Special Happenings this Month

Black History Month
February is dedicated as Black History Month, honoring the triumphs and struggles of African Americans throughout U.S. history.

Mental Health Presentations with Kendall Stark
Thursday, February 12th at 9:30 AM
Topic: Positive Affirmations Puzzle

PAC Meeting
Monday February 23rd 10:15 AM

Party—Chinese New Year, Valentines Day, February Birthdays and Anniversaries

Thursday February 19 --starting at 11:45 AM
Party Luncheon
Music & Dancing

Thursday, February 26th
Special Yoga Class 10:00 AM

Selfhelp

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

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