

Active & Wellness

Aquatics: Increase your physical activity without stress on your joints. Swimming skills are not necessary.

Winter classes Fridays at 10:00 a.m. Location Boston College. \$3 per class

Summer classes Monday through Friday 12:15p.m. Location Gath Pool. \$3 per class

Biking: Thursdays 10:00 a.m. Location varies. Free

We meet at Forte Park on California Street and ride along the paved bike path next to the Charles River. The group averages 10 miles in two hours. Leaders are needed.

Basketball: Wednesday and Saturday mornings 8:30a.m. Free

The basketball movement among older adults is exciting but not surprising. For some, it's an opportunity to exercise and socialize; for others, it's a once-denied chance to compete. Additionally, basketball provides a fun and competitive alternative to more traditional methods of fitness and weight loss.

Box Steady: Wednesdays 10:15 a.m. Location Nonantum Boxing Club. \$6.25 per class.

This class is a combination of cardio and strength, designed for both men and women.

Corn Hole: Thursdays 10:00 a.m. Location 11 Hawthorne Street. Free

This game is similar to horseshoes but way better. Instead of using metal stakes and horseshoes, the game is played with plywood boards and corn-filled bags

Golf League: Tuesdays 9:00 a.m. Commonwealth Golf Course.

Cost is \$26 for 9 holes, cart and green fees. League runs May through October.

Golf Lessons: Available at a discount rate through the Parks and Recreation Department. Four one-hour lessons for \$90

Kayaking: Selected dates throughout the season. \$16 rental fee

Kayaking is great for your cardiovascular system and also builds strength.

Keep Moving Program: Tuesdays 10:00 a.m. Location varies. Free

Joining a walking group is one of the best ways to start and maintain a healthy walking habit. "Keep Moving" promotes physical activity to help prevent and postpone chronic disease, build healthy bodies and minds, and keeps individuals socially connected.

Pilates: Tuesdays 6:15 p.m. Location LFCC 545 Grove Street. \$5 per class

Combination beginner Pilates and Stretch Class. This class is designed to improve strength and increase flexibility with gentle techniques.

EMASS-Softball: is a vibrant community of 375 members who love softball and compete in a spirited, sportsmanlike manner where safety, fun and winning are equally important. Our players range in age from 50 to 80-plus and play in weekday and Saturday divisions of varying levels. Games are played with paid umpires on well-groomed fields. We currently have between 25 -30 members from Newton.

Tennis: Tuesdays and Thursdays 8:00-10:00 a.m. Warren Courts. Free
A place to meet and play tennis with your “Over 55” neighbors. Tennis is held at the Warren House Courts on Washington Street, West Newton. Our season runs from April to October. Free

Walking Club: Tuesday through Friday at 7:00 a.m. Location Albemarle Fieldhouse located at 250 Albemarle Road. This group walks one mile and then enjoys coffee before starting the day. Free

Life Trail: The Life Trail, located at the Cove in Aburndale is exercise equipment designed around the concept of functional fitness. Individual and group training available. Free. Please call 617-796-1506

Snowshoeing: Snowshoeing is easy to learn and fun to do. This group meets on selected dates throughout the winter months. Please call to have your name added to the contact list 617-796-1506.

Winter Workout: Newton South Recreation Complex runs on Sunday afternoons from January through February. The workout includes use of the indoor track for jogging, walking or strolling. In addition, tone your muscles on the treadmills, rowing machines, stair climbers, stationary bikes, nautilus, free weights and more. \$2 per visit

Zumba and Toning: Thursdays 6:00 p.m. LFCC 545 Grove Street. \$5 per class. Zumba is the latest fitness craze that is sweeping the nation. It’s a great way to exercise your way to good health. This class is designed for the “Over 55” population.

Pickleball

Pickleball is a sport played with wooden paddles and a small, plastic baseball similar to a Wiffle ball. It's a cross between ping-pong and tennis, played on a regulation badminton court with the net placed lower to the ground at approximately 34 inches. Pickleball can be played as a singles or doubles match.

