



## 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 -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**

#### **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**

#### **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**

#### **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**

#### **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**