

In-Person Programming

The following programs are "on hold" due to COVID-19 and will resume when we open to the public.

Ongoing programs below. For a current listing of one-time events, presentations and talks, please see read our [current newsletter](#) or our calendar. For more information on the meal program, please visit [Let's Eat](#).

If you are interested in presenting a talk or program, please [click here for the Program Proposal Form](#). If you are interested in sponsoring a party or event, please contact Ilana Seidmann, Program Coordinator, at iseidmann@newtonma.gov or 617-796-1670.

Please fill out the Program Event Survey [by clicking here](#).

Fitness & Wellness

Our fitness classes are led by Certified Instructors.

Seated Strength and Balance, Wednesdays at 10:45 a.m. and Fridays at 12:30 p.m. This seated class begins with a thorough warm-up and is followed by strength training and balance exercises. The class concludes with gentle stretching. A donation of \$3 is suggested.

20-20-20 Fitness Class Fridays at 10:05 a.m. This program will feature 20 minutes of aerobic exercise, 20 minutes of muscle work, and 20 minutes of stretching. A donation of \$3 is suggested.

Mindful Meditation, Thursdays at 8:45 a.m. Practice paying compassionate attention to all that moves through us: thoughts, emotions, sensations, and conditions. The group is a supportive space to begin or continue a meditative practice. Wear comfortable clothes, and come with a smile in your heart. A donation of \$3 is suggested.

Nia, Mondays 2:45 p.m. Nia is a full body workout that promotes flexibility, stability, and strength. Combining movements and concepts from yoga, tai chi, aikido, jazz and other movement forms, Nia offers traditional fitness benefits and relaxation. A donation of \$3 is suggested.

Zumba Gold, Mondays, 10:00 a.m. Wednesdays, 12:00 p.m. Fridays, 11:15 a.m. A dance inspired workout for the young at heart! An hour-long cardio program set to upbeat Latin tunes. A donation of \$3 is suggested.

Tai Chi, Mondays 8:45 - 9:45 a.m. (Intermediate) , Thursdays, 10:00 - 11:00 a.m. (Beginner's), 11:45 - 12:45 p.m. (Advanced)

Tong Ren, Thursdays, 11:00 to 11:45 a.m.

Tong Ren is a powerful healing energy treatment used to help people restore their health. It is based on the principle that many diseases are caused by physical blockages that interrupt the body's natural flow of "chi." A donation of \$3 is suggested.

Yoga (chair), Mondays, 1:30 p.m., Thursdays, 1:00 p.m.

Gentle chair yoga with an emphasis on gradual stretching at your own pace, without stress or strain and integrating what is learned into a daily holistic lifestyle. A donation of \$3 is suggested.

Muscle Conditioning, Tuesdays at 11:00 a.m. and Fridays at 9:00 a.m.

An hour-long, low-impact strength and cardio workout. A donation of \$3 is suggested.

Off-Site Fitness Programs

Beginner's Tai Chi 8 Thursdays: September 12th-October 31st, 2:00-3:00 p.m. *Stone Rehabilitation & Senior Living, 277 Elliot Street, Newton Upper Falls*

Tai Chi at the Scandinavian Living Center Nordic Hall, 206 Waltham Street, West Newton Mondays, 10:00-11:00 a.m. Starts September 16th OR Fridays, 9:00-10:00 a.m. Starts September 13th Registration is required: 617-796-1665.

Active Chair Yoga Thursdays: 2:00-3:00 p.m. ***Hyde Community Center, 90 Lincoln Street, Newton Highlands***

Zumba Gold Tuesdays, 10:00-11:00 a.m. AND Fridays: 9:45-10:45 a.m. ***Hyde Community Center, 90 Lincoln Street, Newton Highlands***

Health & Nutrition Services

Lunch, Monday - Friday, 11:45 a.m.

Pre-register by 11:00 the previous day (for Monday pre-register by 11:00 Friday). Suggested donation, \$2.00. Punch cards available in the office.

Health Maintenance Clinic

The Newton Public Health Nurse sees individuals on a first-come, drop-in, basis to take blood pressure and answer medication questions. Check [the newsletter](#) for current dates.

Healthy Living Programs, check the newsletter for current courses

These evidence based programs empower participants to improve their overall health.

SHINE: Serving Health Information Needs of Elders

A trained representative sees individuals by appointment to assist with health insurance questions. To make an appointment call 617-796-1660.

Social Services

Call Case Manager Emily Kuhl (617-796-1672) for social service assistance. Concrete services, case management services and clinical services available.

Support Groups

Parkinson's Support Group, last Monday of each month (unless it is a holiday, then meets the previous week), 10:30 a.m.

This is a support group for people with Parkinson's disease, family members, and caregivers. This is a forum to share experiences and learn from one another. Facilitated by James Demicco, retired primary care M.D. with a 10 year history of Parkinson's.

Low-Vision Support Group, first Monday of each month (unless it is a holiday, then moves ahead one week), 1:00 p.m.

This is a support group for those with vision impairments. Information, friendship and sharing. Brought to the Center by the Vision Foundation and Massachusetts Association for the Blind. Group suspends meetings for January and February.

Clutter Support Group Second Friday of every month, 2:30 p.m. Come get support from others while learning strategies for de-cluttering. This program is co-sponsored by the Newton Department of Senior Services and Riverside Community Care.

Caregiver Support Group Third Tuesday of every month, 1:30 p.m. Open to all family caregivers of seniors. Learn from and share with other participants who are caring for an elderly family member.

Bereavement Support Group Third Thursday of every month, 10:30 a.m. This group is a safe place to reflect on our losses (separation from or death of loved ones, end of life, etc.) We will explore meditations, writing, poetry, and simple rituals and share strategies for self-care and community support.