PICKLEBALL LESSONS

Want to improve your game? Debbie Chan, instructor for Newton Parks and Recreation, has 35 years of experience in the racket sport industry. Take your game to the next level! Skills and drills include serving, returning, dinks, touch lobs, topspin lobs, volleys, drop shots, topspin, slice, ground strokes, defending against the pop up and so much more!

We offer beginner, intermediate and advanced lessons.

BEGINNER LESSONS (Lessons currently filled please call for updates)

When: Tuesday mornings

Time: 8:30-9:30AM

Dates: Lessons TBA (Please call for updated information 617-796-1506)

Where: LFCC (Lower Falls Community Center, 545 Grove Street)

Cost: TBA

BEYOND BEGINNER LESSONS (Lessons Currently filled please call for updates)

When: Thursday mornings

Time: 9-10AM

Dates: lessons TBA (Please call for updated information 617-796-1506)

Where: LFCC (Lower Falls Community Center, 545 Grove Street)

Cost: \$TBA

Pickleball Tuesdays at the LFCC

The Lower Falls Community Center has one court, serving six participation slots. The time slots are from 9:30-10:30 and 10:30 to 11:30 AM.

When: Tuesday mornings

Where: Lower Falls Community Center, 545 Grove Street

Dates: Mid-September through mid-June

Cost: \$5 per session

Pickleball Thursdays at the LFCC

The Lower Falls Community Center has one court, serving six participation slots.

The time slots are from 9:30 - 10:30 and 10:30-11:30 AM

When: Thursday mornings

Where: Lower Falls Community Center, 545 Grove Street

Dates: Mid-September through mid-June

Cost: \$5 per session

Pickleball Friday Advanced / Intermediate Plays at the LFCC

The Lower Falls Community Center has one court, serving six participation slots. Time slots for the advanced/intermediate play 9:30-10:30 and 10:30 - 11:30 AM

When: Friday mornings

Where: Lower Falls Community Center, 545 Grove Street

Dates: Mid-September through mid-June

Cost \$5 per session

Summer Season: Summer Pickleball is played at the Cove in Auburndale on Monday and Wednesday nights 6-8PM and Saturday mornings 10-12.

Play begins in June and will end in September.

Winter Season: Winter Pickleball is played at the Newton South High School. This six-week program begins on January 6th. Play is round robin style games. Equipment will be provided.

Where: 11 Brandies Road, in the Athletic Center, across from the tennis courts

Dates January 6th through February 10th. Sunday afternoons

Time: 12:15- 3:30 PM

Cost \$5 Cash at door

Winter/ Spring: Registered program offered at the Carr School on Saturday mornings

Where: Carr School

When: TBA

Time: TBA

Cost: TBA

Register at www.activityreg.com

Spring Season: Drop in program on Wednesday nights at the Emerson Community Center. We have one beginner court and one intermediate court.

Where: Emerson Community Center

When: Wednesday nights 6-8PM

Address: 4 Pette Street, Newton Upper Falls

Cost \$5 Drop in

Dates: TBA

DANCE

Ballroom Dance: Thursdays 11:30 a.m. Post 440, located at 295 California Street. \$2 donation appreciated. A fun afternoon of socializing and dance.

Ballet: Fridays 11 a.m. to 12:00p.m. Joanne Langione Studio

Good posture is essential for staying healthy and pain free. This adapted ballet class will show you how to strengthen and lengthen postural muscles while correcting imbalances. Class consists of modified classical ballet exercises and stretches all danced to beautiful ballet music. \$6.25 per class, \$50.00 for eight weeks.

Jazz Class: Thursdays at 9:00 a.m. Tyler Terrace. \$10 per class
Jazzercise at Studio 55 is a fun way to stay in shape.

Line Dancing: Thursdays 11:30 a.m. Post 440, located at 295 California Street. \$2 donation appreciated. A fun afternoon of socializing and dance.

LaBlast: Mondays at 10:00 a.m. 11 Hawthorne Street. \$5 per class

This multi-level, partner free dance class enables participants to learn at their own pace. And it is a blast.

Scottish Country Dance: Wednesday mornings 10:30 a.m. LFCC, located at 545 Grove Street. \$2 donation appreciated.

Tap Dance: Mondays at 10:00 a.m. Tyler Terrace. \$12.50 per class.

