

Newton Senior Center Programs

Week of August 2nd-6th

Monday, August 2

9:00 a.m. Billiards Open Play
10:00 a.m. Beginner Tai Chi
10:00 a.m. Nia (Function Room)
11:00 a.m. Zumba (Zoom)
11:45 a.m. Lunch (Dining Room)
1:00 p.m. Seated Strength & Balance (Zoom)
1:00 p.m. Mah Jongg Open Play (Dining Room)
4:00 p.m. Zumba Gold Pop-Up (Parking Lot)

Tuesday August 3

9:45 a.m. Varieties of Literature (Function Room)
10:00 a.m. Acrylic Painting (Zoom)
11:00 a.m. Zumba (Zoom)
11:30 a.m.- Functional Movement (Function Room) *8 chairs in a circle*
11:45 a.m. Lunch (Dining Room)
1:30 p.m. Swing Band (Function Room)

Wednesday, August 4

9:30 a.m.- Active Chair Yoga (Function Room)
10:00 a.m. Intermediate/Advanced Tai Chi (Hyde Community Center)
11:00 a.m. Zumba (Zoom)
11:45 a.m. Lunch (Dining Room)
12:00 p.m.- Seated Strength & Balance (Function Room)

Thursday, August 5

9:00 a.m. Mindful Meditation (Zoom)
11:00 a.m. Zumba (Zoom)
11:30 a.m. Functional Movement (Function Room)
11:45 a.m. Lunch (Dining Room)
1:00 p.m. Mah Jongg Open Play (Dining Room)
2:00 p.m. Concert with Joel Light and Dan Moore (Tent)

Friday, August 6

9:00 a.m. Billiards Open Play (Game Room)
9:00 a.m. Tai Chi Practice (Tent)
11:00 a.m. Zumba (Zoom)
11:45 a.m. Lunch (Dining Room)
1:00 p.m. Chess Open Play (Conference Room)