

# **Newton Senior Center Programs**

## **Week of August 9<sup>th</sup>-13<sup>th</sup>**

### **Monday, August 9**

9:00 a.m. Billiards Open Play (Game Room)  
10:00 a.m. Beginner Tai Chi (Hyde Community Center)  
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)

### **Tuesday August 10**

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)  
11:45 a.m. Lunch (Dining Room)  
1:30 p.m. Swing Band (Function Room)  
2:30 p.m. Caregiver Support Group (Tent)

### **Wednesday, August 11**

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 12**

9:30 a.m. Service Stars Canvas Painting Event (Tent)  
9:00 a.m. Mindful Meditation (Zoom)  
9:30 a.m. Theatre Workshop (Function Room):  
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)  
1:00 p.m. Yoga (Zoom)

### **Friday, August 13**

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)