



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



Special Happenings this Month - Join Us

October 2026

Wednesday, October 7th at 11:00 AM

Engaging while Aging with Methila

Monday, October 12, Center Closed

Wednesday October 14 @ 10:00 AM

Flu Shots Colombo Pharmacy

Thursday, October 15 @ 12:00 PM

Halloween Party—Costume Parade—Prizes for Best Costume!

Monday, October 19th

PAC Meeting 10:15 AM

Wednesday October 21st 11:00 AM

Nutrition workshop with Amelia

October 29th at 10:00 am

Medicare Open Enrollment Presentation & Individualized Assistance

From October 15 to December 7.

People with Medicare can change, join, or drop their health and drug plans for the next year.

Presentation by Kelly Ann Murray and individual appointments to follow (***must register for individual appt. with Maria or Lakenya***). Kelly will help you to make an informed choice if you would like to ***change your Medicare plan or to enroll in Medicare for the first time!***



New York Legal Assistance Group

Evelyn Frank Legal Resources Program



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 -

Computer Lab - 1:00 PM

Wednesday

Silver Sneakers – w/ Davon 10:15 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

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 --

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

Ping Pong - 1:30 PM

Friday

Silver Sneakers- w/ Davon 10:15 AM

Line Dance Class- w/ Angie 10:00 AM

Bingo – w/Sylvia 12:30 PM

Scam Awareness w/Henry 1:00 PM will

How to recognize,

- Cyber Security
- How to Protect your ID

Ping Pong -1:30 PM

