Newton Senior Center Programs
Week of June 12th through June 16th, 2023

<u>**Newton Senior Center Programs**</u>

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Monday, June 12
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*
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*
1:30 p.m. **Afro-Latin Drumming Workshop** (Hyde Community Center Gymnasium, 90 Lincoln Street) – *RSVP with the Front Desk (617-796-1675)*

Tuesday, June 13
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** (War Memorial at Newton City Hall, 1000 Commonwealth Avenue)- *just show up*
2:00 p.m. **"Now's the Time, Make a Plan"** (Zoom) -*register via link in e-newsletter*

Wednesday, June 14
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- Conference 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*

<u>You can reach the Newton Senior Center by calling: 617-796-1660.</u>

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 15

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

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

6:30 p.m. **NewCAL Community Meeting** (Zoom) *-register via link in e-newsletter*

Friday, June 16

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*

10:00 a.m. **Health Maintenance Clinic** (Brigham House - Conference Room, 20 Hartford Street) - *just show up*

10:30 a.m. **Book Club** (Zoom) – *register via link in e-newsletter*

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. **Commodity Foods program** (Hyde Community Center Gymnasium, 90 Lincoln Street) – *register with Emily (617-796-1672)*

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