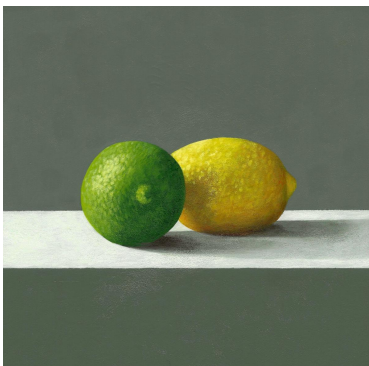




The following programs are planned by the Newton Senior Center. Unless otherwise noted, our programs are open to any adults 55+, from any community. You may need to click "view entire message" to read our entire e-newsletter.

Our Upcoming Programs for the Week

(Classes marked "Outdoor" may be moved to our Function Room in the case of inclement weather).



Zoom: Intermediate and Advanced Acrylic Painting

Donna Calleja, Instructor

**5 Tuesdays: August 3rd, August 10th, August 17th,
August 24th, August 31st,
10:00 am to noon**

In this class we will learn intermediate color and painting techniques using acrylic paint. Students will work to improve their skills and develop a personal style by creating original acrylic landscape, still life, or abstract paintings. Students can choose to work from observation or imagination. The class will combine teacher demonstration with work time devoted to individual instruction. This class is a good choice for students with some experience who have already taken an acrylic painting class at the Newton Senior Center or with another art program.

Supply List – watercolor paper, canvas, or canvas board (size range from 8-by-10 to 9-by-12 inches), acrylic paint in small size tubes (Basic colors – Titanium White, Yellow Hansa, Naphthol Red, Ultramarine Blue, Burnt Siena) or any set of yellow, blue, red, white, and brown acrylic paints you may own already, disposable palette paper or white paper plates, and acrylic artist brushes (small round size 2 and 3 flats in size range of 2, 4, 6), color photos of landscapes 4-by-6 inches (or larger). These are suggested supplies. If you already own a set of acrylic paints and brushes, please use what you already have at home.

The supply cost will be between \$30-\$50. Supplies may be purchased online at dickblick.com or michaels.com

Donna Calleja has worked as a teacher and artist for more than 35 years. Her paintings have been shown in recent exhibits at the South Shore Art Center, Concord Art, Gallery Twist, and Room83Spring. Her paintings can be viewed at www.donnacalleja.com

\$70 tuition fee. Credit card/e-check on-line payment, credit card phone payment, or check accepted. Please email llana to register. Deadline to register is Monday, July 26th.



**Outdoor Summer Zumba Gold
Parking Lot Pop-Up with Ketty**

**Monday, July 19th, (rain date Monday, July 26th),
4:00 to 5:00 pm**

Please join us for a fun summer Zumba Gold pop-up in the Newton Senior Center parking lot.

What do you need to bring? Shoes to dance in, a water bottle, and a smile!

Email iseidmann@newtonma.gov to sign up. (If you have attended a Zumba Gold pop-up in the past, you are automatically registered for every summer pop-up. There is no need to register).

The parking lot will be CLOSED completely to cars to allow space to dance. Please walk, or park in the Austin Street public parking lot, or on the street (such as Highland Avenue).



**Community Dining Reopening July 19th
For Dine-in or Grab 'N Go Meal Service**

**Lunch will be available weekdays from 11:30 am to
12:30 pm.**

For Dine-in, a hot meal will be served.

For Grab 'N Go, a chilled meal will be provided.

To register and/or reserve a lunch meal, please call 617-796-1668 or speak with site staff by 11 a.m. two business days before (48 hours in advance).

If you would like to cancel your meal reservation, please call by 11 am **two business days before**.



**Indoor:
Newton Senior Center Swing Band**

Tuesdays, 1:30 to 3:00 pm, starting July 20th

The Newton Senior Center Swing Band, which does gigs around the city, welcomes audience members to their weekly rehearsal. All are welcome to sit in and listen! We also welcome audience members to sing and dance with us! We are welcoming the public back on July 20th!



