Selfhelp

Special Events & Happenings - December, 2025
Maspeth Older Adult Center Phone Number   718-429-3636

Monday, December 8th from 10:15 AM to 11:15 AM
- PAC Meeting

Thursday December 11th at 10:00 AM
- Emergency Preparedness Presentation

Monday, December 15 at 10:00 AM
- **Nutrition Education Presentation with Amelia**

Thursday, December 18th at 9:00 AM
- Holiday Destress Puzzle Group **with Kendall**

Thursday, December 18th from 11:45 AM to 3:00 PM
Christmas Party-
· Party Luncheon starts at 11:45 to 1:00 followed by---
Music and dancing with Garrett Ryan and Special Guests—
The Honorable New York State Assemblymember -Steven Raga,
Joseph Pappavero and **Santa Clause!**

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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
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

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