

Newton Senior Center Programs

Week of June 5th through June 9th, 2023

Monday, June 5

- 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*
- 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*
- 12:50 to 2:50 p.m. **Massage with Aaron** (Hyde Community Center Gymnasium, 90 Lincoln Street) – *register with the Front Desk (617-796-1675)*
- 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*
- 2:00 p.m. "**Dean Martin with Frank King** (Zoom) -*register via link in e-newsletter*

Tuesday, June 6

- 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*
- 12:00 p.m. **A Series on Mindfulness with Neil** (Zoom) -*register via link in e-newsletter*
- 1:30 p.m. **Swing Band** (War Memorial at Newton City Hall, 1000 Commonwealth Avenue)- *just show up*
- 2:30 p.m. **Caregiver Support Group** (Brigham House- Conference Room, 20 Hartford Street) - *register with Emily (617-796-1672)*

Wednesday, June 7

- 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*

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

Newton Senior Center Programs

Week of June 5th through June 9th, 2023

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 8

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

10:00 a.m. to 12:00 p.m. **MetroWest Legal Clinic** (Brigham House- Conference Room, 20 Hartford Street) -*register with Ilana (617-796-1670)*

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. **Queer Argentina** (Zoom) -*register with Liz at the Front Desk (617-796-1675)*

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. **French Conversation Group** (Brigham House- Conference Room, 20 Hartford Street) - *just show up*

2:00 p.m. **The Existential Risk of Nuclear War** (Zoom) -*register via link in e-newsletter*

Friday, June 9

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*

2:00 p.m. **Declutter Support Group** (Zoom) - *register via link in e-newsletter*

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