**Outdoor:
Beatles Music and History Presentation**

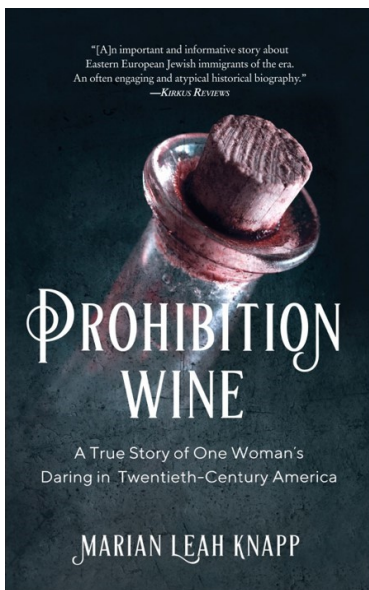
Tuesday, July 20th, 11:30 am to 12:30 pm

Welcome back to the Center with this fun Beatles presentation by Fran Hart of the Beatles tribute band 4EverFab.

Learn about the history of *The Beatles* and the cultural impact they had. The program includes live acoustic music and sing-alongs.

Please note: This program will be outdoors, but not socially distanced.

This program is supported in part by a grant from the Newton Cultural Council, a local



Zoom:
**Prohibition Wine: A True Story of
One Woman's Daring in Twentieth-Century America**

Tuesday, July 20th, 7:00 pm

Join us for an author talk with TAB columnist and community activist Marian Leah Knapp. Her new book, *Prohibition Wine: A True Story of One Woman's Daring in Twentieth-Century America*, tells the story of how Marian's grandmother, Rebecca Goldberg – a Jewish immigrant from the Russian Empire living in rural Massachusetts – lost her husband to a railroad accident. The tragedy left her alone with six children to raise. The book follows Rebecca through the 1920s as she transforms her egg delivery service into a more lucrative endeavor: bootlegging.

For five years, Rebecca successfully provided for her customers in secret as a means to support her family until she was caught. Knapp's story chronicles how the lower class experienced Prohibition, a side not always represented in popular media from the era. Rebecca's life as a poor Jewish immigrant in Massachusetts holds a mirror to struggles still relevant today including disparities in access to education and healthcare and ongoing discrimination. This program is cosponsored by the Newton Department of Senior Services and the Newton Free Library.

Register for this program at <https://newtonfreelibrary.libcal.com/event/7829110>

Registration will end two hours before the start time. The login information will be sent just after registration closes. Please be sure to check your spam folder in case it lands there.



Outdoor:
Memory Cafe with Singer and Guitarist Sue Kranz

Wednesday, July 21st, 2:00 to 3:00 pm

Sue Kranz's enthusiasm for singing with seniors is contagious. She engages with and interacts with participants in ways that help them feel comfortable to participate in various ways. For those who are still able to sing, she brings lyrics, and for those who no longer sing she provides handheld instruments to shake along. For caretakers, this is a time to relax and let the music do its magic. A joyful, uplifting time for all.

This program is generously sponsored by Right at Home In Home Care & Assistance – Boston MetroWest.



Outdoor:
Men's Club

Thursday, July 22nd, 9:30 to 10:30 am

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. Just show up!



Zoom:
Improv Boston Performance

Thursday, July 22nd, 2:00 to 3:00 pm

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZ0pcO6vrzwtHdlyxVdzKzdzd4PqjyvcUNlj>

After registering, you will receive a confirmation email containing information about joining the meeting.



Indoor:
Chess Nuts

Fridays, 1:00 to 3:45 pm, beginning July 23rd

Come for a friendly game of chess inside the building! All chess players are welcome. Please arrive at 1 pm.



Zoom:
"Let's Travel with Music" with Michelle & Jackie Arons

Tuesday, July 27th, 2:00 to 3:00 pm

The Arons family trio perform a variety of international, classical and American music. Jacqueline is a graduate in piano of the New England Conservatory. She was born in Shanghai, China, of parents from Siberia and Ukraine. Michelle is a trained soprano with a multicultural background and love of languages. She sings in many languages including Yiddish, Russian, Hebrew, Italian, Spanish, French, Greek, Chinese, and Armenian. They are joined by Tamar, who is a talented violinist.

This program is generously sponsored by Avenu at Natick.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZlld-ChrDMjHNNHsgoYO6dczKAZTQoY6-hnK>

After registering, you will receive a confirmation email containing information about joining the meeting.



