

# SOCIAL GROUPS & TRIPS

## DANCE SOCIAL

Ballroom & line dance social with Newton legend, Chet Zwonik, playing all your favorites. **Thursdays @ Post 440, 295 California St. 12:00-3:30 pm. \$2**

## RED HAT SOCIETY

This women's group welcomes new members and has numerous events throughout the year from luncheons to trips to community work and more. Call to join their next meeting.

## SOUTHSIDE SENIORS

Meet up with other seniors for coffee, games, and special events. **Mondays @ Shuman Center. 9:30-11 am. Free.**

## UPPER FALLS SENIORS

Social group meets up for games, crafts, entertainment, and more. **Wednesdays @ Emerson Community 10:00-11:30am Free**

*"After retiring I realized I could spend an entire week without saying a word to anyone. Your days trips were my first encounter with the 55+ programs, and the start of being more sociable with other folks in Newton. I then added Tennis & Aquatics, which have helped me improve my health and lose weight. Now I cannot imagine my life without these fabulous programs."*

## WINTER EXCURSIONS

Active outings like winter hiking, snowshoeing and cross country skiing for the more adventurous are offered on select dates throughout the season. Call today to have your name added to our contact list.

## COMING SOON

We are currently planning lots of fun new programs, such as Ukulele music jams, adapted ballet class, line dance and hula lessons. Join our Constant Contact newsletter for updates!

## Casino Trip to MGM

Details and sign ups will be available in January, please call 617-796-1506

## FEBRUARY

The spring day trip brochure will be mailed in early February.



## Looking Forward

### NNHS INTERGENERATIONAL LUNCH

Lunch & student entertainment at Newton North High School. **and reservations are required! \$ 6 for each lunch. Dates 4/2/19 & 5/7/19**

### PENPAL PROGRAM

Annual spring event with the Williams School. Seniors exchange letters with students and share what their lives were like when they were young, culminating in a penpal luncheon. Call for more information. **Free**

### SENIOR PROM

Annual Dinner Dance May 16, 2019

## REGISTRATION INFORMATION

Unless otherwise noted, call Nancy at **(617) 796-1506** to register for classes or email: **nscammon@newtonma.gov**. Updates to program offerings available on the City of Newton website: **www.newtonma.gov/gov/parks/over55**

Visit us on Facebook: <https://www.facebook.com/NewtonParksandRecreationOver55>

# ACTIVE ADULTS 55+ PROGRAMS

Newton Parks & Recreation Department | Winter 2019



## WELLNESS & ENGAGEMENT

The Newton Parks & Recreation Department's 55+ programs offer athletic, social and community activities for Newton residents 55 and older. Our programs provide a wide range of opportunities for participants to improve their overall health, build new relationships, and stay active and engaged with the Newton community.

Our winter programs are varied and fun! Sports include Pickleball, basketball, boxing, cross country skiing, snowshoeing and aquatics, while indoor offerings range from dance, fitness, art, workshops and games. We host multiple social groups that bring together older adults from across the city, and our monthly travel program explores the ins and outs of everything New England has to offer.

## OUR PHILOSOPHY

*"Social activities offer benefits to people of all ages. Older Newtonians, who have an opportunity to build new relationships, enjoy the benefits of a comprehensive and supportive social network. Our 55+ programs are so much more than just classes. We help participants create long lasting relationships, improving their overall physical, social and mental health."*

Nancy Scammon



STAY STRONG



MAKE FRIENDS



HAVE FUN

## THANK YOU!

Our programs would not exist without the many volunteers who give up their valuable time bringing talent, joy and happiness to others. We couldn't do it without you!

Ruthanne Fuller, Mayor | Robert J. DeRubeis, Commissioner | Nancy Scammon, 55+ Recreation Manager



# FITNESS

Questions? Call: (617) 796-1506

## AQUATICS

A great way to increase physical activity without stressing joints & no swimming skills needed!

**Friday mornings at Boston College**  
Class time 10-11AM \$36

## BASKETBALL

Our men's group isn't just about shooting hoops, we socialize & have fun while competing.

**Wed & Sat @ Hawthorne Gym**  
8:30 am. Free

## BOX STEADY

Box Steady is an adapted version of the sport that can improve strength, balance and endurance.

**Wednesdays, 10:15-11:15**  
Nonantum Boxing Gym  
\$6.25 per class registration required

## LA-BLAST

Fitness powered by dance. This class combines different moves from a variety of dances.

**Mondays 10-11AM @ Hawthorne Gym**  
\$5 per class registration required.

## ZUMBA & TONING

Dance and tone your way into shape with this energetic exercise class

**Thursdays 6:15-7:15 @ Lower Falls Community Center** \$5 per class registration required

## SNOWSHOEING & CROSS COUNTRY SKI

Join us this winter for great cardiovascular & strength-building exercises on selected dates throughout the season.

