

Newton Senior Center Programs

Week of May 8th through 12th, 2023

Monday, May 8

9:00 a.m. **Billiards Open Play** (Brigham House-Game Room, 20 Hartford Street) -*just show up*
9:00 a.m. **Chair Yoga** (Hyde Community Center Gymnasium, 90 Lincoln Street) -*just show up; \$5 suggested donation*
9:00 a.m. **Drawing Studio** (War Memorial at Newton City Hall, 1000 Commonwealth Avenue) -*just show up*
10:00 a.m. **Zumba Gold** (Zoom) -*just show up (link in e-newsletter); \$5 suggested donation*
10:15 a.m. **Intermediate Tai Chi** (Hyde Community Center Gymnasium, 90 Lincoln Street) – *just show up; \$5 suggested donation*
10:30 a.m. **Mosaics Workshop** (Brigham House-Program Room, 20 Hartford Street)- *register with Ilana at 617-796-1670*
11:30 a.m. **Advanced Tai Chi** (Hyde Community Center Gymnasium, 90 Lincoln Street) – *just show up; \$5 suggested donation*
11:30 a.m. **Springwell Lunch** (Brigham House-20 Hartford Street) - *reserve 48 hours in advance by calling 617-796-1668*
12:00 p.m. **Seated Strength & Balance** (Zoom) - *just show up (link in e-newsletter); \$5 suggested donation*
1:00 p.m. **Mah Jongg Play** (pre-formed groups only) (Brigham House- Conference Room and Program Room, 20 Hartford Street) -*just show up or bring pre-formed group*
1:30 p.m. **Afro-Latin Drumming Class** (Hyde Community Center- 90 Lincoln Street) – *register with Front Desk at 617-796-1675*

Tuesday, May 9

9:00 a.m. **Spanish Conversation Group** (Zoom)- *just show up (link in e-newsletter)*
10:00 a.m. **Zumba Gold** (Zoom) - *just show up (link in e-newsletter); \$5 suggested donation*
10:30 a.m. **Muscle Movement and Balance** (Hyde Community Center Gymnasium, 90 Lincoln Street) -*just show up; \$5 suggested donation*
11:30 a.m. **Oasis Senior Living- Lunch and Learn** (Brigham House- 20 Hartford Street) - *register with the Front Desk at 617-796-1675*
12:00 p.m. **Line Dancing** (Hyde Community Center Gymnasium, 90 Lincoln Street) -*just show up; \$5 suggested donation*
1:30 p.m. **Swing Band** (War Memorial at Newton City Hall, 1000 Commonwealth Avenue)- *just show up*

Wednesday, May 10

9:00 a.m. **Tai Chi Practice** (Hyde Community Center Gymnasium—90 Lincoln Street) *just show up*
9:00 a.m. **Billiards Open Play** (Brigham House-Game Room, 20 Hartford Street) -*just show up*
10:00 a.m. **Mandarin Conversation Group** (Brigham House- 20 Hartford Street)- *just show up*
10:00 a.m. **Chair Yoga** (Hyde Community Center Gymnasium, 90 Lincoln Street) -*just show up; \$5 suggested donation*
11:30 a.m. **Springwell Lunch** (Brigham House-20 Hartford Street) - *reserve 48 hours in advance by calling 617-796-1668*

You can reach the Newton Senior Center by calling: 617-796-1660.

Newton Senior Center Programs

Week of May 8th through 12th, 2023

12:00 p.m.- **Seated Strength & Balance** (Hyde Community Center Gymnasium, 90 Lincoln Street) -*just show up; \$5 suggested donation*

1:00 p.m.- **Dance Aerobics** (Hyde Community Center Gymnasium, 90 Lincoln Street) -*just show up; \$5 suggested donation*

1:00 p.m. **Canasta Play** (Brigham House- Program Room, 20 Hartford Street) - *RSVP with Front Desk (617-796-1675) or just show up*

Thursday, May 11

9:00 a.m. **Mindful Meditation** (Zoom) -*just show up (link in e-newsletter); \$5 suggested donation*

10:00 a.m. **Zumba Gold** (Zoom) - *just show up (link in e-newsletter); \$5 suggested donation*

10:30 a.m. **Muscle Movement and Balance** (Hyde Community Center Gymnasium, 90 Lincoln Street) -*just show up; \$5 suggested donation*

11:30 a.m. to 2:30 p.m. **MetroWest Legal Clinic** (Telephone-only)- *call Ilana at 617-796-1670 for an appointment*

11:30 a.m. **Springwell Lunch** (Brigham House- 20 Hartford Street) - *reserve 48 hours in advance by calling 617-796-1668*

1:00 p.m. **Mah Jongg Open Play** (open play only) (Brigham House - Program Room, 20 Hartford Street) -*just show up*

1:00 p.m. **French Conversation Group** (Brigham House- Conference Room, 20 Hartford Street) - *just show up*

Friday, May 12

9:00 a.m. **Billiards Open Play** (Brigham House - Game Room, 20 Hartford Street) -*just show up*

9:30 a.m. **Advanced Tai Chi** (Hyde Community Center Gymnasium, 90 Lincoln Street) – *just show up; \$5 suggested donation*

10:30 a.m. **“Reading King Lear” literature class** (Newton City Hall- Room 205, 1000 Commonwealth Avenue) -*registration is closed*

10:45 a.m. **Beginner’s Tai Chi** (Hyde Community Center Gymnasium, 90 Lincoln Street) – *just show up; \$5 suggested donation*

11:30 a.m. **Springwell Lunch** (Brigham House- 20 Hartford Street) - *reserve 48 hours in advance by calling 617-796-1668*

1:00 p.m. **LaBlast** (Hyde Community Center Gymnasium, 90 Lincoln Street) - *just show up; \$5 suggested donation*

1:00 p.m. **Painters of Light** (Brigham House, 20 Hartford Street) – *register with the Front Desk at 617-796-1675*

2:00 p.m. **Declutter Support Group** (Zoom)- *call Front Desk (617-796-1675) for Meeting ID and Passcode*

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