Outdoor:
Folk Sing-Along at the Senior Center

Friday, July 30th, 11:00 to 11:45 am
Newton Senior Center Courtyard

Join us for a casual and friendly 45-minute song swap with old favorites and folk classics. Feel free to sing, play along, or just listen and tap your foot. All music fans welcome! Just show up.



Outdoor:
Casual Drop-In Mingle/Schmooze
Under the Tent

Mondays, Tuesdays, Thursdays, and Fridays (there is NO meeting on Wednesdays), 1:00 to 3:00 pm
Newton Senior Center Courtyard

Come to the tent in our Courtyard to schmooze – or inside, in the case of inclement weather! We'll have informal conversations about everything and anything: movies you've seen, books you've read, podcasts you've listened to, what you're gardening this summer, your favorite vacations, what's changing in Newton, or anything else on your mind! Come with a friend or alone – there will always be friendly folks there to schmooze with! No need to sign-up or pre-register. Just show up when you can. See you then!

July Fitness and Wellness

These classes are "just drop-in"; no registration required!
Our fitness classes take place in our Function Room.

Nia with Leslie
Mondays at 10:00 am

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.

Functional Movement with Nicole
Tuesdays and Thursdays at 11:30 am

Join an outdoor Functional Movement, balance, and strength-building class using exercise loops (provided by the Senior Center). The class focuses on strengthening areas that are prone to injury. Modifications are offered, exercises can be done seated, and all abilities are welcome!

Kris will be subbing for Nicole on July 20th and July 22nd.

Active Chair Yoga with Diane
Wednesdays at 9:30 am

Chair yoga embraces the traditions of yoga with options for seated and standing postures. All the poses we do can be modified to be done while sitting in a chair. Our yoga practice will include movement and focused breathing to open the mind, body, and spirit.

There will be no Chair Yoga on July 28th.

Seated Strength & Balance with Pearl
Wednesdays at 12:00 pm

Join an outdoor Seated Strength & Balance class using exercise bands (provided by the Senior Center). This class begins with a thorough warm-up and is followed by strength training and balance exercises.

Outdoor Tai Chi with Aaron
Beginner level: Mondays, 10:00 to 10:50 am
Intermediate/Advanced: Wednesdays, 10:00 to 10:50 am

The last class will be Wednesday, September 1st.

Hyde Community Center Bandstand, 90 Lincoln Street, Newton Highlands

This class will be cancelled in case of inclement weather; you will be emailed by 9 am if this is the case.

\$5 donation requested. Registration and payment is contact-less. Please pay via your usual fitness contribution method (such as [on-line here](#)).

Please [email Ilana](#) to register and indicate whether you plan to participate in the Beginner class, the Intermediate/Advanced class, or both.

July Virtual Fitness and Wellness

All of our virtual fitness and wellness classes are "drop-in," meaning **no pre-payment; no pre-registration!** We want to make it easy for you to participate!

To join a class, download the free Zoom app on your smartphone, iPad, laptop, or computer at <https://zoom.us/download>. Click on your class link (below) a few minutes before its start time.

Zoom Zumba Gold with Ketty
Mon, Tues, Wed, Thurs, and Fri at 11 am

A dance-inspired workout for the young at heart! A cardio program set to upbeat Latin and international tunes.

<https://us02web.zoom.us/j/825779957?pwd=V3dtRkVQWUF0c2tuVVhic0ZHWnFCdz09>

Meeting ID: 825 779 957

Passcode: 336304

Zoom Seated Strength & Balance with Pearl

Mondays at 1 pm

This seated class begins with a thorough warm-up and is followed by strength training and balance exercises. The class concludes with gentle stretching.

[https://us02web.zoom.us/j/85881599856?
pwd=bFB3QUdsWEIYZm43TIB6YWVhaHh4dz09](https://us02web.zoom.us/j/85881599856?pwd=bFB3QUdsWEIYZm43TIB6YWVhaHh4dz09)

Meeting ID: 858 8159 9856

Passcode: 8119

Zoom Meditation with Betsy

Thursdays at 9 am

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.

