



Maspeth Older Adult Center
6961 Grand Avenue
Maspeth, NY 11378 (718)429-3636



Special Happenings this Month - Join Us
September 2026

Wednesday, September 2nd at 11:00 AM
Nutrition Workshop with Amelia

Thursday, September 3rd @10:00 AM
Emergency Preparedness with Sergeant Lee

Monday, September 7, Center Closed for Labor Day

Wednesday, September 9th @ 11:00 AM
Falls Prevention Workshop

Monday, September 14th
PAC Meeting 10:15 AM

Monday, September 14,(start date)
Monday and Fridays
1:00 PM – Computer Room
Scam Awareness (online, phone)
How to identify
How to Protect Yourself

Wednesday, September 16 (start date)
Wednesday & Thursdays
English and Computer Classes with George resume!

Monday, September 14th
PAC Meeting 10:15 AM

Thursday, September 17th--starting at 11:45 AM PARTY
Party LuncheonMusic & Dancing with JJ Burton Tribute to the Rat Pack

Thursday, September 17th
9:00 AM Staying Sharp talk with Kendall!

Tuesday, Sept 22nd at 1:00 PM-8 week seminar with Henry
Digital Literacy Class--windows, Intro to word. excel & Powerpoint, Safety, Managing files & Folders and more



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.

Computer Lab available 8:30 to 3:30 when classes are not in session

Monday

Arts & Crafts – w/ Susan- 8:30 AM to 3:00 PM

- Needlepoint, Embroidery, Rug Hooking
- Painting, Macrame & Loom Knitting

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

Scam Awareness w/Henry 1:00 PM

- How to recognize
- Cyber Security
- How to Protect your Identity

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

Digital Literacy Class -1:00 PM -Starts 9-22-26

Ping Pong - 1:30 PM -

Tai Chi Chair – w/ Tack 1:00 PM

Computer Lab - 1:00 PM

Wednesday

Silver Sneakers – w/ Davon 10:15 AM

English Class – w/ George 10:00 AM

***Will resume in September - 14th**

Bingo - 12:30 PM

Basic Computer Class – w/ George 11:00 AM

Intermediate Computer Class –w/ George 12:30

***Both classes will resume September - 14**

Ping Pong- 1:30 PM

Thursday

Arts & Crafts – w/ Susan -8:30 AM

- Jewelry Making, Beading & Stitchery

Storytelling w/Su Casa Artists- 9:30 AM

English Class- 10:00 AM --

***Will resume in September - 16th**

Zumba - w/ Daryl -11:00 AM

Basic Computer Class – w/ George 11:00 AM

Intermediate Computer Class – w/ George 12:30

***Both classes will resume September - 16**

Bingo - 12:30 PM

Ping Pong - 1:30 PM

Friday

Silver Sneakers- w/ Davon 10:15 AM

English Conversation Class- w/Ellen 10:00 AM

Line Dance Class- w/ Angie 10:00 AM

Bingo – w/Sylvia 12:30 PM

Scam Awareness w/Henry 1:00 PM will

Resume September - 16

- How to recognize,
- Cyber Security
- How to Protect your ID

Ping Pong -1:30 PM