

Cooper Center Programs

Week of November 11th through November 15th, 2024

Monday, November 11

The Cooper Center is closed in observance of Veteran's Day.

Tuesday, November 12

9:00 a.m. **Spanish Conversation Group** (Zoom)-
just show up (link in e-newsletter)

10:00 a.m. **Coffee & Conversation Group** (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. **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*

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

Wednesday, November 13

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. **Mandarin Conversation Group** (Brigham House-PROGRAM 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*

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*

1:00 p.m. **Loneliness & Isolation Group** (Brigham House-20 Hartford Street)- *register with the Front Desk (617-796-1675)*

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

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Thursday, November 14

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

10:00 a.m. **MetroWest Legal Clinic** (Brigham House-20 Hartford Street)- *appointment required; register with the Front Desk (617-796-1675)*

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. **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*

Friday, November 15

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*

10:30 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)*

1:30 p.m. **Fiber Arts Club** (Brigham House-20 Hartford Street)- *just show up*

Saturday, November 16

8:00 a.m. to 12:00 p.m. **Community Shredding Day** (Rumford Avenue Resource Center, 115 Rumford Avenue)- *register with City Hall Customer Service (617-796-1000)*

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