

Zumba - 11:00 AM

Basic Computer Class – 11:00 AM

Intermediate Computer Class – 12:30

Bingo - 12:30 PM

Computer Lab - 1:00 PM

Ping Pong - 1:30 PM

Life Talks w/ Kendall- 1:30 PM

Friday

Silver Sneakers- 10:15 a.m.

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