The Happy Tappers is a senior tap dance team that has been tapping for more than 15 years. Some experience is required.

Zumba: Thursdays at 6:15 PM. LFCC located at 545 Grove Street. \$5 per class. Zumba is the latest fitness craze that is sweeping the nation. It's a great way to exercise your way to good health.

Dance' N Feet: Formed in 1997 and now sponsored by the Newton Parks and Recreation Department, Dance'n Feet is an ensemble of women in their 60s and 70s that perform jazz, modern, and acrobatic dance numbers.

LEAGUES

Bocce: Mondays at 1:45 p.m. Location Cabot Courts.

Bocce meets on Monday afternoons from May until October from 1:45-4:00 P.M. Play will be canceled when temperatures exceed 90 degrees or above. \$2 per game

Golf League: Tuesdays at 9:00 a.m., Commonwealth Golf Course.

Cost is \$26 for 9 holes, cart and green fees. League runs May through October.

Indoor Fun

Cards: Thursdays 11:30 a.m. Location at the Scandinavian Living Center, 206 Waltham Street. Games include GOLF, Pay Me and Cribbage. Coffee, cards & goodies provided. Free

Mixed Media & Crafts: Wednesdays at 1:00 p.m. Albemarle Fieldhouse, 250 Albemarle Road. Crafts, painting and sewing. Special events scheduled throughout the year. Free

Cribbage: Mondays 10:00 a.m. Thursdays 11:30 a.m. Location at the Scandinavian Living Center, 206 Waltham Street. Free.

Bridge: Wednesdays at 1:00 p.m. LFCC, 545 Grove Street. Free.

Ukulele Lessons: Thursdays 10:00a.m. to 11:00a.am \$65 for eight weeks.

Every week, close to 100 seniors from neighboring towns enjoy playing the ukulele and singing songs in a fun filled relaxed atmosphere. And now Newtonians can join in the fun! No experience necessary! Please call with questions about instrument lending programs, rentals and purchase.

Trips and Events

Day Trips: Day trips are a great way to meet new people and stay socially connected. Join us for one day sightseeing tours in and around New England. Cost varies.

Foxwoods Trips: Foxwoods trips leave the Albemarle Fieldhouse at 8:00 A.M and return by 6:00 P.M. three times a year. Cost varies.

Mini Trips: Tiny Trips explores local events, happenings and museums. Monthly flyers are left at the Senior Center and City Hall. Space is limited to twelve participants per trip. Cost Varies.

Theatre Trips: Newton Parks and Recreation "Over 55" travels 2-3 times per year to visit various local theaters. Cost Varies.

Special Events: A large variety of special events and workshops are hosted throughout the year. Cost varies.

Social Groups

Red Hat Society: The Red Hat Society is a global society of women approaching the age of 50 or beyond that connects and supports women in their pursuit of fun, friendship, freedom and fulfillment. The Royal Red Rubies of Newton currently has over twenty members and is growing. Monthly events include theatre, museum and luncheons. Cost varies

South Side Seniors: Active social group designed for the older senior. This group meets at the Shulman Center on Monday mornings at 9:30 to 11:00 to enjoy coffee, games and friendship. Free.

Upper Falls Seniors: Active social group designed for the older senior. This group meets at the Upper Falls Community Center on Wednesday mornings 10:00-11:30 to enjoy coffee, games, entertainment and speakers. Free

Club 55: Designed for the younger senior, this program offers a wide range of activities, networking opportunities and resources for those who want to enjoy a full social life. Cost varies.

Intergenerational Programs

Theater Ink: Special senior productions are hosted twice a year. Our special discounted tickets allow seniors priority seating and a special pre-show talk with director Adam Brown. Tickets are between \$5.00 and \$10.00 and must be purchased in advance.

Tiger Loft Luncheons: Four times a year we join the culinary students for a delicious luncheon at the Tiger's Loft Bistro, located at the Newton North High School. This fabulous lunch is carefully prepared by the students and costs only \$5.00. Each luncheon is followed by student entertainment. Shuttle transportation is available from the Lowell Ave parking lot.

Pen Pal Program: Yearly event held in the spring with the Williams School. Seniors exchange letters with students and share what their lives were like when they were young.