

## Newton Senior Center Programs

Week of May 29<sup>th</sup> through June 2<sup>nd</sup>, 2023

### Monday, May 29

The Newton Senior Center is closed in observance of Memorial Day.

### Tuesday, May 30

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*

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 Patriotic Concert** (War Memorial at Newton City Hall, 1000 Commonwealth Avenue)- *RSVP with the Front Desk (617-796-1675)*

7:00 p.m. **“The Wisdom of Morrie” Author Talk** (Druker Auditorium at Newton Free Library, 330 Homer Street)- *Just show up*

### Wednesday, May 31

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*

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, June 1

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. **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*

2:00 p.m. **Concert: Santon on Piano** (Druker Auditorium at Newton Free Library, 330 Homer Street)- *RSVP with the Front Desk (617-796-1675)*

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

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### Friday, June 2

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*

10:45 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*

### Sunday, June 4

6:00 p.m. **PRIDE Concert featuring Phil Berman and the Flying Leap** (Hyde Community Center Bandstand, 90 Lincoln Street) – *RSVP with the Front Desk (617-796-1675)*

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