



Special Events for April 2026

April 2, 2026

Emergency Preparedness 10:00 AM with US Army

Story Telling Bingo 10:30 AM -Meet the Su Casa Program Artists

April 9th

Join artists from Pink Fang and our very own students (and Ms. Ingrid) in an ***Intergenerational Art Program***

Program starts on April 9th & follows every Thursday
9:30 AM to 11:00 AM until June.

We will share, listen, and explore turning the true stories of our families, communities, and experiences into a presentation that will make us feel more connected, creative, and confident! Everyone is welcome! No experience needed

Friday, April 10th

Medicare presentation with Gary 11:00 AM

Easter, Passover Birthday Party

Thursday April 16th at 11:45 AM

Join the Easter Parade

Best Hat wins the contest and receives a prize!

Selfhelp Maspeth Older Adult Center (718) 429-3636

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

