

## Cooper Center Programs

### Week of November 18 through November 22, 2024

#### Monday, November 18

9:00 a.m. **Billiards Open Play** (Brigham House- 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 begins** (Brigham House- 20 Hartford Street)- *paid class; registration required (call 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 with your group*

1:30 p.m. **Line Dancing** (Hyde Community Center Gymnasium- 90 Lincoln Street) -*just show up; \$5 suggested donation*

#### Tuesday, November 19

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

12:00 p.m. **German Conversation Group** (Brigham House- 20 Hartford Street) - *just show up*

1:00 p.m. **Dementia Friends Information Session** (Hyde Community Center gymnasium- 90 Lincoln Street) -*RSVP with the Front Desk (617-796-1675)*

1:30 p.m. **Swing Band** (War Memorial at Newton City Hall- 1000 Commonwealth Avenue) -*just show up*

6:00 p.m. **Caregiver Support Group** (Zoom)- *register with Emily (617-796-1672)*

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

## Cooper Center Programs

### Week of November 18 through November 22, 2024

#### Wednesday, November 20

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- 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*

11:00 a.m. **Folk Sing-Along** (Zoom)- *register with Ilana (617-796-1670)*

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

11:30 a.m. **Rummikub Open Play** (Brigham House- Program Room, 20 Hartford Street) - *just show up*

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 Open Play** (Brigham House- Program Room, 20 Hartford Street) - *just show up*

#### Thursday, November 21

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

1:00 p.m. **Beginner Mah Jongg Open Play** – bring your own 2024 card (Brigham House- Program Room, 20 Hartford Street) - *just show up*

1:00 p.m. **Concert: "Fill My Heart with Song" with Joel Light and Dan Moore** (Newton Free Library's Druker Auditorium, 330 Homer Street) - *RSVP with the Front Desk (617-796-1675)*

#### Friday, November 22

9:00 a.m. **Billiards Open Play** (Brigham House- 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*

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