Education

Group Technology Classes offered through the Newton Free Library, see the [current newsletter](#) for schedule of group technology lessons.

Free one-on-one computer, smartphone, and tablet classes are available! Call the Front Desk, 617-796-1660, to schedule a private lesson. Volunteers can teach you basic computer skills, Microsoft Office, digital cameras, email, Google, and more!



Educational Programs, as scheduled

Learn more about housing, estate planning, Medicare, retirement strategies, scams & identity theft, and more. See [our newsletter](#) for a current list of programs.

NewsTalk, Mondays 1:00 p.m.

Lively current events discussion led by former educator. All are welcome.

Short Story Discussion Group, Last Thursday of the month, 10:30 a.m.

Upcoming stories available from receptionist a month in advance of meeting.

Spanish Conversation Group

Intermediate Spanish- Tuesdays, 9:00-11:00 a.m.

Beginning French, Fridays, 10:00 - 11:00 a.m.

Challenge your mind and learn a new language! Volunteer Ilse Garfunkel teaches this course for beginners. All are welcome.

French Salon (Conversation), Thursdays, 1:30 p.m.

Group gathers to speak in French about a variety of subjects. All are welcome.

Book Club, Third Friday of each month, 10:00 a.m.

The Newton Senior Center Book Club meets to discuss a book previously chosen. The book is listed in [the newsletter](#). All are welcome.

Community

LGBTQ (lesbian, gay, bisexual, transgender, and queer) Elder Cafe, fourth Tuesday of the month, 6:00 p.m.

Join us for dinner and an activity at our monthly LGBTQ get-together.

Newton Men's Club Second Thursday of the month: Johnny's Luncheonette, 30 Langley Road, Newton Centre, 9:30 – 10:30 a.m.

Fourth Thursday of the month: Newton Senior Center, 9:30-10:30 a.m.

Enjoy good conversation--all retired and semi-retired men are welcome! This club gives you the opportunity to meet with men with similar interests and backgrounds and others with varied interests and vastly differing backgrounds, but all will have an interesting story to tell. We usually have guest speakers at our Newton Senior Center get-togethers.

Intergenerational Programs We sponsor intergenerational programming with many

community partners, including: Horace Mann Elementary School, Newton North High School, Newton South High School.

Memory Cafe Third Wednesday of every month, 2:00-3:30 p.m. People with forgetfulness and other changes in their thinking, along with their care partners, are invited to meet for this special program. The Memory Café is a welcoming community setting to talk, enjoy light refreshments, and socialize with other people in similar circumstances. We will enjoy refreshments and a sponsored guest artist (music, art, or dance) from 2:15-3:15 p.m.

Holiday Parties/Concerts usually Fridays at 1:15 p.m. We hold parties and concerts around different seasons and holidays (Valentine's Day, Halloween, Summer BBQ, etc.). We usually hold one party per month, and sometimes more. See [the newsletter](#) for upcoming parties and concerts.

Newton Talks [Please click here](#) for more information about the Newton Talks oral history project.

The Arts

Newton Swing Band, Tuesdays, 1:30 to 3:00 p.m.

Musicians gather to form band. Musicians welcome to join. They practice each week and do gigs around the city. All welcome to sit in listen.

Newton Senior Center Chamber Music Ensemble, Wednesdays, 9:00 to 10:30 a.m. (except from Memorial Day to Labor Day, and Christmas to New Year's)
Bring your instrument and join in or pull up a chair and just listen!

Drawing and Painting Open Studio, Wednesdays, 9:30 a.m.

Artists gather to explore their creative sides in this supportive environment. Bring your own supplies. Local artist David Wenstrom is offering basic instruction and guidance.

Ceramics, Thursdays, Session 1- 10:30 a.m. to noon and Session 2- 12:30 to 2:00 p.m.

Pre-register, pre-pay \$130 per session for classes running 8-weeks. Teacher will teach technique, offer guidance and handle firing in the kiln. Limited to 25 pounds of clay, per person.

Knitting and Crocheting, Thursdays, 9:00 a.m. to 10:30 a.m.

Drop in to knit or crochet.

Theatre Workshop, Mondays, 10:00 a.m. - 1:00 p.m.

Work with monologues, scene studies and try some improvisation. No prior experience needed. Come to explore acting, theater and plays in a supportive atmosphere. Facilitated by volunteers Gerry and Phil Paquet.

Art Workshops We hold paid art workshops in mediums such as oil painting, watercolor, Chinese brush painting, and acrylics. Please see our current newsletter for details.

Games and Entertainment

Movie Matinee, two Fridays per month, 1:45 p.m.
Enjoy new releases and old favorites. Check [the newsletter](#) for the current listing.

Beginner's Bridge and Coaching, Tuesdays, 9:30 to 11:30 a.m.
Drop-in to play beginner's bridge!

Pool Cues, Mondays, Wednesdays and Fridays, 9:00 a.m. to 12:00 p.m.
This group is scheduled for drop-in billiards. There is a sign in sheet for order of play. Tournaments are set up a few times a year and those wishing to play may contact Harry Wentzell (volunteer) through the office.

Monday and Thursday Games, 1:00 to 3:00 p.m.
Drop in to play Scrabble, Bridge, Mah Jongg or another game of your choosing.

Chess Nuts, Fridays, 1:00 p.m.
Friendly games of chess with a yearly tournament.

Poker, Fridays, 12:00 p.m.
Friendly game of poker; drop in!

Game Lessons We hold paid game workshops in Mah Jongg and Canasta. Please see our [current newsletter](#) for details.

Trips

We run day trips to areas of historical, cultural, and educational interest in the New England area. See [our newsletter](#) for current trips available.