

Newton Senior Center Programs

Week of August 30th-September 3rd

Monday, August 30

9:00 a.m. Billiards Open Play (Game Room)
9:15 a.m. Drawing Open Studio (Tent)
10:00 a.m. Beginner Tai Chi (Hyde Community Center)
11:00 a.m. Zumba (Zoom)
11:45 a.m. Lunch (Dining Room) - reserve 48 hours in advance
1:00 p.m. Seated Strength & Balance (Zoom)
1:00 p.m. Mah Jongg Open Play (Dining Room)

Tuesday August 31

9:45 a.m. Varieties of Literature (Function Room)
10:00 a.m. Acrylic Painting (Art Room)
11:00 a.m. Zumba (Zoom)
11:30 a.m.- Functional Movement (Function Room)
11:45 a.m. Lunch (Dining Room) - reserve 48 hours in advance
1:30 p.m. Swing Band (Function Room)

Wednesday, September 1

9:00 p.m. Billiards Open Play (Game 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)- reserve 48 hours in advance
12:00 p.m.- Seated Strength & Balance (Function Room)
SPECIAL EVENT 1:30 p.m. How to Make Half Sour Pickles (Tent)

Thursday, September 2

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) - reserve 48 hours in advance
12:45 p.m. Mah Jongg Workshop (Tent)
1:00 p.m. Mah Jongg Open Play (Dining Room)
1:00 p.m. Yoga (Zoom)

Friday, September 3

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) - reserve 48 hours in advance
1:00 p.m. Chess Open Play (Conference Room)