

Special Events for September

Friday, September 5 at 9:00 AM

Nutrition Workshop

Monday, September 8 at 9:00 AM

PAC Meeting

Thursday September 11 at 10:00 AM

US Army Emergency Preparedness Training

Thursday September 18 Starting at 11:45

**Acts of Kindness Presentation with Kendall
at 9:00 AM**

Thursday, September 18 -- Older Adult Center

Month –Party & Celebration

**Lunch served at 11:45 AM to 1:00 PM Music and
dancing to follow**



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