

Newton Senior Center Programs

Week of May 22nd through 26th, 2023

Monday, May 22

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. **Parkinson's Support Group** (Brigham House- Conference Room, 20 Hartford Street or Zoom)-*register via link in e-newsletter or just show up in-person*

10:30 a.m. **Mosaics Workshop** (Brigham House- Program Room, 20 Hartford Street)- *registration is closed*

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 to 1:00 p.m. **Hearing Screenings** (Brigham House- Conference Room, 20 Hartford Street)- *register with Ilana (617-796-1670)*

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 with your group*

12:50 to 2:50 p.m. **Chair Massage with Aaron** (Hyde Community Center, 90 Lincoln Street)- *Register with Ilana (617-796-1670); waiting list-only*

Tuesday, May 23

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. **Tour of Ancient Ireland** (Zoom) *- register with Liz (eoconnell@newtonma.gov)*

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 24

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. **Chair Yoga** (Hyde Community Center Gymnasium, 90 Lincoln Street) *-just show up; \$5 suggested donation*

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

Newton Senior Center Programs

Week of May 22nd through 26th, 2023

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** (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 25

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

9:30 a.m. **Men's Club** (Brigham House-Conference Room, 20 Hartford Street)-*just show up*

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*

11:00 a.m. **Folk Sing-Along** (Hyde Community Center outdoor bandstand—90 Lincoln Street) *just show up*

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*

1:00 p.m. **Elder Orphans** (Hyde Community Center—90 Lincoln Street) *RSVP with the Front Desk (617-796-1675)*

Friday, May 26

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*

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