

**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 -w/ Susan 8:30 AM to 3:00 PM

- Embroidery
- Painting

American Mah Jongg Class w/ Carol- 10:00 AM

Chair Core Strengthening w/ Caryn - 10:00 AM

Chair Tai Chi for Arthritis w/ Tack -11:00 AM

Bingo -w/ Sylvia 12:30 PM

Ping Pong - 1:30 PM

Thursday

Arts & Crafts - w/ Susan 8:30 AM

Jewelry Making

English Class- 10:00 AM

Zumba - w/ Daryl -11:00 AM

Basic Computer Class - w/ George 11:00 AM

Intermediate Computer Class - w/ George 12:30

Bingo - 12:30 PM

Computer Lab - w/George 1:00 PM

Ping Pong - 1:30 PM

Tuesday

Zumba Gold - w/Caryn 9:45 AM

Tai Chi for Arthritis - w/ Tack 11:00 AM

Spirituality & Healing -12:20 PM

Bingo - w/Sylvia 12:30 PM

Computer Lab - w/ Peter 1:00 PM

Ping Pong - 1:30 PM -

Tai Chi Chair - w/ Tack 1:00 PM - Computer Lab

Friday

Silver Sneakers- w/ Davon 10:15 a.m.

English Conversation Class- w/Ellen 10:00 AM

Line Dance Class- w/ Angie 10:00

Neurobics Class (Brain Health) w/Ellen 11:00 AM

Bingo - w/Sylvia 12:30 PM

Computer Lab - w/Peter 1:00 PM

Ping Pong -1:30 PM

Wednesday

Silver Sneakers – w/ Davon 10:00 AM

English Class – w/ George 10:00 AM

Bingo - 12:30 PM

Basic Computer Class – w/ George 11:00 AM

Intermediate Computer Class –w/ George 12:30

Ping Pong- 1:30 PM