

Newton Parks, Recreation and Culture Staying Connected, Active and Engaged Active Adult Over 50 Programs



The Best Fitness Program
for older adults



Stay Strong, Make Friends and Have Fun!

LIVE ZOOM CLASSES

Tai Yo Ba (Seated Exercise)

Floor Yoga

Strength Building

Ballet Fitness

Strong legs, good posture & balance

Eccentrics

Roller Recovery

Tai Chi for Graceful Aging

Ukulele Lessons/ Jam

Zumba- Walking Group

Zoom Social Opportunities

Bingo- Mondays 10AM

Coffee and Conversations with Special
Guests Wednesday 10AM

Play Reading- Fridays 1PM

Art Workshops/ Calligraphy- Fri 10AM

Knitting and Crochet Community
Project

Weekly newsletter includes opportunities for exercise, connection and engagement.

Email nscammon@newtonma.gov to sign up for weekly newsletter

Register for programs at www.newtonmarec.com

Questions please call 617-796-1506

