

Monday August 4th Medical Transportation Program Resumes

Free Senior Transportation for Medical Appointments



To reserve your car, please call (718) 559-4352,
Monday to Friday between 9:00am-12:00pm
one day in advance of your trip

Guidelines:

-Each month, seniors who reside in Council District 30 are eligible for
either:

1. three rides in Queens *or*
2. one ride outside of Queens and one ride within Queens

-Travel is restricted to five NYC Boroughs and Western Nassau County

-Program will operate until funds are depleted

*Funded by a grant from Council Member
Robert Holden*

Thursday August 14th at 10:30 AM

- Elder Justice Presentation with Carol Fernandez

Thursday, August 21 12:00 noon to 3:00 PM

- **Party Day-Hawaiian** , Music & Dancing -Lunch starts at 11:45
- Celebrate Birthdays & Anniversaries



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

Zumba Gold – 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 Making

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 Group 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