**Please call to have your name added to our contact list**

## KEEP MOVING

Our walking group promotes healthy bodies & is a great opportunity for making social connections. Call for updated schedule.

**Tuesdays 10-11 am. Location varies. Free**

*"I've lived in Newton for over 30 years, and since I have no kids in the school system, I knew few people in the city except for my neighbors. The activities and trips that I have participated in have changed that and added a wonderful richness to my life. Thank you!"*

## Pickleball

### PILATES

Increase strength and flexibility with gentle movements in this beginner Pilates & stretch class. **Tuesdays @ Lower Falls Community Center 6:15-7:15 pm. \$5/class.** Accepting names for wait list.



### TI-YO-BA

The elements of Tai Chi, yoga & balance come together in this gentle exercise class that can be performed either standing or seated.

**Tues 10-11 & Thurs 9-10 @ Albemarle Fieldhouse. Wed Eve location TBA time 5:30-6:30PM \$5/class Registration Required**

### WALKING CLUB

Join the group for a 1 mile walk, followed by coffee & conversation.

**Mon-Thurs @ Albemarle Fieldhouse 7 am. Free**

### CORNHOLE

Also known as baggo, bags, sack toss or bean bags, is an indoor game where players compete for the highest score. **Thursdays @ Hawthorn 10-11AM**

### WALKING AND WEIGHTS- NSHS

Start the new year off right with our walking and weights program. Enjoy full use of the Newton South High School's health and wellness facility.

**Sundays, Jan 6 through Feb 10th, 12:15—1:45PM**

### MIND FITNESS

Join us for Scrabble and crosswords and increase your cognitive ability. **Wednesday 10-11AM. Place TBA** Free but registration required.

# PICKLEBALL – THE FASTEST GROWING SPORT IN AMERICA!

## WINTER PICKLEBALL TUESDAYS

Round robin play on a single court, serving 6 participation slots.

**Tuesdays @ Lower Falls Community Center 9:30-10:30 am & 10:30-11:30 am. \$5/session**

## WINTER PICKLEBALL THURSDAYS

Play on one court, serving 6 participation slots.

**Thursdays @ Lower Falls Community Center 9:30-10:30 am & 10:30-11:30 am. \$5/session**

## WINTER PICKLEBALL FRIDAYS

Round robin play on single court, serving 6 participation slots.

**\$5 /session drop in**  
**Fridays @ Lower Falls Community Center 9:30-10:30 am & 10:30-11:30 am**

## EVENING PICKLEBALL

Drop in pickleball court time in the Highlands!

**Begins in March**  
**Wednesdays @ Emerson Community Center. 6-8 pm. \$5/session**

## PICKLEBALL LESSONS - BEGINNER, INTERMEDIATE & ADVANCED

New to the game? Want to take your game to the next level? We offer lessons for players of all skill levels.

**Lessons are offered in four week sessions throughout the year. Please call 617-796-1506**

## PICKLEBALL @ NEWTON SOUTH HIGH SCHOOL

Four courts available, three hard wood and one rubber.

Round robin drop in play 12: 15– 1:45PM

Jan 6th through Feb 10th

**\$5/ session**



# DANCE — A FUN WAY TO GET & STAY FIT

## BALLROOM & LINE DANCING

Ballroom & line dance social with Newton legend, Chet Zwonik, playing all your favorites.

**Thursdays @ Post 440, 295 California St. 12-3PMpm. \$2**

## DANCE'N FEET

Newton's all women, senior dance troupe rehearses & performs a unique blend of dance and gymnastics.

Practices take place at the **Lower Falls Community Center.** Contact for more information 617-796-1506

## SCOTTISH COUNTRY DANCE

"You can't say you're not having fun!" Great exercise for mind & body while having a ball.

**Wednesdays @ Lower Falls Community Center. 10:30 am-12 pm \$2/class**

## TAP DANCE

Join the fun with the Happy Tappers, a senior tap dance team that's been tapping for 10+ years. Some experience required. 10 week session, **Sept-June.**

**Mondays @ the Hut, Newton Centre 10-11 am \$12.50/class**

*"My decision to take the line dancing program is one of the best I have made for my health. This program is so uplifting and continues to give me new energy!"*

# Cards and Colors

## CARDS & BRIDGE

Play cards, socialize, & enjoy coffee & snacks in a relaxing environment. Option to break into morning & afternoon sessions.

**Thursdays @ Scandinavian Living Center 11:30 am-4 pm. Free**

## WATERCOLOR WEDNESDAYS

Watercolors and Crafts  
**Wednesdays @ Albemarle Fieldhouse 1-3 pm**



## CRIBBAGE

Play cribbage, socialize, have fun, & enjoy coffee & snacks.

**Mondays @ Scandinavian Living Center 10 am-1 pm Free**  
**BRIDGE Wednesdays 1-3PM at Lower Falls Community Center**