<https://us02web.zoom.us/j/84492196561?pwd=UFQwekRBbFhiYzVsVUpGSGIFSHlZz09>

Meeting ID: 844 9219 6561

Passcode: 228724

CLICK HERE FOR ONLINE PAYMENTS

(Echeck & Credit Card)

How Do I Pay for My Fitness/Wellness Classes?

We ask for a \$5 contribution per class (more if you can, less if you can't). We kindly ask that you pay monthly, if possible. There are three ways to pay:

1) Click this link for [Credit Card or Electronic Check Online](#)

(Please note there is an additional 3% convenience fee for credit cards).

2) Credit Card by Phone (business hours only)

Please call Norine Silton at 617-796-1664 (please note there is an additional 3% convenience fee).

3) Mail in a Check

Please make payable to "Newton Senior Center" and write the class name on your check. Donations may be mailed to: Newton Senior Center, Attn: Fitness Contributions, 345 Walnut Street, Newtonville, MA 02460

New participants are always very warmly welcomed! Our classes are led by certified instructors.

Support Group Links

Zoom Caregiver Support Group

Third Tuesday of every month

Tuesday, July 20th, 2:30 to 4:00 pm

Open to all family caregivers of seniors. Learn from, and share with, other participants who are caring for an older family member. Register with Case Manager Emily Kuhl at

Zoom Bereavement Support Group

Third Thursday of every month

Thursday, July 15th, 10:30 to 11:30 am

Are you suffering a loss? Join holistic health educator, spiritual care provider, and mindfulness teacher Betsy Simmons for a healing support group.

<https://us02web.zoom.us/j/82233720293?pwd=RVJqc2pBTW4vMINBaDQrdk9ram44QT09>

Meeting ID: 822 3372 0293

Passcode: 605332

Zoom Declutter Support Group

Second Friday of every month

**The Clutter Support Group will pause during July and August.
We will resume in September.**

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. For more information, contact Karin Lehr, 617-969-4925, ext. 5958.

Join Zoom Meeting

<https://zoom.us/j/97588034517?pwd=dk1Rd2RHb3Z6ZHRBdWhMeUdhZEFTdz09>

Call in Number: 1-646-558-8656

Meeting ID: 975 8803 4517

Passcode: 731387

Other Opportunities That May Be of Interest

Resources for Older Adults at the Newton Free Library

The library offers a range of resources for older adults to make informed decisions, stay involved with the community, and aid in the enjoyment of retirement. Click here for more information: <https://guides.newtonfreelibrary.net/olderadults>

Plant-based Cooking Demonstration

Sunday, July 25th, 6:00 to 7:00 pm

Please join members of the Sierra Club Massachusetts Chapter's Plant-based Planet Team, as we show you how to prepare several delicious, plant-based dishes at home. Learn how to make food that is good for you and the planet. We'll be happy to answer any questions you may have about healthy plant-based eating.

This event is free and open to the public, but advance registration is necessary:

<https://act.sierraclub.org/events/details?formcampaignid=7013q000002F0D6AAK&mapLinkHref=>

A Zoom link to join the class will be sent out a day in advance.

Questions? Contact Sara at scplantbasedplanet@gmail.com

Reaching the Staff at the Newton Senior Center

Call our main number (617) 796-1660.

Then press the appropriate number as noted below:

1. Food and prescription delivery programs (daily hot lunch, grocery shopping, prescription pick-up requests)
2. Programs Information Line where you can listen to a recorded listing of our weekly activities
3. Parking Stickers
4. Elizabeth Lund: Transportation (NewMo), SHINE Medicare Options Counseling, Community Engagement
5. Durable medical requests and donations (wheelchairs, walkers, commodes, canes, etc.)
6. Emily Kuhl: Social Services
7. Norine Siltan: Senior parking stickers, Credit card donations, accounts payable, accounts receivable
8. Jayne Colino: Director
9. All other questions

If you know other 55+ adults who might like to receive this e-newsletter, please ask them to send their email address to jseidmann@newtonma.gov or direct them here: [Click here to sign up for our weekly e-newsletter.](#)

We also encourage you to sign up for Mayor Fuller's e-mail updates. She emails information about COVID-19, and other important information. You may do so by [clicking here.](#)
