

Special Happenings this Month

March is recognized as **Women's History Month**, a time dedicated to honoring the contributions, struggles, and achievements of women in American history. It was officially established by Congress in 1987, growing from a local week-long celebration in 1978 into a nationwide, month-long observance.

March is **National Social Work Month** (or Social Worker Appreciation Month), officially recognized to honor the dedication and impact of social workers in communities, schools, and healthcare. The 2026 theme is "Social Work: Uplift. Defend. Transform," focusing on their role in advocacy and mental health.

Senior Fraud and Scams Queens District Attorney's Office

Thursday, March 5th 10:00 AM

Sunday March 8th

Daylight Savings Program—Turn clocks ahead one hour

Thursday March 19 --starting at 11:45 AM

****Party Luncheon****

Music & Dancing

Party— St. Patrick's Day Party

& before the party at 9:15 AM

Kendall Stark, LMSW Mental Health Group Presentation

Title will be: Keeping Your Cool: Word Search Puzzle and Discussion

PAC Meeting

Monday March 23rd 10:15 AM

Selfhelp Population Health Presentation—

Thursday, March 26th at 10:00 AM

Topic:The Medicare-funded GUIDE program is available at no cost to individuals with traditional **Medicare Parts A and B** and a confirmed dementia diagnosis.

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

Bingo - w/*Sylvia* 12:30 PM

Computer Lab - w/*Peter* 1:00 PM

Ping Pong -1:30 PM